

# **POLICY Board of Education of Queen Anne's County**

<b>Responsible Office:</b>	Curriculum & Instruction
----------------------------	--------------------------

## **STUDENT NUTRITION, HEALTH, AND WELLNESS**

### **I. PURPOSE**

The purpose of this policy is to ensure that all 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.

### **II. POLICY STATEMENT**

- A. The Board of Education of Queen Anne's County (Board) 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 Healthy, Hunger-Free Kids Act of 2010, 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, taking into consideration differences in cultural norms.
- B. 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 are demonstrably linked to reduced risk for mortality and the development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain lifelong wellness. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' well-being.

### **III. POLICY ELEMENTS**

- A. School Health Advisory Committee: The committee will comprise of staff, students, parents, and the community to address nutrition, health education, and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment.
- B. The School Health Advisory Committee with the help of the school administrators will compile and publish an annual report to share basic information about the policy and report on the progress of the schools within the child nutrition program in meeting wellness goals. The individual schools will actively notify households/families of the availability of the annual report through school newsletters and the school website.

**IV. IMPLEMENTATION**

The Board directs the Superintendent to implement this policy.

**V. POLICY REVIEW**

- A. The Superintendent will provide the Board with a review of this policy triennially or as necessary. The focus of this review will be the effectiveness of the elements of this policy in assisting the Board in fulfilling its mission.
- B. At least once every three years (Triennial Assessment), the QACPS will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which schools under the jurisdiction of the QACPS are in compliance with the wellness policy; the extent to which QACPS’s wellness policy compares to a model wellness policy; and a description of the progress made in attaining the goals of the QACPS’s Student Nutrition, Health, and Wellness policy.
- C. The district will actively notify households, families, and employees of the availability of the triennial progress report and the ability to participate in the development, implementation, review, and update of the Student Nutrition, Health, and Wellness which is available at the following website: [qacps.org](http://qacps.org).

**VI. SPECIFIC REFERENCES TO TITLES, DEPARTMENTS, OR LAWS**

- A. National Center for Chronic Disease Prevention and Health Promotion
- B. COMAR 13A.04.13 Program in Physical Education
- C. COMAR 13A.04.18 Program in Comprehensive Health Education
- D. COMAR.13A.04.18.01 Family Life
- E. Maryland Wellness Policies and Practices Project Schools System Feedback
- F. Center for Disease Control and Prevention (2014-2015 School Year)
- G. Journal of School Health
- H. Code of Federal Regulations Title 7 CFR § 210.31
- I. Healthy Hunger-Free Kids Act of 2010

**VII. EFFECTIVE DATE**

Date: July 19, 2023

Patricia W. Saelens, Ed.D.  
 Superintendent, Queen Anne’s County Public Schools

**HISTORY:**

<b>Initial Adoption</b>	09/06/2017	<b>Revised</b>	06/02/2021 07/12/2023	<b>Reviewed</b>	06/02/2021 07/12/2023	<b>Next Review</b>	08/04/2024
-------------------------	------------	----------------	--------------------------	-----------------	--------------------------	--------------------	------------