



THE MARYLAND SCHOOL FOR THE BLIND

Wellness Policy

#2311

Purpose: The Maryland School for the Blind is committed to enhancing the lifelong wellness of its students and staff through emphasizing the value of healthy nutrition and physical activity.

Scope: This policy and related procedures apply to MSB employees.

Policy:

MSB will implement a curriculum in nutrition education as part of the instructional program in comprehensive health education, in accordance with COMAR 13A.04.18. The health education curriculum will be aligned with the National Health Education Standards and the Maryland State Health Education Curriculum. Nutrition education will be integrated in appropriate curricular areas.

MSB will implement a curriculum in physical education in accordance with Maryland State Physical Education Curriculum, COMAR 13A.04.13, and the Fitness and Equity Act of 2008. Under the Maryland State Board of Education regulations, the physical education curriculum will be modified if a student's physical limitations or medical condition warrants such accommodation rather than exemption from physical education.

Physical activity will be offered throughout the school day and residential program to support student learning and achievement. Staff members will not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of the students is in question.

MSB will provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. All foods and beverages will meet safety guidelines and IOM Nutrition Standards. Nutritional planning will accommodate the religious, ethnic, and cultural diversity requirements of the students to the extent possible, as well as special diet and food texture needs.

MSB will provide opportunities for staff members to improve their health status through the MSB Employee Wellness Program that includes activities such as health education seminars, access to gym equipment during non-student activity hours, wellness challenges, and other health-related fitness activities.

The Nutritional Services department will ensure that all foods and beverages made available to students in school or through school-sponsored events, from 12:01a.m. until the end of the school day, are in compliance with this policy.

Notification, Training and Posting: To ensure compliance with this policy and consistent application of procedures, the President's direct reports shall provide initial notice of this policy to employees.

The HR Department shall post this Wellness Policy on the MSB Intranet and MSB website.

Policy and Procedure Approval:

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Date:

10/19/15