

RULE 5470

STUDENTS: ELEMENTARY AND SECONDARY

BALTIMORE COUNTY PUBLIC SCHOOLS HAS A COORDINATED SCHOOL HEALTH PROGRAM WHICH SUPPORTS STUDENT AND STAFF WELLNESS. EACH OFFICE IS RESPONSIBLE FOR IMPLEMENTING THE FEDERAL, STATE AND LOCAL REGULATIONS, POLICIES AND PROCEDURES PERTAINING TO THE EIGHT COMPONENTS OF SCHOOL HEALTH.

THE FOLLOWING EIGHT COMPONENTS OF SCHOOL HEALTH ARE INCORPORATED IN ALL SCHOOLS.

1. HEALTH EDUCATION: THIS PREKINDERGARTEN-12 CURRICULUM IS PLANNED, SEQUENTIAL, AND ADDRESSES THE PHYSICAL, INTELLECTUAL, EMOTIONAL AND SOCIAL DIMENSIONS OF HEALTH. THE CURRICULUM IS DESIGNED TO MOTIVATE AND ASSIST STUDENTS TO MAINTAIN AND IMPROVE THEIR HEALTH AND THE HEALTH OF OTHERS; PREVENT DISEASE; AND REDUCE HEALTH-RELATED RISK BEHAVIORS. IT ALLOWS STUDENTS TO DEVELOP AND DEMONSTRATE INCREASINGLY SOPHISTICATED HEALTH-RELATED KNOWLEDGE, ATTITUDES, SKILLS, AND PRACTICES. THE COMPREHENSIVE HEALTH EDUCATION CURRICULUM ADDRESSES PERSONAL, FAMILY, AND COMMUNITY HEALTH TOPICS, INCLUDING MENTAL AND EMOTIONAL HEALTH; PERSONAL HEALTH AND WELLNESS; HEALTHY EATING; PHYSICAL ACTIVITY; SAFETY; VIOLENCE AND INJURY PREVENTION; CONSUMER LITERACY; ENVIRONMENTAL HEALTH, SEXUAL AND REPRODUCTIVE HEALTH; SUBSTANCE USE AND ABUSE; AND DISEASE PREVENTION AND CONTROL.
2. PHYSICAL EDUCATION: THIS PREKINDERGARTEN-12 CURRICULUM IS PLANNED, SEQUENTIAL AND PROVIDES COGNITIVE CONTENT AND LEARNING EXPERIENCES IN A VARIETY OF ACTIVITY AREAS SUCH AS BASIC MOVEMENT SKILLS; PHYSICAL FITNESS; RHYTHMS AND DANCE; GAMES; TEAM, DUAL, AND INDIVIDUAL SPORTS; TUMBLING AND GYMNASTICS. THROUGH A VARIETY OF PLANNED PHYSICAL ACTIVITIES, QUALITY PHYSICAL EDUCATION PROMOTES, EACH STUDENT'S OPTIMUM PHYSICAL, MENTAL, EMOTIONAL, AND SOCIAL DEVELOPMENT, AND PROMOTES ACTIVITIES AND SPORTS THAT ALL STUDENTS ENJOY AND CAN PURSUE THROUGHOUT THEIR LIVES.

3. HEALTH SERVICES: A COMPREHENSIVE SERVICE MODEL PROVIDED FOR STUDENTS TO APPRAISE, PROTECT, AND PROMOTE HEALTH. THESE SERVICES ARE DESIGNED TO ENSURE ACCESS AND/OR REFERRAL TO PRIMARY HEALTH CARE SERVICES; FOSTER APPROPRIATE USE OF PRIMARY HEALTH CARE SERVICES; PREVENT AND CONTROL COMMUNICABLE DISEASE; PROVIDE EMERGENCY CARE FOR ILLNESS OR INJURY; PROMOTE AND PROVIDE SAFE CONDITIONS FOR THE SCHOOL ENVIRONMENT; AND PROVIDE HEALTH PROMOTION FOR THE STUDENTS, STAFF AND SCHOOL COMMUNITY.
4. FOOD AND NUTRITION SERVICES: THESE SERVICES PROVIDE ACCESS TO A VARIETY OF NUTRITIOUS AND APPEALING MEALS THAT ACCOMMODATE THE HEALTH AND NUTRITION NEEDS OF ALL STUDENTS. WHILE PROVIDING STUDENTS WITH A VARIETY OF HEALTHY FOOD CHOICES, THESE SERVICES ENCOURAGE THE PRACTICE OF GOOD EATING HABITS AND THE IMPORTANCE OF GOOD NUTRITION.
5. COORDINATED STUDENT SUPPORT SERVICES: THE DEPARTMENT OF STUDENT SUPPORT SERVICES COORDINATES PREVENTION AND INTERVENTION PROGRAMS AND SERVICES TO SUPPORT SCHOOLS, STUDENTS, AND PARENTS BY ADDRESSING THE COGNITIVE, BEHAVIORAL, SOCIAL, EMOTIONAL, HEALTH, SAFETY AND ALTERNATIVE EDUCATION NEEDS OF ALL STUDENTS TO MAXIMIZE STUDENT ACHIEVEMENT.
6. HEALTHY SCHOOL ENVIRONMENT: PROVISION OF A SAFE, INVITING AND HEALTHY SCHOOL ENVIRONMENT IS THE RESULT OF A TEAM OF SCHOOL-BASED AND CENTRAL OFFICE-BASED PERSONNEL WORKING TOGETHER TO ASSESS THE SCHOOL BUILDING AND GROUNDS AND TO IMPLEMENT STRATEGIES TO REMEDIATE ANY PROBLEMS. AS PART OF THE SCHOOL ENVIRONMENT BALTIMORE COUNTY PUBLIC SCHOOLS' OFFICE OF SAFE AND DRUG-FREE SCHOOL PROGRAMS AND INITIATIVES PROVIDE EDUCATION, PREVENTION AND INTERVENTION SERVICES TO PREVENT SUBSTANCE USE, IMPROVE STUDENT BEHAVIOR AND IMPROVE STUDENT ACHIEVEMENT.
7. EMPLOYEE WELLNESS: THESE ACTIVITIES ARE TARGETED TO ENCOURAGE SCHOOL STAFF TO PURSUE A HEALTHY LIFESTYLE

THAT WILL ULTIMATELY CONTRIBUTE TO IMPROVED HEALTH STATUS, ATTENDANCE AND PRODUCTIVITY.

8. COMMUNITY COLLABORATION: COMMUNITY INPUT IS ELICITED ON ALL ASPECTS OF THE COORDINATED SCHOOL HEALTH PROGRAM. THE LEGALLY MANDATED LOCAL SCHOOL HEALTH COUNCIL SERVES AS AN INTERDISCIPLINARY, INTERAGENCY, AND COMMUNITY-BASED ADVISORY COUNCIL TO PROVIDE THIS INPUT FOR THE SCHOOL SYSTEM.

THE AREA ASSISTANT SUPERINTENDENTS IN COLLABORATION WITH SCHOOL PRINCIPALS WILL WORK WITH THE APPROPRIATE ADMINISTRATORS FOR THE DEPARTMENTS OF SECONDARY AND ELEMENTARY EDUCATION, PLANNING AND SUPPORT SERVICES AND STUDENT SUPPORT SERVICES TO MEASURE THE IMPLEMENTATION OF THE COMPREHENSIVE SCHOOL WELLNESS POLICY.

LEGAL REFERENCES:

Annotated Code of Maryland
§7-401 (a), School Health Program
§7-409 (a), Physical Education Program
COMAR 13A.04.13, Program in Physical Education
COMAR 13A.04.18, Program in Comprehensive Health Education
COMAR 13A.06.01, Programs in Food and Nutrition
COMAR 13A.05.05.05-.15, School Health Services Standards
COMAR 13A.05.05, Programs of Pupil Services
42 U.S.C. §1758(f)(1), § 1766(a)
42 U.S.C. §1779 et seq.
US CONGRESS PUBLIC LAW § 108-265

RULE

ADOPTED: 07/11/06

SUPERINTENDENT OF SCHOOLS