



Frederick County Public Schools
Board of Education
PROMOTION OF HEALTH
AND WELLNESS - EMPLOYEES
Policy 316

A. Policy Purpose

To create a culture that promotes and protects employee health and wellness.

B. Definitions

None.

C. Policy Statement

The Board of Education of Frederick County (Board) supports efforts to enhance and maintain employee wellness. The Board recognizes the potential benefits of a wellness program. Programs to encourage employee wellness can increase employee effectiveness through improved fitness and health, reduced stress, and higher morale.

D. Implementation

1. The Superintendent is authorized to establish wellness programs, as resources permit, which are appropriate and feasible.
2. In addition, the Superintendent and the local health officer are jointly responsible for the Frederick County School Health Council, as well as the implementation and coordination of school health services standards. The council works to improve health and wellness initiatives in the community.

E. Related Information

[Board Policy 409, *Promotion of Health and Wellness - Students*](#)
[Code of Maryland Regulations \(COMAR\) 13A.05.05.13](#)

F. Policy History (Maintained by Legal Services)

<i>Responsible Office</i>	Human Resources
<i>Related Regulations</i>	Regulation 400-82, <i>Wellness</i>
<i>Adoption Dates</i>	11/09/05
<i>Review Dates</i>	2005, 2017, 2023

Revision Dates	09/13/17, 10/17/23
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