	Governance Comprehensive School Health Program and Wellness Policy	Policy #	EFE
		Implemented	Jan 9, 1995
		Reviewed/Updated	March 11, 2020
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Procedure Owner	Director of Student Services	Expiration/Review	Every 3 years

1. Purpose

The purpose of the Carroll County Public Schools Comprehensive School Health and Wellness policy is to promote and ensure a healthy educational environment.

2. Statement

The Board of Education of Carroll County is committed to promoting student health, well-being, and ability to learn, by providing a safe, healthy, and supportive environment. The Board acknowledges that students need access to healthy foods, physical activity, a variety of student services, and the support of family and community to learn, grow, and thrive.

The Board of Education of Carroll County supports a coordinated approach to school health, understanding that many different school programs impact student health and well-being.


3. Guidelines

The programs and services fall into ten categories, based on the Whole School, Whole Community, Whole Child Model from the Centers for Disease Control and Prevention.

Health Education helps students acquire knowledge, personal skills and attitudes to take increasing responsibility for their own health, practice healthy behaviors and avoid harmful behaviors.

Physical Education and Physical Activity expose students to the skills necessary to perform a variety of physical activities, ensure that students participate regularly in physical activities, and emphasize the value of physical activity and its contributions to a healthful lifestyle.

Health Services offers each student direct acute health care services, as well as assistance with prevention, screenings, and the management of chronic health conditions and special health needs.

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Nutrition Environment and Services encourages good nutrition, fosters the development of good eating habits, and provides students with a variety of healthy and appealing food choices. A healthy school nutrition environment promotes healthier foods and beverages, and provides a safe nutrition environment for all students.

Counseling, Psychological, and Social Services helps all students to be successful by helping them learn, make sound choices, and work cooperatively with others. Services will be provided in a collaborative manner involving the school, community resources, and the family.

Social Emotional Climate refers to the psychosocial aspects of students' educational experience that influence their social and emotional development. A positive social and emotional school climate is conducive to effective teaching and learning by providing a safe and supportive learning environment.

Physical Environment will be safe and designed to promote the maximum health and safety of all students.


Employee Wellness Promotes health and well-being for all school system employees, e.g. teachers, administrators, cafeteria and custodial staff, and contractors as they serve as powerful role models and mentors for students.

Family Engagement is a shared responsibility of both school staff and families. School staff are committed to engaging families in a variety of meaningful ways, and families are committed to actively supporting their child's learning and development.

Community Involvement includes partnerships with groups, organizations, and local businesses to share resources and support student learning, development, and health-related activities. Schools, students, and their families can contribute to the community through service-learning opportunities and by sharing school facilities with community members.

4. Reports

The School Health Council will provide a written report on the review of this policy to the school board every 3 years.

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5. Delegation of Authority

The Superintendent/Designee has the responsibility for enforcing this policy by communicating it to all relevant parties and by providing necessary instructions and/or administrative regulation (if appropriate) to all staff members.

6. References

Carroll County Public Schools Policy KB Family Engagement

Carroll County Public Schools Policy KC Community Engagement

Carroll County Public Schools Policy KG Business Engagement

Centers for Disease Control and Prevention Whole School, Whole Community, Whole Child

COMAR 13A.04.13.01 Physical Education Instructional Programs for Grades Prekindergarten—12

COMAR 13A.04.18.01 Comprehensive Health Education Instructional Programs for Grades Prekindergarten-12

COMAR 13A.05.05.02 School Counseling Program

COMAR 13A.05.05.05 Through 13A.05.05.15. School Health Services Standards United States Department of Agriculture Nutrition Standards in the National School Lunch and School Breakfast Programs