

# POLICY

## BOARD OF EDUCATION OF MONTGOMERY COUNTY

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**Related Entries:** IGP-RA, JPG-RA  
**Responsible Office:** Curriculum and Instructional and Programs  
Chief Operating Officer

### **Wellness: Physical and Nutritional Health**

#### **A. PURPOSE**

The Board of Education is committed to creating a school culture that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Such a culture will help students learn to take responsibility for their own health and to adopt healthy habits, attitudes, and behaviors for life.

#### **B. ISSUE**

A high quality education can only be provided in a healthy school culture. Research indicates that many students are inactive and lack healthy eating habits, leading to an increase in childhood obesity.

#### **C. POSITION**

Schools will provide many opportunities to engage students in healthy eating and physical activity.

##### 1. Nutrition Education

- a) The pre-K–12 health education and physical education curricula will include nutrition education.
- b) Pre-K–12 nutrition education shall be coordinated with the food and nutrition service program to create a school environment that fosters and encourages students to make healthy food choices.

2. Physical Education

The prekindergarten through twelfth grade standards-based physical education curriculum which is geared to teach children “fitness for life” skills shall include: moderate to vigorous physical activity; teach knowledge, motor skills, and positive attitudes; promote physical activity and sports involvement for all students to enjoy and pursue throughout their lives.

3. Physical Activity

Physical activity will be encouraged for students, staff, and community members before school, during the instructional day, and after the instructional day.

4. Food and Nutrition Services

The goal of Food and Nutrition Services is to develop lifelong healthy behaviors that foster sound nutrition and physical activity.

- a) The National School Lunch Program (NSLP) and School Breakfast Program (SBP) will meet the nutritional standards and regulations as established by the U.S. Department of Agriculture and the Maryland State Department of Education.
- b) Foods and beverages available for sale to students outside the NSLP and the SBP must meet the nutritional standards as adopted by the Board of Education to make a positive contribution to the students’ diet to promote health.

5. Communication

Information will be provided to students, staff, parents, and other stakeholders to encourage and support a healthy lifestyle.

**D. DESIRED OUTCOMES**

An educational environment that encourages life long healthy behaviors, supports personal well-being and fitness, and promotes academic success.

**E. IMPLEMENTATION**

The superintendent will adopt regulations to implement this wellness policy. Such regulations shall include the designation of an office with the operational responsibility for oversight of the wellness policy.

The superintendent will propose nutritional standards for the Board of Education's consideration and adoption.

**F. REVIEW AND REPORTING**

This policy will be reviewed in accordance with the Board of Education policy review process.

*Policy History:* Adopted by Resolution No. 203-06, April 20, 2006.