

STUDENT AND STAFF WELLNESS

Board Philosophy

Talbot County Public Schools (TCPS) shall promote a Coordinated School Health and Wellness Program that includes health education, physical education and physical activity, nutrition environment and services, health services, counseling and psychological services, social services, social and emotional climate, physical environment, employee wellness, family engagement, and community involvement.

Good health, sound nutrition, regular physical activity, and a healthy school environment promote good staff and student attendance and the development of a healthy lifestyle. These things also affect students' education and achievement and are important factors in creating and maintaining a productive and high performing learning environment. 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. All foods and beverages made available on campus during the school day (including vending, concessions, a la carte, and fundraising) shall comply with Smart Snack guidelines, and Maryland Nutrition Standards for foods and beverages sold during the school day.
- 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.
- G. A Health/Wellness Council shall meet twice a year at minimum, and shall annually review and update this policy as necessary.
- H. A Health/Wellness Council shall conduct a comprehensive triennial assessment that includes a review and analysis of the implementation of this policy.
- I. That the district shall adhere to wellness requirements for students and staff as set forth by local, State, and Federal agencies.

The Board directs the administration to develop regulations and guidelines for student and staff wellness programs and initiatives.