

SCHOOLS WELLNESS POLICY

- I. Board Philosophy:** The Talbot County Board of Education recognizes that the primary goal of nutrition education is to influence students' eating behaviors, and that the primary goal of physical activity is to encourage students to develop active life styles. Thus, the Talbot County Board of Education is committed to providing school environments that promote children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Talbot County Public Schools (TCPS) that:
- A. The district will, with cooperation from parents and community, promote a climate of wellness through good nutrition and regular physical activity.
 - B. All students in grades PK-12, will be provided with opportunities, support, and encouragement to be physically active on a regular basis.
 - C. Foods and beverages sold or served by schools will, to the extent practicable, meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
 - D. Qualified food service professionals will:
 - 1. provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of children;
 - 2. reasonably accommodate the religious, ethnic, and cultural diversity of the student body in meal planning;
 - 3. provide clean, safe, and pleasant eating environments;
 - E. To the maximum extent practicable, all schools will participate in available federal school meal programs
 - F. The curricula for health and physical education will, where appropriate, include connections to the school meal program and to wellness related community services.
- II. Standards:**
- A. Nutrition Education – Talbot County Public Schools will develop and implement a curriculum in nutrition education as part of the instructional program in comprehensive health education, in accordance with COMAR 13A.04.18.

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1. Nutrition education will be included in health education each year for all students in grades pre-kindergarten through eight, and in a health education program in high school.
2. Nutrition education will be aligned with the Maryland Voluntary Health Education Curriculum.

B. Physical Education – Talbot County Public Schools will develop and implement a curriculum in physical education as part of the system’s instructional program in comprehensive physical education, in accordance with COMAR 13A.04.13.

C. Physical Activity

1. Each elementary school will offer daily recess, preferably outdoors, for grades PK-5, and will encourage moderate to vigorous physical activity by appropriately providing space and equipment.
2. Each middle school will, when possible, offer extracurricular physical activity programs such as clubs and intramurals.
3. Each high school will offer an interscholastic athletic program in accordance with Policy Code 9.14.

III. Implementation: Appropriate staff from Food Services and Curriculum will ensure implementation of this policy. They will collaborate with the School Health Advisory Council to periodically review this policy and its administrative regulations.

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