

STUDENTS: SERVICES TO STUDENTS [ELEMENTARY AND SECONDARY]

Wellness

I. PURPOSE

[Baltimore County Public Schools (BCPS) has a coordinated school health program which supports student and staff wellness.] THE PURPOSE OF THIS RULE IS TO PROVIDE GUIDELINES FOR PROMOTING STUDENT HEALTH AND WELL-BEING AND TO IMPLEMENT THE LOCAL WELLNESS POLICY IN ACCORDANCE WITH FEDERAL AND STATE LAW AND REGULATIONS. [Each office is responsible for implementing the federal, state, and local regulations, policies, and procedures pertaining to the eight components of school health.]

II. GUIDELINES

[The following eight components of school health are incorporated in all schools.]

A. [1.]Health Education [:]

1. THE SCHOOL SYSTEM WILL DEVELOP AND IMPLEMENT A COMPREHENSIVE HEALTH EDUCATION INSTRUCTIONAL PROGRAM FOR GRADES [This] prekindergarten-12.
2. THE COMPREHENSIVE SCHOOL HEALTH EDUCATION curriculum WILL BE A [is] planned, sequential CURRICULUM THAT ADDRESSES [, and addresses] the physical, intellectual, emotional, and social dimensions of health. The curriculum:
 - a. Is designed to motivate and assist students to maintain and improve their health and the health of others; prevent diseases; and reduce health-related risk behaviors.
 - b. [It] Allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices.
 - c. [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.

3. COMPREHENSIVE HEALTH EDUCATION PROGRAMS WILL BE PROVIDED FOR ALL STUDENTS IN GRADES KINDERGARTEN-8 IN ACCORDANCE WITH THE BCPS CURRICULUM, AND IN GRADES 9-12 TO ENABLE STUDENTS TO MEET THE HEALTH EDUCATION GRADUATION REQUIREMENT.

B. [2.]Physical Education/PHYSICAL ACTIVITY [:]

1. THE SCHOOL SYSTEM WILL DEVELOP AND IMPLEMENT A PHYSICAL EDUCATION CURRICULUM AS PART OF THE COMPREHENSIVE PHYSICAL EDUCATION PROGRAM FOR GRADES [This] prekindergarten-12.
2. THE COMPREHENSIVE PHYSICAL EDUCATION curriculum WILL BE A [is] planned, sequential CURRICULUM THAT [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. DEVELOPMENTALLY APPROPRIATE PHYSICAL EDUCATION WILL BE PROVIDED FOR ALL STUDENTS IN GRADES KINDERGARTEN-8 AND IN GRADES 9-12 TO ENABLE STUDENTS TO MEET THE 1.0 GRADUATION REQUIREMENT.
4. ALL STUDENTS IN GRADES 4-9 WILL PARTICIPATE IN A FITNESS ASSESSMENT ANNUALLY.
5. EACH ELEMENTARY SCHOOL WILL PROVIDE DAILY RECESS, PREFERABLY OUTDOORS, DURING WHICH SCHOOLS SHOULD ENCOURAGE MODERATE TO VIGOROUS PHYSICAL ACTIVITY THROUGH THE PROVISION OF ADEQUATE SPACE AND EQUIPMENT. EXCEPTIONS MAY BE MADE BY THE PRINCIPAL FOR CIRCUMSTANCES, SUCH AS SHORTENED DAYS, SPECIAL EVENTS, AND ALTERED SCHEDULES.
6. EACH MIDDLE SCHOOL WILL PROVIDE EXTRACURRICULAR PHYSICAL ACTIVITY PROGRAMS SUCH AS CLUBS AND INTRAMURALS. TIME PERMITTING, SCHOOLS SHOULD PROVIDE STUDENTS WITH AN

OPPORTUNITY FOR SUPERVISED PHYSICAL ACTIVITY DURING THEIR LUNCH PERIOD.

7. EACH HIGH SCHOOL WILL PROVIDE AN INTERSCHOLASTIC ATHLETIC PROGRAM IN ACCORDANCE WITH ESTABLISHED BOARD POLICIES, SUPERINTENDENT'S RULES, AND PROCEDURES.
8. ALL STAFF ARE ENCOURAGED TO INCORPORATE PHYSICAL ACTIVITY, WHENEVER POSSIBLE AND PRUDENT, INTO CLASSROOM INSTRUCTION.

C. [3.] Health Services [:]

1. ALL STUDENTS WILL HAVE ACCESS TO QUALITY SCHOOL HEALTH SERVICES. A FULL-TIME REGISTERED NURSE WILL BE ASSIGNED TO EACH BCPS SCHOOL AND IMPLEMENT THE HEALTH SERVICES PROGRAM.
2. SCHOOL HEALTH SERVICES PROGRAM WILL ACTIVELY CONTRIBUTE TO AN OVERALL CULTURE OF HEALTH AND WELLNESS WITHIN SCHOOLS. [A comprehensive service model provided for students to appraise, protect, and promote health.] These services are designed to PROVIDE NURSING AND EMERGENCY CARE FOR ILLNESS OR INJURY; PROVIDE TREATMENT AT SCHOOL FOR MEDICAL CONDITIONS AFFECTING STUDENT HEALTH WHEN THE TREATMENT IS ORDERED BY THE STUDENT'S TREATING PHYSICIAN OR PROVIDED AS A REQUIREMENT OF THE STUDENT'S INDIVIDUALIZED EDUCATIONAL PROGRAM (IEP); PREVENT AND CONTROL COMMUNICABLE DISEASE; [ensure] FACILITATE 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.
3. THE SCHOOL NURSE SHALL COORDINATE SCREENING PROGRAMS TO IDENTIFY HEALTH CONDITIONS THAT IMPACT LEARNING.
4. ENHANCED HEALTH SERVICES, INCLUDING SCHOOL-BASED WELLNESS CENTERS, WILL BE PROVIDED IN CERTAIN SCHOOLS IN COLLABORATION WITH THE BALTIMORE COUNTY DEPARTMENT OF HEALTH.

5. EACH SCHOOL WILL ENSURE THAT AT LEAST ONE STAFF MEMBER, IN ADDITION TO THE SCHOOL NURSE, IS TRAINED IN CPR AND FIRST AID.

D. [4.] Food and Nutrition Services [:]

1. THE SCHOOL SYSTEM WILL PROVIDE ALL STUDENTS WITH ACCESS TO FOOD AND BEVERAGES THROUGH THE SCHOOL FOOD SERVICE PROGRAM MANAGED BY THE OFFICE OF FOOD AND NUTRITION SERVICES IN ACCORDANCE WITH BOARD OF EDUCATION POLICY AND SUPERINTENDENT'S RULE 3310, *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.]
2. ALL MEALS OFFERED BY THE SCHOOL FOOD SERVICE PROGRAM SHALL MEET ALL LEGAL REQUIREMENTS FOR PARTICIPATION IN THE NATIONAL SCHOOL LUNCH AND SCHOOL BREAKFAST PROGRAMS. NUTRITIONAL INFORMATION WILL BE MADE AVAILABLE TO THE SCHOOL COMMUNITY ON THE SCHOOL SYSTEM'S WEB SITE.
3. FOOD CHOICES AND GOOD EATING HABITS SHOULD BE PROMOTED IN SCHOOL ACTIVITIES INVOLVING STAFF, STUDENTS, AND THE COMMUNITY.
4. FOODS AND BEVERAGES SHOULD NOT BE CONSUMED FOR EDUCATIONAL PURPOSE EXCEPT AS DEFINED IN THE GENERAL CURRICULUM OR WHEN INDICATED IN A STUDENT'S IEP.

E. [5. Coordinated] Student Support Services [:]

1. THE SCHOOL SYSTEM WILL PROVIDE A COORDINATED PROGRAM OF STUDENT SUPPORT SERVICES FOR ALL STUDENTS. ALL STUDENTS WILL HAVE ACCESS TO SERVICES TO PROMOTE AND ENHANCE STUDENT LEARNING THROUGH ACADEMIC, CAREER, AND PERSONAL/SOCIAL DEVELOPMENT, AND TO HELP ENSURE A SAFE SCHOOL ENVIRONMENT.
2. The Department of Student Support Services WILL coordinate[s] 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.

3. EACH SCHOOL WILL BE ASSIGNED STUDENT SUPPORT SERVICES STAFF TO ADDRESS STUDENT NEEDS.
4. EACH COMPREHENSIVE SCHOOL WILL ESTABLISH AN ACTIVE STUDENT SUPPORT TEAM PROCESS.

F. [6.] Healthy School Environment [:]

1. ALL SCHOOLS WILL BE PROPERLY MAINTAINED TO ENSURE THE SCHOOL ENVIRONMENT IS ONE THAT IS SAFE, HEALTHY, AND CONDUCIVE TO LEARNING. [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.]
2. ALL SCHOOLS ARE ENCOURAGED TO MAINTAIN A HEALTHY LEARNING ENVIRONMENT BY ESTABLISHING AN INDOOR AIR QUALITY (IAQ) PROGRAM IN ACCORDANCE WITH THE ENVIRONMENTAL PROTECTION AGENCY'S *IAQ TOOLS FOR SCHOOLS* PROGRAM AND BY DESIGNATING A STAFF MEMBER TO COORDINATE THE IAQ PROGRAM FOR THE INDOOR AIR QUALITY (IAQ) PROGRAM, *TOOLS FOR SCHOOLS*.
3. ALL STUDENTS WILL HAVE ACCESS TO [As part of the school environment, Baltimore County Public Schools' Office of Safe and Drug-Free Schools programs and initiatives provide] education, prevention, and intervention services to prevent substance use, improve student behavior, and improve student achievement.
4. IN ACCORDANCE WITH BOARD OF EDUCATION POLICY AND SUPERINTENDENT'S RULE 2372, THE USE OF TOBACCO IS PROHIBITED ON ALL SCHOOL SYSTEM PROPERTIES.

G. [7.] Employee Wellness [:]

1. EMPLOYEES WILL BE ENCOURAGED TO MAINTAIN OPTIMAL HEALTH AND WELL-BEING TO SERVE AS ROLE MODELS FOR STUDENTS AND FAMILIES AND TO ENSURE MAXIMUM EFFECTIVENESS IN PERFORMANCE OF THEIR JOBS. [These activities are targeted to encourage school staff to pursue a healthy lifestyle that will ultimately contribute to improved

health status, attendance, and productivity.] TO SUPPORT EMPLOYEE WELLNESS, THE SCHOOL SYSTEM WILL PROVIDE EMPLOYEES WITH ACCESS TO:

- a. CPR TRAINING PROGRAMS;
- b. FLU VACCINES AS PART OF THE EMPLOYEE WELLNESS PROGRAM;
- c. A VARIETY OF WELLNESS PROGRAMS AND ACTIVITIES THAT PROMOTE HEALTHY LIFESTYLES, NUTRITION, AND PHYSICAL ACTIVITY;
- d. AN EMPLOYEE ASSISTANCE PROGRAM.

H. [8.] Community Collaboration [:]

THE SCHOOL SYSTEM WILL PARTNER WITH THE BALTIMORE COUNTY HEALTH COUNCIL REGARDING SCHOOL HEALTH, NUTRITION, AND WELLNESS MATTERS IN CONNECTION WITH THE DEVELOPMENT AND REVISION OF SCHOOL SYSTEM'S WELLNESS POLICY AND THIS IMPLEMENTING RULE. 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.

PARENT/COMMUNITY INPUT TO LOCAL SCHOOLS ON WELLNESS IS PROVIDED THROUGH THE SCHOOL IMPROVEMENT PROCESS.

III. COMPLIANCE

- A. THE SUPERINTENDENT DESIGNATES THE EXECUTIVE DIRECTOR OF STUDENT SUPPORT SERVICES IN CONSULTATION WITH LEADERS OF THE EIGHT COMPONENTS TO MONITOR COMPLIANCE WITH THE LOCAL WELLNESS POLICY. THE EXECUTIVE DIRECTOR OF STUDENT SUPPORT SERVICES SHALL ANNUALLY REPORT TO THE SUPERINTENDENT REGARDING THE SCHOOL SYSTEM'S COMPLIANCE WITH THE LOCAL WELLNESS POLICY.
- B. STAFF WILL PROVIDE AN ANNUAL REPORT TO THE BALTIMORE COUNTY SCHOOL HEALTH COUNCIL ON PROGRESS IN THE EIGHT COMPONENTS OF THE WELLNESS PROGRAM.

[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: 42 U.S.C. §§1751, *ET SEQ.*, *NATIONAL SCHOOL LUNCH ACT, AS AMENDED*
42 U.S.C. §1758(B), *RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT, AS AMENDED*
42 U.S.C. §§1771, *ET SEQ.*, *CHILD NUTRITION ACT*
42 U.S.C. §1779, *ET SEQ.*, *CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004*
ANNOTATED CODE OF MARYLAND, EDUCATION ARTICLE §7-401, SCHOOL HEALTH PROGRAM
ANNOTATED CODE OF MARYLAND, EDUCATION ARTICLE §7-409, PHYSICAL EDUCATION PROGRAM
COMAR 13A.04.13, *PROGRAM IN PHYSICAL EDUCATION*
COMAR 13A.04.18, *PROGRAM IN COMPREHENSIVE HEALTH EDUCATION*
COMAR 13A.05.05, *PROGRAMS OF PUPIL SERVICES*
COMAR 13A.06.01, *PROGRAMS FOR FOOD AND NUTRITION*

[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]

RELATED POLICIES: BOARD OF EDUCATION POLICY 3310, *FOOD AND NUTRITION SERVICES*

BOARD OF EDUCATION POLICY 5410, *SCHOOL COUNSELING SERVICES*

BOARD OF EDUCATION POLICY 5420, *HEALTH SERVICES*

BOARD OF EDUCATION POLICY 5430, *PSYCHOLOGICAL SERVICES*

BOARD OF EDUCATION POLICY 6100, *CURRICULUM*

BOARD OF EDUCATION POLICY 6702, *INTRAMURAL, INFORMAL, AND INTERSCHOLASTIC ATHLETICS*

Rule

Approved: 7/11/06

REVISED: _____

Superintendent of Schools