	<b>Governance</b>  <b>Comprehensive School Health Program and Wellness Policy</b>	<b>Policy #</b>	<b>EFE</b>
		<b>Implemented</b>	<b>Jan 9, 1995</b>
		<b>Reviewed/Updated</b>	March 11, 2020 July 12, 2023
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### **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 and employee 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 supports all students academically, socially, and emotionally, as well as in the career and college domain. Services include classroom lessons, small group counseling, individual counseling, as well as program initiatives that support student learning in several areas such as, self-regulation, relationship skills, conflict resolution, executive functioning skills, and problem-solving. Services are provided in a collaborative manner with the student’s families and community.

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, support staff, 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***

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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***

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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