



Wicomico County Board of Education

Wellness through Nutrition and Physical Activity Procedure

I. Purpose

The purpose of this procedure is to provide uniform district-wide practices for programs to promote student and employee wellness through nutrition education, physical education and activity, and the selection of nourishing foods and beverages

II. Nutrition Education

Students in pre-kindergarten through grade twelve will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Students will receive nutrition messages throughout the school that are consistent and reinforce each other.

A. Health Education Curriculum

The Wicomico County Public School System will implement a comprehensive skills based health education curriculum which includes nutrition education for students in pre-kindergarten through grade eight and in health education classes in high school.

1. At the elementary school level, the health education curriculum is infused within multiple content areas and is taught by classroom teachers, physical education teachers, the school
2. At the middle school level, all students shall receive forty five days of health education instruction in grades six, seven, and eight.
3. At the high school level, all students receive ninety days of health education instruction and the majority of students take this mandatory class in tenth grade.

B. Elective Courses

Nutrition education will be included in the curricula for designated elective courses in Physical Education, and Family and Consumer Sciences. These include Fitness for Wellness, Fitness through Strength and Conditioning, and Fitness through Team Sports in Physical Education and World of Food, and Child Development in Family and Consumer Sciences.

C. Content Integration

Staff will be encouraged to teach nutrition education through content integration in curricular areas such as language arts, mathematics, science , and social studies.

II. Physical Education

Physical Education instruction at all grade levels will provide each student with the knowledge, skills, confidence and motivation to engage in a healthy, active lifestyle. Participation and involvement in physical education will have an emphasis on the following fitness components to further a healthy, active lifestyle: cardio-respiratory endurance, muscular endurance, muscular strength, flexibility and body composition.

A. Physical Education Curriculum

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The Wicomico County Public School System will implement a Physical Education curriculum for students in pre-kindergarten through grade twelve.

1. At the elementary and middle school levels, Physical Education will be taught using a skill-based, progressive approach that has a lifelong healthy living theme running through all grade levels.
2. At the high school level, students will be required to complete one (1) credit of physical education for graduation to include one semester of Fitness for Life (.5 credit) and one semester of an approved Physical Education course (.5 credit).
3. Students with disabilities will receive physical education instruction as indicated in their Individualized Education Program (IEP) or Section 504 Plan.

B. Elective Courses

Students will be able to elect to take additional physical education courses at the high school level. These courses include Fitness for Wellness, Fitness through Strength and Conditioning, Fitness through Team Sports and Advanced Team Sports.

C. Content Integration

Classroom health education will complement physical education by reinforcing the knowledge and self- management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

III. Physical Activity

To help students meet the nationally-recommended amount of daily physical activity (sixty minutes per day) and to promote learning, staff will receive resources and guidance on ways to incorporate physical activity within the school day with the goal of limiting extended periods of inactivity. Such activities may include National and State-Level initiatives and programs which include but are not limited to, the American Heart Association’s “Jump Rope for Heart” and “Hoops for Heart”, NFL Fuel Up to Play 60, Let’s Move!, Presidential Youth Fitness Program and Playworks organized recess.

IV. Foods and Beverages

A. School Meals Program

1. Supervision

A qualified nutrition professional will supervise the school meals program.

2. Nutrition/Selections

- a. Meals will be planned, prepared and served in ways that ensure optimal nutrition and student acceptance.
- b. Nutrition standards will be based on current “Dietary Guidelines for Americans” (as published by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture). Emphasis will be placed on increasing the dietary fiber and the variety of foods while reducing fat, sodium and sugar in school meals.

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- c. Meals will contain adequate calories and a variety of foods to support growth, development, and the maintenance of healthy body weight.
 - d. Student input (e.g., taste tests) will be considered when selecting menu choices. Changes in menus will be made gradually to ensure students' acceptance.
 - e. During the school day all foods sold to students outside of the reimbursable meal will meet the "Maryland Nutrition Standards for All Foods Sold in School" which strengthens "Federal Smart Snacks in School Nutrition Standards." This includes fundraisers, vending machines, and school stores.
 - f. Food service representatives will work cooperatively with legislative and other governmental agencies to promote sound nutrition practices in food service programs.
 - g. Students will be encouraged to make food choices based on the current "Dietary Guidelines for Americans," by emphasizing portion size and menu options.
3. Environment
- a. Students will be provided adequate time to eat and enjoy school meals.
 - b. A cafeteria environment will be established that is conducive to a positive dining experience and will allow, where appropriate, socializing among students and between students and adults.
 - c. School meals will be made accessible to all students utilizing a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- B. Classroom Use of Food and Beverages
1. Instructional Use
 - a. Foods that do not meet the "Maryland Nutrition Standards for All Foods Sold in Schools," including candy, will not be sold or given to students prior to the end of the last lunch period and must be approved by the principal.
 - b. Schools will be encouraged to consider wellness issues and student allergies when planning incentive and promotional activities, to promote healthy food and beverage choices at all events where foods and beverages are available to students.
 - c. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes must be approved by the principal.
 2. Celebrations
 - a. Schools will encourage healthy food and beverage choices and portion control for classroom celebrations. Schools are encouraged to implement alternatives to the use of food for celebrations or as rewards.
 - b. Schools will encourage the use of non-food items as rewards for student accomplishment.
 - c. Schools are encouraged to limit activities involving food until after the end of the last lunch period.
- C. Fundraisers Involving Foods and Beverages
1. Fundraising activities conducted during the school day will not involve food or will use only foods that meet the "Maryland Nutrition Standard for All Foods Sold in Schools."
 2. Schools will encourage fundraising activities that promote physical activity.

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- 3. The school district will make available a list of ideas for alternative fundraising activities.
- D. Foods sold to students
From 12:01AM through 30 minutes after the end of the school day all foods sold to students including foods sold in vending machines accessible to students, other than foods offered as part of the National School Lunch Program and the National School Breakfast program must meet the “Maryland Nutrition Standards for All Foods Sold in School.” Effective July 1, 2014 and revised July 1, 2016
- E. Foods and beverages marketed or promoted to students
Any foods and beverages marketed or promoted to students on the school campus during the school day, will meet or exceed the “Maryland Nutrition Standards for All Foods Sold in Schools” such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District Wellness Policy

V. Communication and Collaboration

The Wicomico County Public School System will partner with the School Health Council (COMAR 13A.05.05) and other agencies to support the practice of healthy eating, nutrition education, and physical activity in the school environment.

- A. Staff Communication
Staff members will be provided with information to help them understand the vision expressed in the Wellness through Nutrition and Physical Activity Policy and Procedure.
- B. Student Communication
Students will be provided with consistent messages throughout their experiences in school to help them understand the relationship between healthy eating habits and physical activity and their own well-being.
- C. Parent Communication
The school system and each school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school system and/or school will:
 - 1. Send home nutrition information and post nutrition tips on the school system web site;
 - 2. encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the Healthy Hunger Free Kids Act of 2010 nutrition standards for individual foods and beverages;
 - 3. provide information about physical education and other school-related physical activity opportunities before, during and after the school day; and,
 - 4. encourage parents' efforts to provide their children with opportunities to be physically active outside of the school day.
- D. Community Collaboration
Wicomico County Public Schools will collaborate with community agencies and initiatives to

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promote wellness through nutrition education and physical activity.

E. Triennial Assessment and Accountability

1. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
 - a. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
 - b. The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
 - c. A description of the progress made in attaining the goals of the District’s wellness policy.
2. WCPS Food and Nutrition Services Department 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 Wellness through Nutrition and Physical Activity Policy and Procedure.

Related Documents:

- INS-SCH-PL-005, Wellness through Nutrition and Physical Activity Policy
- Maryland Nutrition Standards for All Foods Sold in Schools
- Healthy Hunger Free Kids Act of 2010
- Dietary Guidelines for Americans

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