

POLICY

Queen Anne's County Public Schools

POLICY TITLE: Student Nutrition, Health and Wellness		
First Reading (Revision) November 2, 2011	Second Reading	Adoption
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY: Instruction		

A. Purpose

The purpose of this policy is to ensure that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life.

B. Policy Statement

The Queen Anne's County Public Schools Board of Education (QACPS BOE) encourages healthy eating and physical activity. This plan 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 nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staffs establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

D. Evaluation Committee:

School Health Advisory Committee (SHAC): Committee of staff and community who 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.

F. Evaluation

The Superintendent will provide the Board of Education a review of this policy in August 2015. 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

Board Approval Acknowledged By:

Dr. Carol A. Williamson, Secretary and Treasurer
Board of Education of Queen Anne's County

POLICY

Queen Anne's County Public Schools

Policy Action Dates					
ACTION	DATE	ACTION	DATE	ACTION	DATE

Responsibility for Policy Maintenance & References	
LAST EDITOR/DRAFTER NAME: Willie Waits	JOB POSITION OF LAST EDITOR/DRAFTER: Supervisor of Instruction
PERSON RESPONSIBLE:	JOB POSITION OF PERSON RESPONSIBLE:
DESIGNEE NAME:	JOB POSITION OF DESIGNEE:
POLICY NUMBER PRIOR TO SEPTEMBER 2008:	

POLICY

Queen Anne's County Public Schools

Policy Number: IICB

POLICY TITLE: Student Nutrition, Health and Wellness Policy		
ADOPTION/EFFECTIVE DATE:	MOST RECENTLY AMENDED:	MOST RECENTLY REAFFIRMED:
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY:		

- I. Policy
- II. Procedures

This plan is organized according to the eight interactive components as put forth by the National Center for Chronic Disease Prevention and Health Promotion.

Component 1: Health Education

A. School Health Advisory Committee

1. The School Health Advisory Committee (SHAC) shall be established from school and community volunteers at the beginning of each school year.
Co-chair: (Brad Engel and Willie Waits)
2. One of its missions shall be to address nutrition, health education, and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment.
3. This committee shall offer revisions to said guidelines annually or more often if necessary.
4. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

B. School Responsibility

1. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, health education, and physical activity.

2. Each year principals will report via the approved “report card” on their progress toward meeting the recommendations of the SHAC.
3. Likewise our school meals partner will report annually on its pieces of the policy using a similar vehicle.

C. Health/Nutrition Education

1. Health education will be based on current science, research, and national guidelines. Queen Anne’s County will implement the Maryland State Curriculum for nutrition education (Health & Physical education).
 - Health education shall appear on the student’s report card in the middle and high school level.
 - There shall be district wide assessments in health education. In high school, the health education final exam will constitute 15% of the student’s final grade in health education.
 - In high school, health education will be required in the freshman year as a 0.5 credit course. For the subsequent years, health education will be encouraged and offered as integrated portions of physical education electives.
2. The nutrition education program shall:
 - Focus on students’ eating behaviors;
 - Be based on theories and methods proven effective by published research;
 - Be consistent with the Maryland State Curriculum framework;
 - Demonstrate student competency through the application of knowledge, skill development, and practice; and
 - Provide opportunities for engaging families in health education before, during, or after the school day (ex: Hoops for Heart, Walk for a Cure)

D. Interdisciplinary Integration

1. Health and Nutrition education shall be integrated in other classroom content areas such as math, science, language arts, social sciences, and elective subjects.

Health education will be taught each year from pre-K through grade 9 and will be offered as an elective in grades 10 - 12.

2. Nutrition education will be offered in the school cafeteria and in the classroom, with coordination between school foodservice staff and teachers. Teachers shall display posters, videos, websites, etc. on nutrition topics.

E. Education Links with School and Community

1. Queen Anne's County campuses will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parents, and the community.
2. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education instructors.

F. Instructional Program Design

1. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, Pre-K through 12.
2. The nutrition education program shall focus on students' eating behaviors be based on theories and methods proven effective by published research, and be consistent with the state's/district's health education standards/guidelines/framework.
3. Nutrition education shall be designed to help students learn:
 - Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
 - Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
 - How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
4. Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable.

5. The program shall engage families as partners in their children's education.
6. The School Health Advisory Committee (SHAC) shall assess all nutrition education curricula and materials for accuracy, completeness, balance, and consistency with the state's/district's educational goals and standards. Materials developed by food marketing boards or food corporations shall be examined for inappropriate commercial messages.

G. Staff Qualifications

1. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.
2. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
3. All staff responsible for nutrition education will be highly qualified. In elementary school, health will be taught primarily in physical education by a certified physical education teacher; in middle school, health will be taught primarily in physical education by a certified physical education teacher as well as in the science classroom by a certified science teacher; in high school, health will be taught primarily in physical education by a certified health education teacher as well as in the science classroom by a certified science teacher.

H. Educational Reinforcement

1. School staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition, such as assisting with food recovery efforts and preparing nutritious meals for house-bound people.
2. Schools shall disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.

I. Staff as Role Models

1. School staffs are encouraged to model healthy eating behaviors. Schools should offer wellness programs that include personalized instruction about healthy eating and physical activity.
 - a. Coordination of Programs
 - The food service program shall be closely coordinated with nutrition instruction.
 - The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom.
 - b. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.
 - c. The Comprehensive Health Education Standards for Maryland should be implemented throughout the entire school environment.

J. Nutrition-Related Health Problems and Modified Diets

1. School counselors and school health services staff shall consistently promote healthy eating to students and other staff.
 - These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
 - The school food service program will comply with USDA's disability requirements for modified diets.

Component 2: Physical Education

A. Recommendations for Physical Activity

1. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
2. Children should accumulate at least 60 minutes of physical activity on all or most days of the week. Extended periods of inactivity (periods of two or more hours) are discouraged. Physical

Activity training ideas for students will be made available to staffs on a regular basis.

B. Physical Education

1. Physical Education courses should be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. A sequential physical education course of study consistent with Maryland State Curriculum standards for physical education shall be implemented with a focus on students' development of motor skills, movement forms, and health-related fitness.
 - There shall be district wide assessments in physical education.
 - High schools – district wide final exams that constitute 15% of the student's final grade in physical education.
 - Middle schools – district wide final exams.
 - Elementary schools – district wide alternative assessments (ex: President's Challenge).
3. State-certified physical education teachers shall teach all physical education classes.
4. An adequate amount of time for physical education classes shall be provided.
 - a. Class length should allow for effective instruction.
 - b. Schools should have a goal of providing at least 150 minutes per week for elementary students and at least 225 minutes per week for middle schools.
 - c. High Schools should encourage students to elect physical education courses that promote lifetime activities.
5. Physical education classes shall have a teacher/student ratio that allows for proper supervision and assistance to maximize learning and fitness.
6. Students should be moderately to vigorously active at least 70% of the time while participating in physical education classes.
7. A physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted shall be provided.
8. Physical Education teachers shall participate in at least once- a-year countywide professional development in physical education.

9. According to MSDE guidelines, schools shall prohibit substitution or courses or activities for physical education.
10. There shall be a specified time for physical education.
 - Elementary schools: 90 – 180 minutes per week.
 - Middle schools: 225 minutes per week
 - High school: 0.5 credit in one semester
11. In high school, physical education will be required in the freshman year as a 0.5 credit course. For the subsequent years, physical education will be encouraged and offered as elective courses.

Component 3: Health Services

A. Family Life Education

1. Family Life Education will be offered to comply with COMAR during each school year at the Board designated approved grades. The board approved Family Life Curriculum will be implemented in grades 5, 7, and 9.
2. Parents will always be informed of the dates of the instruction and may at their option view the materials to be used during the family life section.
3. Under written request parents may excuse their child from the family life portion of the curriculum. Such excused children will be given a parallel health assignment during the class time devoted to the family Life topics.
4. The SHAC shall review content and changes to make recommendations to the Board at least once a calendar year.
5. Teachers of health education will participate in training programs to deal with content and methods as related to health education.
6. Teachers selected to teach Family Life education may opt out of teaching the content for personal reasons.

B. Nutrition information and/or education by school Nurses

1. Nutrition information/education may be provided to students by the school nurse on various topics such as:
 - Dietary Guidelines for Americans
 - Eating disorders
 - Weight control
 - Healthy eating tips
2. Nurses will coordinate with science and/or health teachers to schedule classroom visits to discuss health/nutrition topics with the students.

C. Physical activity/fitness information and/or education provided by school nurses

1. Physical activity/fitness information/education may be provided to students by the school nurse on various topics such as:
 - Ways to increase physical activity
 - Safety during activity
 - Physical activity resources
 - BMI (addressed in 9th grade)

D. School Health Services

1. School Health Services shall be implemented in all schools for all students.
2. A school Nurse shall be assigned and stationed in every school.
3. Policies for the School Health Services are periodically updated and remain in each Nurse's offices and at the Central Office.

Component 4: Nutrition Services

A. Quality School Meals

1. The Queen Anne's County School District will offer breakfast and lunch on school days, except on days where late openings occur.
2. School foodservice staff that is properly qualified according to current professional standards will administer the Child Nutrition Programs.

- School foodservice staff will regularly participate in professional development activities.
3. Food safety will be a key part of the school foodservice operation.
 - This will be done by following an approved HACCP plan.
 4. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Maryland State Department of Education, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
 5. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
 6. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

B. Other Healthy Food Options

1. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
 - These recommendations will use the MOM #12 model and will include concession stands at sporting and academic events.
 - For all school related after school or school related events alternative “healthy” foods will be made available at each event.
2. Students who continually bring foods or beverages of minimal nutritional value will be given information about healthy choices and have literature sent home to parents concerning the same.
3. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher’s guidance.

- The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students.
4. School staff shall not use food as a reward for student accomplishment.
 - The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom should be prohibited.
 5. At least quarterly, the school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
 6. Organizations will be encouraged to use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, sub sandwiches sales after school hours would be acceptable.
 7. Food Services shall oversee all foods/beverages vended to students on the school campus.
 - Food services require that all vending is compliant with MOM #12 requirements.
 - **SEE ATTACHMENT A**
 8. All foods/beverages served at parties and classroom snacks shall meet MOM #12 recommended standards.
 9. Program Requirements
 - All foods and beverages, other than school meals, made available to students must meet the specified maximum portion size and nutrition standards (**SEE ATTACHMENT A**).

C. Pleasant Eating Experiences

1. Facility design will be given priority in renovations and new construction.
2. Drinking fountains will be available for students to get water at meals and throughout the day.
3. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.

4. School personnel will assist all students in developing the healthy practice of washing hands before eating, especially in elementary schools.
5. School personnel will schedule enough time so students do not have to spend excessive time waiting in line.
6. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
7. Adequate time to eat in a pleasant dining environment should be provided.
 - The minimum eating time for each child after being served will be 15 minutes for breakfast and 20 minutes for lunch.
8. Schools will encourage socializing among students, and between students and adults.
 - Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students.
 - Parents are highly encouraged to dine with students in the cafeteria.
9. Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Counseling and Psychological Services

A. Nutrition Related Conditions

1. Information on nutrition related conditions may be provided to students.
2. Psychological services may be provided to students regarding eating disorders or information on special dietary needs or placement of a referral to a qualified professional.
3. Support services will be implemented in all schools for all students.
 - At least one school counselor

- Behavior specialist
- Social worker/Casa Start
- School Psychologist

Component 6: Healthy School Environment

A. Physical Activity and Punishment

1. Schools shall prohibit the use of physical activity as punishment, the withholding of participation in physical education class or recess as punishment, or the use of physical education class or recess time to complete assignments from other classes.

B. Encouraging Lifetime Physical Activity

1. Schools should provide daily recess periods of at least 20 minutes for all elementary school students.
2. Schools should provide physical activity breaks during classroom hours.
3. Schools shall offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs. This can include joint efforts with partners.
4. Schools will be encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day while respecting the fact that each facility is a teaching station.
5. Schools should encourage parents and community members to institute programs that support physical activity, such as a walk with your child program and a walking program during recess.
6. Schools should encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Component 7: Health Promotion for Staff

A. Nutrition Education/Physical Activity Promotion

1. Nutrition education and physical activity promotion may be provided to school staff through in-services, health fairs, health screenings, fitness programs, or nutrition and physical activity classes.
2. Schools are encouraged to promote health promotion programs, provide incentives for staff, create positive role modeling, and build the commitment of staff to promote the health of students and improve the school nutrition and physical activity environment.

B. Staff Promotion Programs

1. The school system will encourage all school staff members to improve their own personal health and wellness in order to improve staff morale and serve as positive role models
2. School-site health promotions that will be offered to all staff are:
 - Influenza vaccinations
3. Off school-site health promotions that will be available to the staff are:
 - Stress management
 - Yoga classes
 - Physical activity and fitness programs

Component 8: Family and Community Involvement

A. Marketing

1. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
2. Schools will consider student needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
3. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

4. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher professional developments, etc.
5. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations and ombudsman service.

B. Physical Activity Opportunities

1. Students and parents shall be provided opportunities to participate in school sponsored extracurricular physical activity programs such as intramurals, physical activity clubs, fun runs, open gyms.

C. Implementation

1. The SHAC shall be composed of parents and school district staff.
 - Each campus principal shall select a parent and/or one staff member, such as teacher, nurse, counselor, or administrator to represent the campus.
 - Permanent members of the committee shall include the Health Education Supervisor and the Food Service Director.
 - The chair of the SHAC will always be the Supervisor of Instruction in charge of Health Education.
2. The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement.
 - These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.
 - This report will be sent to the Chair of the committee and be summarized.
 - Following summarization the report will be forwarded to the Board for review of progress being made on each campus.
 - The SHAC will hear reports from each campus group after each review period.

- Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

Attachment A

**Queen Anne’s County School District
Student Nutrition/Wellness Plan**

Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during specific times must meet the following maximum portion size and nutrition standards.

Food item	Elementary School	Middle School	High School
Chips (regular)	1 ounce	1 ounce	1.25 ounces
Baked chips, Crackers, popcorn, trail mix, seeds, dried fruit, jerky, pretzels	1.5 ounces	1.5 ounces	1.5 ounces
Cookies/cereal bars	2 ounces	2 ounces	2 ounces
Baked goods (pastry/muffin)	3 ounces	3 ounces	3 ounces
Frozen desserts, Ice cream	3 ounces	3 ounces	4 ounces
Yogurt	8 ounces	8 ounces	8 ounces
Whole milk	8 ounces	8 ounces	8 ounces
Reduced fat milk	8 ounces	16 ounces	16 ounces
Beverages other than milk or FMNV (water exempt)	12 ounces	12 ounces	12 ounces
Fruit drinks/slushes (50% juice minimum)	6 ounces	12 ounces	12 ounces

All other food/beverages can contain no more than 9 grams of fat/package (except nuts & seeds) and no more than 35% by weight or 15 grams per serving of added sugar.

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-o and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water
-

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

- Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.

The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Specified Times for the Availability of Foods and Beverages Other than School Meal

Elementary Schools – no access at any time

Middle Schools – after the end of the regular school day

High Schools – after the end of the regular school day

Queen Anne's County Public School
Wellness Policy Implementation Plan

Component	Key Element of policy to monitor and evaluate	Type of Data	Data Source (How will this be monitored?)	Person Responsible	Monitoring occurrence	Person who the results will be reported
School Based and Curriculum & Instruction						
Component 1.D.2	Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers.	Outcome	Periodic observations	Foodservice School Staff Teachers	Annually	School Health Advisory Committee Superintendent
Component 1.D.2	Teachers shall display posters, videos, websites, etc. on nutrition topics.	Outcome	Observations	Teachers Principals Content Supervisors	Annually	School Health Advisory Committee Superintendent
Component 1.F	Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.	Process	Classroom Observations	Principal Content Supervisors	Annually	School Health Advisory Committee Superintendent
Component 1.G.1	Teachers will receive professional development in nutrition education annually	Outcome	Professional Development Agendas	Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 2.A.2	Children will accumulate at least 60 minutes of physical activity on all or most days of the week. Extended periods of inactivity (periods of two or more hours) will be discouraged.	Outcome	Calculation of activity minutes	Principal Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 2.A.2	Physical Activity training ideas for students will be made available to staffs on a regular basis.	Outcome	Meetings conducted to communicate training ideas	Health/PE Supervisor School Nurse	Annually	School Health Advisory Committee Superintendent
Component 2.B.2	The Health Education curriculum standards and	Outcome	Classroom Observations	Health/PE Supervisor Principal	Annually	School Health Advisory Committee

	guidelines will be followed as stated by MSC.					Superintendent
Component 2.B.2	Schools will implement a sequential physical education course of study consistent with the MSC standards for physical education with a focus on students' development of motor skills, movement forms, and health-related fitness.	Outcome	Classroom Observations	Health/PE Supervisor Principal	Annually	School Health Advisory Committee Superintendent
Component 3.A	Family Life Education will be offered to comply with COMAR during each school year at the Board designated approved grades.	Outcome	Classroom Observations	Health/PE Supervisor Principal	Annually	School Health Advisory Committee Superintendent
Component 3.A	Parents will be informed of the dates of the instruction and may at their option view the materials to be used during the family life section.	Outcome	Meeting Agenda	Health/PE Supervisor Principal	Annually	School Health Advisory Committee Superintendent
Component 3.A	Under written request, parents may excuse their child from the family life portion of the curriculum. Such excused children will be given a parallel health assignment during the class time devoted to the family life topics.	Outcome	Opt-out forms	Health/PE Supervisor Teacher Principal	Annually	School Health Advisory Committee Superintendent
Component 3.A	The SHAC shall review content and changes to make recommendations to the Board at least once a calendar year.	Outcome	Meeting agenda Policy changes	SHAC Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 3.A.5	Teachers of health education will participate in training programs to deal with content and methods as related to	Outcome	Professional Development agenda	Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent

	health education.					
Component 3.A.5	Teachers selected to teach Family Life education may opt out of teaching the content for personal reasons.	Outcome	Opt-out form	Teachers Principal Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 4.C.1	Facility design will be given priority in renovations and new construction.	Process	Blue Prints	Director of Operations	Annually	School Health Advisory Committee Superintendent
Component 4.C.2	Drinking fountains will be available for students to get water at meals and throughout the day.	Process	Meetings conducted to communicate policy.	Principal	Annually	School Health Advisory Committee Superintendent
Component 4.C.2	Schools will follow health education curriculum standards and guidelines as stated by the Maryland State Curriculum.	Process	Classroom Observations	Principal Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 8.A.4	Healthy eating and physical activity will be actively promoted to students, parents, teachers, Administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher professional developments, etc.	Process	Agendas	Principals PTA Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Component 8.A.5	Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television.	Outcome	Media source	Public Relations Department Health/PE Supervisor	Annually	School Health Advisory Committee Superintendent
Food Service						
Component 4.A.1	Breakfast and lunch will be offered on school days (except on days where late openings occur).	Outcome	Menus	Food service	Annually	School Health Advisory Committee Superintendent
Component 4.A.2	School foodservice staff	Process	Professional development	Supervisor of Food	Annually	School Health Advisory

	is properly qualified according to current professional standards.		dates and agendas	service Food service personnel		Committee Superintendent
Component 4.A.2	School foodservice staff participates in professional development activities will administer the Child Nutrition Programs.	Process	Professional development dates and agendas	Supervisor of Food service Food service personnel	Annually	School Health Advisory Committee Superintendent
Component 4.A.3	Food safety will be a key part of the school foodservice operation by following an approved HACCP plan.	Process	Meetings conducted to communicate policy	Supervisor of Food service Food service personnel	Annually	School Health Advisory Committee Superintendent
Component 4.A.4	Menus will meet the nutrition standards established by the U.S. Department of Agriculture and MSDE, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.	Outcome	Menus	Supervisor of Food service	Annually	School Health Advisory Committee Superintendent
Component 4.A.5	Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.	Outcome	Student survey forms	Supervisor of Food Service Food Service Personnel	Annually	School Health Advisory Committee Superintendent

**Annual Report of Wellness Plan
School and Central Office Edition**

Question		Answer	
Person responding to questions			
Are you the representative on the School Health Advisory Council?			
When was the last meeting of the council?			
When is the next meeting of the council?			
Component	Question	Answer	Comment
Component 1.C.1	<p>Queen Anne’s County Public Schools will follow health education curriculum standards and guidelines as stated by the Maryland State Department of Education in the state curriculum.</p> <p>What progress has the system made to comply with this goal?</p>		
Component 1.D.2	<p>Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers shall display posters, videos, websites, etc. on nutrition topics.</p> <p>State what activities were implemented to comply with this goal.</p>		
Component 1.F	<p>Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.</p> <p>Please attach a sequencing of nutrition education curricula from grades Pre-K – grade 12.</p>		

Component 1.G.1	What professional development has been done district wide this year in nutrition education?		
Component 2.A.2	Children should accumulate at least 60 minutes of physical activity on all or most days of the week. Extended periods of inactivity (periods of two or more hours) are discouraged. Physical Activity training ideas for students will be made available to staffs on a regular basis. What progress has been made in meeting this goal?		
Component 2.B.2	QACPS will follow the health education curriculum standards and guidelines stated by MSDE and the MSC. Schools will implement a sequential physical education course of study consistent with Maryland State MSC standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness. What progress has been made to comply with this goal?		
Component 3.A	Family Life Education will be offered to comply with COMAR during each school year at the Board designated approved grades. Parents will always be informed of the dates of the instruction and may at their option view the materials to be used during the family life section. Under written request, parents may excuse their child from the family life portion of the curriculum. Such excused children will be given a parallel health assignment during the class time devoted to the family life topics. The SHAC shall review content and changes to make recommendations to the Board at least once a calendar year. Was a Family Life meeting held?		
Component 3.A	What date was the Family Life meeting held?		
Component 3.A	Were findings from the Family Life meeting presented to the SHAC?		

Component 3.A.5	What training was provided this year concerning Family Life education?		
Component 4.C.1	Facility design will be given priority in renovations and new construction. In new construction and/or renovations, were you involved or consulted about lunchroom design?		
Component 4.C.2	Drinking fountains will be available for students to get water at meals and throughout the day. What percentage of schools complies with this goal especially at meal times?		
Component 8.A.4	Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTA meetings, Open Houses, Health Fairs, teacher professional developments, etc. What activities have been done this year to meet this goal?		
Component 8.A.5	Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations and ombudsman service. What activities have been done this year to meet this goal?		