

POLICY

Queen Anne's County Public Schools

POLICY TITLE: Student Nutrition, Health and Wellness		
First Reading (Revision) June 7, 2017	Second Reading	Adoption
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY: Instruction		

A. Purpose

The purpose of this policy is to ensure that all staff and students possess the knowledge and skills necessary to make healthy lifestyle choices in regard to physical activity, proper nutrition, and social and emotional health throughout their lives.

B. Policy Statement

The Queen Anne's County Public Schools Board of Education (QACPS BOE) encourages—every young person in every school in our community to be healthy, safe, engaged, supported and challenged in their efforts to have a lifetime of wellness. This policy embraces the Whole School, Whole Community, Whole Child (WSCC) model, developed by the Center for Disease (CDC) and the Association for Supervisors and Curriculum Development (ASCD). Additionally, the policy shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

C. Rationale

The link between healthy nutritional choices, adequate physical activity and learning is well documented. Healthy eating patterns and increased physical activity are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Healthy eating and physical activity is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help staff and students establish and maintain lifelong

wellness. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' well-being.

D. Evaluation Committee:

QACPS Health Advisory Committee: The committee will comprise of staff, students, parents and community to address nutrition, health education, and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment.

E. Implementation

The Superintendent is responsible for drafting procedural guidelines for the implementation of this policy. [Procedural Guideline](#)

F. Evaluation

The Superintendent will provide the Board of Education a review of this policy annually in the month of August. The focus of this review will be the effectiveness of the elements of this policy in assisting the Board in fulfilling its mission.

G. References

1. National Center for Chronic Disease Prevention and Health Promotion
2. COMAR 13A.04.13 Program in Physical Education
3. COMAR 13A.04.18 Program in Comprehensive Health Education
4. COMAR.13A.04.18.01 Family Life
5. Maryland Wellness Policies and Practices Project Schools System Feedback
6. Center For Disease Control and Prevention (2014-2015 School Year)
7. Journal of School Health

Board Approval Acknowledged By:

Mr. Greg Pilewski, Secretary and Treasurer
Board of Education of Queen Anne's County