

### **The Wellness Policy:**

The Wellness Policy is established to promote a healthy school environment that will promote and protect the students overall health and ability to learn by meeting developmental needs, and supporting and promoting healthy eating and physical activity.

This policy is for the following Maryland Department of Health's sites:

- 1) Catonsville Educational Center-Baltimore County,
- 2) Spring Grove Hospital Center-Baltimore County,
- 3) RICA Rockville-Montgomery County.

### **Responsibility:**

The Chief of Hospital Administration is responsible for the wellness Policy. Each site has a designated wellness coordinator that will be responsible for implementing the policy at their site. The site wellness coordinators will meet up to two times a year to inform the agency about the implementation of the policy.

Each site will coordinate a wellness team that is representative of individuals from the school/site and could include any of the following individuals and or groups: administration, food service, school health (nurse/pediatrician), interested public members, teachers, teaching assistants, SNAP-Ed educators, parents and the community representatives.

The site wellness teams will meet up to four times per year to discuss the policy and develop an action/implementation plan and more site-specific regulations and or guidance as needed.

### **Purpose:**

To maintain an evidence based process to support the health and development of all students by providing for their nutritional, physical, and developmental needs.

### **Procedures:**

#### **School Meals:**

1. Meals served through the National School Lunch and Breakfast Program shall meet or exceed the standards and criteria of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) mandated by the USDA.
2. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
3. Withholding meals as punishment is strictly prohibited.
4. Students will be provided an opportunity for input on school menu items by providing opportunities for taste testing and/or meal satisfaction surveys.

**Other Foods Outside School Meals:**

1. At sites where other food outside of the meals is sold to students during the school day and on the school campus, the food will meet Maryland Nutrition Standards for All Foods Sold in School. Examples may include school stores or fundraising.
2. School parties, celebrations, meetings and other school sponsored events will maximize the use of healthy food choices;
3. School incentives used to reinforce positive behaviors involving food will be limited.
4. Use of non-food rewards for school accomplishments will be promoted.

**Mealtime Environment:**

1. Students are provided 15 minutes for breakfast and 30 minutes for lunch.
2. Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior are consistently enforced.
3. Students will have access for proper hand washing/sanitizing stations.

**Physical Education and Physical Activity:**

1. Each site will follow the State of Maryland's physical education standards, and any local physical education standards for all grade levels served by the site when applicable.
2. Physical activity should be encourage throughout the day through any of the following activities:
  - a. physical activity breaks in the classroom
  - b. clubs or group activities that promote physical activity such as walking, bicycling, running, gardening, or nature walks.

**Nutrition Education and Nutrition Promotion:**

1. Each site will follow the State of Maryland health education curriculum standards, and any local health education standards for all grade levels served by the site when applicable. The standards will include nutrition education to support building healthy eating behaviors and lifelong wellness protection.
2. Nutrition and health education opportunities are also provided in the form of, but not limited to classroom, group activities, and one-on-one counseling.
3. Nutrition education will teach media literacy with an emphasis on food and beverage marketing.
4. Each site will adopt nutrition promotion practices that may include one or more of the following activities:
  - a. Nutrition focused newsletter
  - b. Nutrition bulletin board displayed in the cafeteria will feature topics focused on health and well-being
  - c. Nutrition promotion, either through print or electronic methods, will promote fruits, vegetables, whole-grain products, low fat dairy products, healthy food preparation methods and accurate portion sizes.

5. Foods and beverages that are marketed and promoted must meet Maryland Nutrition Standards for All Foods Sold in School.

#### **Other Wellness Activities**

1. Wellness opportunities for staff are offered through the State of Maryland Department of Human Resources. Notifications of these events are sent to all staff via email.
2. Students, staff and visitors will have access to free, safe, fresh drinking water at all times.
3. Dietary staff at all sites will be provided training on USDA meal plans/reimbursable meals.

#### **Annual Updates**

1. Each site will disseminate the wellness policy and updates on wellness activities to the school community annually. This could include students, parents, administrators, community, teachers, and other groups.

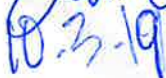
#### **Triennial Assessment**

1. A three-year assessment conducted by the local wellness policy leadership group will measure the implementation of this policy and its regulations.
2. A description of the progress made in attaining the goals of the wellness policy will be documented. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
3. The three-year assessment and evaluation report will be made available to the public by posting on the web.

**Approved Signature:**



**Reviewed Date:**



**Revised Date:**

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