

WELLNESS AND NUTRITION POLICY

FILE: EFA

Purpose

To define a wellness and nutrition policy for students and employees

Definitions

N/A

Policy Statement

The Allegany County Public School System is committed to insuring all schools promote and protect the health, well-being and achievement of all students and employees.

Therefore, it is the policy of the Board of Education, in compliance the Healthy Hunger Free Kids Act of 2010 that:

1. The school system through, the School Health Council, will engage students, parents, teachers, administrators, student service professionals, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing system-wide educational and wellness practices.
2. The school food services program will provide nutritious and appealing meals in an environment that promotes healthy dietary behaviors which will maximize each child's education and health potential for life.
3. The physical education curriculum in elementary, middle and high schools will promote lifelong, safe physical activity that is aligned with state and national physical education standards.
4. The health education curriculum will include a comprehensive, sequential program that is aligned with state and national health education standards in grades PreK-12.
5. The employee wellness committee will implement a program with yearly activities that support individual wellness for all school system personnel.
6. Schools, families, and community groups will create partnerships that strengthen the healthy development of children, youth and families.
7. The physical, emotional and social climate of each school will ensure a safe physical plant, and a healthy supportive environment that fosters learning.
8. The school health services will provide and promote optimal health for students and employees.
9. Schools will be encouraged to have options for the food and beverages provided to students for snacks, classroom parties, and as incentives which meet Federal regulations for school meal nutritional standards and the Smart Snacks in School nutrition standards.
10. Advertising and marketing for food and beverages available in schools during the instructional day will be restricted to those foods and beverages which meet the Smart Snacks in Schools nutrition standards.

Legal Reference	Code of Maryland Regulations	Title 13A.06.01	42 USC 1751SEC.204Local Wellness Policy
	Management and Operations Memo #12		
Policy History	Adopted	Reviewed	Revised July 11, 2006, 1 st Reading Aug. 8, 2006, 2 nd Reading Dec. 13, 2016, 1 st Reading Jan. 12, 2017, 2 nd Reading