



TEAM BCPS

Developing lifelong learners
through literacy

Baltimore County Public Schools

Wellness Policy and Rule 5470 Updates

The Board of Education of Baltimore County (Board) has updated the Wellness Policy and Rule 5470 in order to ensure that BCPS is committed to providing a school environment that promotes student health, well-being and ability to learn.

The revised policy and rule are consistent with the federal *Healthy, Hunger-Free Kids Act of 2010*. The Board of Education acknowledges that students need access to healthy foods and physical activity, health and counseling services and the support of the school, family and community to grow, learn, and thrive.

Wellness programs and services include the following ten categories:

1. Health education
2. Physical education and physical activity
3. Health services
4. Nutrition environment and services
5. Counseling, psychological and social services
6. Social and emotional school climate
7. Physical environment
8. Employee wellness
9. Community involvement
10. Family engagement

Two components of this policy may be of interest to you.

1. **Category 2.** Physical education and physical activity: One of the items impacts recess for students in elementary schools.

WHAT DOES THIS MEAN?

- Each elementary school schedule will include a minimum of 20 minutes, and up to 30 minutes, of daily recess for every student.
- During recess (preferably outdoors), students will be encouraged to participate in moderate to vigorous physical activity.
- Recess is not to be taken away as a form of punishment. The denial of recess for any reason requires principal approval.
- Recess is device-free.



Wellness Policy and Rule 5470 Updates (cont.)

2. **Category 4.** Nutrition environment and services: The Office of Food and Nutrition Services provides guidelines for food items that can be provided for consumption during the school day, effective from 12:01 a.m. to 30 minutes after the school day ends, and addresses classroom celebrations.

WHAT DOES THIS MEAN?

- All foods and beverages that are provided during the school day, must meet the same nutrition standards as the school meals program.
 - Food must be commercially packaged, stable at room temperature, and include product labels noting allergens.
- Celebrations that do not involve food are encouraged for all grade levels.
 - When food is used as a component of a celebration, it must be commercially packaged, stable at room temperature, and include product labels noting allergens.
 - Schools are encouraged to select healthy foods either by taking advantage of foods available through the Office of Food and Nutrition Services or by using the USDA's Smart Snack Calculator to ensure that foods meet required nutritional standards.
- Fundraising activities involving food sales may not begin until 30 minutes after the end of the school day.
- Non-food rewards are encouraged in all grade levels.
- Foods or beverages are not to be taken away as punishment at any time during the official school day.

BCPS is committed to providing a learning environment that promotes wellness in the best interest of all students.

