

**Policy Statement # 1450 (Administration) of the Board of Education
Regarding Nutrition and Wellness**

I. Purpose

- A. To create a culture of wellness within the school environment by setting nutrition education goals, physical education and activity goals, nutrition standards for all foods available for students on school campuses during the school day when school is in session, and other school-based activity goals designed to promote student wellness.

II. Policy Statement

- A. The Calvert County Board of Education is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. We recognize that:

1. Good health fosters student attendance and learning.
2. Schools play a vital role in influencing and promoting wellness, protecting children's health, and supporting their ability to learn through healthy eating and physical activity.
3. As educational institutions, schools should model healthful eating and physical activity behaviors that promote emotional well-being.
4. Provision of age-appropriate content on nutrition and wellness improves students' ability to make informed decisions.
5. A healthy school environment goes beyond nutritious school meals in the cafeteria and engages staff and community in the pursuit of activities and strategies to improve the long-term health and mental and physical well-being of our students.
6. Nutrition and wellness address the whole child. The values of the community regarding nutrition and wellness determine what happens to children when they are not in school; and
7. To be effective, this policy should be developed and implemented within an approach that integrates the school, parent and community.

- B. Therefore, Calvert County Public Schools will use current scientific evidence and CDC recommendations regarding nutrition and wellness to set goals that:

1. Offer nutrition education that enables students to develop the skills needed to adopt healthy eating behaviors.
2. Offer physical education and physical activity opportunities designed to enable students to develop the knowledge and skills to maintain a healthful lifestyle.

3. Offer food during the school day that meets or exceeds nutrition standards as defined in federal and state law; and
4. Develop other school-based activity goals.
5. Make every effort possible to meet the CDC recommended 60 minutes per day of physical activity for students.

III. Delegation of Authority

- A. The Superintendent is directed to develop administrative procedures to implement this policy in accordance with all local policies and local, state and federal laws and regulations and to communicate this policy and accompanying procedures to all relevant parties.
- B. In addition, the Superintendent or his/her designee will develop and present to the Board of Education in public session a summary report on the implementation of this policy. This report will be presented no less than every three years and will be based in part on input from the School Health Council.

IV. Exceptions

- A. There are no exceptions to this policy. However, the Board, by majority vote, may temporarily suspend all or part of this policy. Suspension of all or part of this policy, however, in no way relieves the Board of its obligation to comply with the pertinent local, state and federal laws and regulations and the rules and regulations of the Maryland State Board of Education and the Maryland State Department of Education.

V. Review

- A. This policy will be reviewed at the end of three years, or sooner, if approved by majority vote of the Board of Education in public session.

VI. Effective Date

- A. This policy is effective April 10, 2025.

Citations

State Law: Subtitles 4A & 4B, and §§7-401 and 7-409 of the Education Article of the Annotated Code of Maryland

State Reg.: COMAR 13A.04.13.0; 13A.04.18.01 through 04; 13A.05.05.05-15; 13A.06.01.01

Federal Law: Section 204 of the Public Law 108-265 of the Federal Child Nutrition and WIC Reauthorization Act of 2004; USC 1758(f)(i), 1766(a), 1779 sections 10(a) and (b)

Adm. Reg.:

Neg. Agr.:

Other Citation:

Related Policy

4305 Regarding the CCPS Food Services Program

Administration 1450

Adopted: 01/12/06

Revised: 01/08/09; 01/12/12; 11/05/15; 11/8/18; 12/9/21; 4/10/25

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