



BOARD OF EDUCATION  
**POLICY 9090**  
**WELLNESS THROUGH NUTRITION**  
**AND PHYSICAL ACTIVITY**

Effective: July 1, 2006

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**I. Policy Statement**

The Board of Education recognizes that good health fosters student attendance and education and that students need nourishing foods and physical activity in order to grow, learn, and thrive. The Board of Education recognizes its responsibility to provide a safe and healthy learning environment for all students. The Board acknowledges the necessity for the school system to ensure that the school environment promotes and protects students' health and ability to learn by providing nutrition education, physical activity, and a variety of food and beverage choices. The Board believes schools have a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle.

**II. Purpose**

The purpose of this policy is to provide direction to the school system for promoting student wellness through nutrition education, physical activity, and the selection of nourishing foods and beverages and to fulfill the requirements of Public Law 108-265, Section 204, June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004.

**III. Definitions**

- A. Comprehensive School Health Education – A planned sequential curriculum that addresses the physical, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to the developmental level of children.
- B. Curriculum – The prescribed elements of programs and courses which state clearly and specifically what students are expected to know and be able to do, how well they will be able to do it, how they will meet the learning objectives and by what means they will be assessed.
- C. Extracurricular activities – Activities available to students beyond the regular school day, which are voluntary and not required for satisfactory completion of a particular class.
- D. Foods of minimal nutritional value – As established by the U.S. Department of Agriculture: (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight

specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. (7 CFR 210.11(2))

- E. Intramural program – An extracurricular activity program within a school that provides students an opportunity to participate in activities that are an extension of the physical education program.
- F. Interscholastic athletics – Approved athletic competition between or among two or more high schools.
- G. Nutrition education – A component of the comprehensive school health education curriculum which teaches knowledge and skills related to nutrition and physical activity to achieve positive changes in dietary and physical activity.
- H. Physical activity – Any bodily movement produced by skeletal muscles that results in an expenditure of energy.
- I. Physical education program – A planned sequential curriculum that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.
- J. Recess – Regularly scheduled periods within the school day for unstructured physical activity and play.

#### **IV. Standards**

##### **A. Nutrition Education**

The school system will develop and implement a curriculum in nutrition education as part of the system's instructional program in comprehensive health education, in accordance with COMAR 13A.04.18.

1. Nutrition education will be included in health education each year for all students in grades prekindergarten through eight, and in a health education program in grades nine through twelve designed to enable students to meet graduation requirements and to select health education electives.
2. Nutrition education will be aligned with the National Health Education Standards and the Maryland Voluntary State Health Education Curriculum.
3. Nutrition education will be included in appropriate curricular areas.

B. Physical Education

The school system will develop and implement a curriculum in physical education in accordance with COMAR 13A.04.13.

1. A physical education program will be provided each year for all students in prekindergarten through grade eight. In grades nine through twelve, program offerings will be provided to enable students to meet graduation requirements and to select physical education electives.
2. Physical education will be aligned with the Maryland Voluntary State Physical Education Curriculum and to the greatest extent possible with the guidelines of the National Association For Sport and Physical Education (NASPE) Standards.
3. Physical education will be included in appropriate curricular areas.

C. Physical Activity

1. Each elementary school will provide daily recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of adequate space and equipment. Exceptions may be made by the principal for circumstances such as shortened days, special events, and altered schedules.
2. Each middle school will provide extracurricular physical activity programs such as clubs and intramurals. Time permitting, schools should provide students with an opportunity for supervised physical activity during their lunch period.
3. Each high school will provide an interscholastic athletic program in accordance with Policy 9080, Interscholastic Athletic Activities.
4. All staff are encouraged to incorporate physical activity whenever possible into classroom instruction.

D. Foods and Beverages

The following standards apply to all foods and beverages made available to students in schools or through school-sponsored events during the school day.

1. General

- a. Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities.
- b. Foods and beverages should not be consumed as an educational tool except as defined in the curriculum for Family and Consumer Science, Academic Life Skills (ALS), and when indicated in a student's IEP.
- c. Foods and beverages should not be offered as a reward or withheld as punishment.

2. School Meals

- a. The School Food and Nutrition Service Department will provide meal pattern breakfast and lunch to students each day that school is in session including early dismissal days, as well as a la carte items consistent with the Federal and State regulations.
- b. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section (9)(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1776(a), as those regulations and guidance apply to schools.

3. Competitive Foods

The school system will establish procedures to ensure that the sale of foods and/or provision of foods free of charge to students on school campuses during the school day beyond those available through the National School Meals Programs meet the intent of this policy.

4. Foods of Minimal Nutritional Value and Candy

Foods of minimal nutritional value and all other candy will not be sold or given without charge to students during the school day with the following exception: Principals may give permission for candy to be given to students without charge after the end of the last lunch period for special events.

**V. Compliance**

- A. The Superintendent/designee shall develop, implement and monitor a process for the development and review of the school system's curriculum and assessment programs that complies with state and local requirements and provides sufficient academic rigor for students.
- B. The Superintendent/designee is responsible for providing for annual notification of this policy and procedures to staff, students, parents, and the community.

- C. The school-based instructional staff and administrators are responsible for the delivery of the written curriculum in the classroom.
- D. The Superintendent/designee will ensure that opportunities for physical activity are provided during the school day in accordance with this policy.
- E. The Food and Nutrition Service Department and principals will ensure that all foods and beverages made available to students in schools or through school-sponsored events, from 12:01 am until the end of the school day, are in compliance with this policy.
- F. The Superintendent/designee will ensure that any subsequent changes to this policy are reported to the Maryland State Department of Education (MSDE).

## **VI. Delegation of Authority**

The Superintendent is authorized to develop procedures for the implementation of this policy.

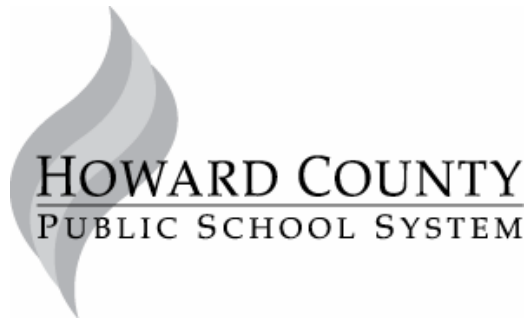
## **VII. References**

- A. Legal
  - National School Lunch Act, Public Law 79-396, Section 9 amended
  - Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265, Section 204
  - 7 CFR 210-11, Foods of Nutritional Value
  - 7 CFR 220.12, Competitive Food Services
  - COMAR 13A.04.13.01 Requirements for Physical Education Instructional Programs for Grades K-12
  - COMAR 13A.04.18, Program in Comprehensive Health Education
  - COMAR 13A.05.05.05-.15 Education Bylaw for School Health Council
  - COMAR 13A.06.03.04, Standards of Interscholastic Athletic Competition
  - Maryland State Student Health Promotion Act of 2005
- B. Other Board Policies
  - Policy 8000 Curriculum
  - Policy 8090 Non-School Hour Participation Requirements for Elementary and Secondary Curricular Programs
  - Policy 9080 Interscholastic Athletic Activities
- C. Other
  - Maryland State Department of Education, School and Community Branch, Management and Operations Memorandum (MOM) #12

Health Department Hazard Analysis Critical Control Points (HACCP)

ADOPTED: March 23, 2006  
AMENDED:  
EFFECTIVE: July 1, 2006

Amended October 11, 2007 to remove a reference on Page 5 of 6 to a rescinded policy.



**POLICY 9090-PR**  
IMPLEMENTATION PROCEDURES  
**WELLNESS THROUGH NUTRITION  
AND PHYSICAL ACTIVITY**

Effective: July 1, 2007

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**I. Nutrition Education**

Students in prekindergarten 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 Howard County Public School System will implement an Essential Health Education Curriculum which includes Nutrition Education for students in prekindergarten through grade nine.

1. At the elementary level, the Health Education curriculum will be taught by the classroom teacher as one of the five content areas in the Elementary Curricular Program.
2. At the middle school level, the Health Education curriculum will be taught for one quarter (nine weeks) each during grades six, seven, and eight.
3. At the high school level, the Health Education curriculum will be taught for one semester (18 weeks) at grade nine.

**B. Elective Courses**

Nutrition education will be included in the essential objectives in appropriate elective courses in Family and Consumer Science, Health Education, and Physical Education.

**C. Content Integration**

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

**D. Related Programs**

Staff will be encouraged to collaborate with the Gifted and Talented Program, Health Services, and Student Services in delivering nutrition education through classroom, small group, and individual activities.

## II. Physical Education

Students at all grade levels will have access to a physical education curriculum which includes opportunities to learn, meaningful content, and appropriate instruction.

### A. Essential Curriculum

The Howard County Public School System will implement an Essential Physical Education Curriculum for students in prekindergarten through grade nine.

### B. Quality of Instruction

The Physical Education curriculum will be taught by a physical education specialist at all levels.

1. Elementary school students will receive four quarters (36 weeks) of physical education instruction per year.
2. Middle school students will receive a minimum of two quarters (18 weeks) of instruction in sixth grade and a minimum of one quarter (9 weeks) of instruction in both seventh and eighth grades.
3. At the high school level, students will receive one semester (18 weeks) of physical education instruction at grade nine in the Lifetime Fitness course.

### C. Elective Courses

At the high school level, students will be able to select from a variety of Physical Education and Dance courses. Dance education electives will be offered as a fine arts credit or physical education elective.

### D. Content Integration

Staff will be encouraged to teach physical education through content integration in all curricular areas and appropriate programs.

## III. Physical Activity

To promote learning, staff will receive resources, guidance, and professional development on ways to incorporate physical activity within the school day with the goal of limiting extended periods of inactivity. In addition, schools will adhere to the following guidelines:

A. Elementary School

1. Each elementary school will provide daily recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of adequate space and equipment. Exceptions may be made by the principal for circumstances such as shortened days, special events, and altered schedules.
2. Recess must be supervised. Appropriate equipment and space is to be made available so that students can be physically active and safe.
3. Staff will be encouraged to limit using recess as a time for students to make up work or as a time to administer discipline.

B. Middle School

1. Each school will provide an intramural program that offers students an opportunity to participate in sports, games, and/or dance activities.
2. Time permitting, schools should provide students with an opportunity for supervised physical activity during their lunch period.

C. High School

Each school will provide a comprehensive interscholastic athletic program under the Standards of Interscholastic Athletic Competition according to COMAR 13A.06.03.04. Refer to Policy 9080, Interscholastic Athletic Activities.

**IV. Foods and Beverages**

A. General Provisions

1. These procedures apply to all foods and beverages made available to students in schools during the school day, including but not limited to the following means:
  - a. School Meals Program
  - b. A la carte items
  - c. Vending machines
  - d. Classroom lessons
  - e. Beverage contracts
  - f. Fundraisers
  - g. Concession stands
  - h. School stores

- i. Food brought from home for classes or groups of students
  - j. Student rewards
  - k. School parties/ celebrations/ dances/ athletic events/ concerts/ picnics/ field days/ fairs/ festivals, etc.
2. Foods and beverages covered by this policy shall also comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans and federal, state and local laws, including safety and sanitation standards set by the Health Department Hazard Analysis and Critical Control Point (HACCP) plans and guidelines.
  3. No foods or beverages are to be sold or given without charge to any students in a school from 12:01 am until after the end of the last lunch period except through the School Food and Nutrition Service Department.
  4. The preparation of foods and beverages during the school day by any group or organization other than the School Food and Nutrition Service Department is prohibited, except that students may prepare foods and beverages in accordance with the provisions of section IV.C.4 of these procedures.

**B. School Meals Program**

The School Food and Nutrition Service Department is required to provide approved school lunches each day that school is in session. School meals shall meet nutrition standards established by the USDA. Students must be given adequate time (30 minutes) to eat. Lunch periods may be compressed on shortened days.

1. Foods
  - a. Main course food items offered in elementary, middle, and high schools as an alternative to or in addition to the reimbursable meal will be offered in reasonable portion sizes that are consistent with guidance provided by the USDA for Child Nutrition Programs.
  - b. Packaged a la carte foods will meet the guidelines from MSDE.

2. Beverages

The sale of beverages in school cafeterias during the school day is limited to the following:

- a. Water
- b. Flavored water
- c. Flavored and unflavored milk

- d. 100% fruit/vegetable juice
- e. Fruit/vegetable juice beverages with at least 10% fruit/vegetable juice and 100% vitamin C

C. Safety and Security Issues Related to Foods and Beverages

To help ensure the health and safety of the students in our schools the following procedures will be implemented:

1. Howard County Health Department Regulations (referenced via the Howard County Code) require that food served to the public must be prepared in a licensed facility. The license for the School Food and Nutrition Service Department is not transferable to outside caterers or groups applying for use of the facilities.
2. For the safety and security of the food and facility, access to the food service facilities is limited to Food and Nutrition Service staff.
3. Breads, cakes, cookies and brownies prepared in private homes and unlicensed facilities are allowed as long as they are not the cream filled type. See also section IV.D.1.b. of these procedures.
4. Classroom activities that involve cooking, except as defined in the curriculum for Family and Consumer Science and Academic Life Skills (ALS), are limited to non-hazardous foods. Examples of potentially hazardous foods that are excluded from classroom activities include foods made with poultry, meats, fish, rice, eggs, seafood, mayonnaise, dairy products, casseroles, and sauces containing meat.
5. Schools will provide students the opportunity to wash their hands before and after eating meals or snacks.
6. Principals and teachers should request that parents and other individuals avoid bringing foods to class that might cause the individual food allergic student to have an allergic reaction. (See the HCPSS Guidelines for Management of Students with Severe Food Allergies.)

D. School Activities Involving Foods and Beverages

1. Activities involving food not prohibited within these procedures are allowable as follows:
  - a. Foods prepared commercially in licensed facilities such as pizza, ice cream, and snacks are allowable after the end of the last lunch period.

- b. Foods prepared in private homes or unlicensed facilities are allowable after the end of the last lunch period. They must adhere to the provisions in section IV.C.3 of these procedures.
  - c. Schools are encouraged to limit activities involving food allowable after the end of the last lunch period to once a month.
2. Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities and to promote healthy food and beverage choices at all events where foods and beverages are available to students.
3. With the approval of the Assistant Superintendent for School Administration, a principal may provide food and/or beverages in conjunction with a special celebration for a portion of the students provided the event does not replace the food service provided that day by the School Food and Nutrition Service Department.
4. Schools are encouraged to develop alternatives to the use of food for celebrations or as rewards.
5. Foods and beverages should not be consumed as an educational tool except as defined in the curriculum for Family and Consumer Science, Academic Life Skills (ALS), and when indicated in a student's IEP.
6. Foods and beverages should not be offered as a reward or withheld as punishment.
7. Groups sponsoring special events held during the school day (such as picnics, field days, parties, fairs, and festivals) must adhere to this policy, and must consult with the School Food and Nutrition Service Department for guidance when planning such events.

E. Water

Students must have access to water throughout the school day. This may include access to water fountains, permission to carry water in clear containers, and opportunities to purchase water from vending machines operated by the School Food and Nutrition Service Department. Vending machines that sell only water are permitted to operate during the school day.

F. Prohibited Foods and Beverages

The following items will not be sold or given without charge to students during the school day:

1. Foods of minimal nutritional value:
  - a. Soda or artificially flavored drinks that contain no pure juices
  - b. Water ices
  - c. Chewing gum
  - d. Certain candies
    - i. Hard candy
    - ii. Jellies and gums
    - iii. Marshmallow candies
    - iv. Fondant (a soft candy made of or containing a thick creamy sugar paste and usually molded)
    - v. Licorice
    - vi. Spun candy
    - vii. Candy coated popcorn
2. All other candy. However, principals may make exceptions and allow candy which is not on the list of foods of minimal nutritional value to be given to students without charge after the end of the last lunch period for special events. See section IV.D for further guidelines.

G. Vending Machines Accessible After the School Day

1. Access

All vending machines, except those operated by the School Food and Nutrition Service Department, shall have and use a timing device to automatically prohibit access to the vending machines from 12:01 am until the end of the school day.

2. Beverages

Beverages sold after the end of the school day through vending machines in schools shall be limited to:

- a. Water
- b. Flavored water
- c. Flavored and unflavored milk
- d. 100% fruit/vegetable juice
- e. Fruit/vegetable juice beverages with at least 10% fruit/vegetable juice and 100% vitamin C

- f. Iced tea, isotonic beverages (i.e., sports drinks), and sodas may be offered only at the secondary level and may constitute no more than 50% of the vending machines selections.

**V. Community Collaboration**

The Howard 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.

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