WELLNESS: PHYSICAL AND NUTRITIONAL HEALTH

I. Purpose

Policy ADF addresses the requirements of the Child Nutrition and WIC (Women, Infants, and Children) Reauthorization Act of 2004 and as amended by the Healthy Hunger Free Kids Act of 2010.

II. Background

The Board of Education recognizes the importance of a healthy school environment and is committed to creating a school culture that promotes and protects each student's health, well-being, and preparedness to learn by supporting healthy eating, health education, and physical activity. Such a culture will help students learn to take responsibility for their own health and to adopt healthy habits, attitudes, and behaviors for life.

III. Definitions

Within the context of this policy, the following definitions apply:

A. School Day: The period from the midnight before, to 30 minutes after the end of the official school day.

B. Smart Snacks in School: A snack or entrée that must first meet the following general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as a first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- Meet the nutrient standards for calories, sodium, sugar, and fats set forth by the U.S. Department of Agriculture.

IV. Policy Statement/Procedures

A. The Board of Education will establish a school environment that promotes students' health, wellbeing, and preparedness to learn.

B. To meet the requirements set by the Maryland State Department of Education for the physical and nutritional health of students and staff, the Board of Education authorizes the Superintendent to promulgate an administrative regulation that addresses the following:

1. Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness;

2. Food and nutrition guidelines for all foods and beverages available for sale on each school campus during the school day;

3. Policies for foods and beverages available on the school campus during the instructional day such as for celebrations, incentives, and classroom snacks;

4. An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture;

5. Procedures for food and beverage marketing that support Smart Snacks in School nutrition standards;

6. A plan for measuring implementation of this policy and administrative regulation, including designation of one or more persons within the school system or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the wellness policy; and

7. A plan that involves parents, students, and representatives of Food and Nutrition Services Department, the Board of Education, school administrators, and the public in the development of the school wellness administrative regulation.

C. The Board of Education will inform the public of the wellness policy annually and any changes to the policy and/or the accompanying administrative regulation will be posted on BoardDocs and the WCPS website.

Policy Adopted: August 8, 2006. Revised: August 8, 2013. Revised: May 2, 2017. Amended: July 16, 2024.
Board of Education of Washington County