



Frederick County Public Schools
Board of Education
STUDENT HEALTH AND WELLNESS
Policy 409

A. Policy Purpose

To establish a Policy that promotes student safety, health, and wellness.

B. Definitions

1. “Health Screening” is defined as a procedure to identify students who are at risk of a health problem.
2. “Immunization” is defined to mean the process of being made immune or resistant to an infectious disease, typically by the administration of a vaccine.
3. “Parent” is defined to mean a biological or adoptive parent, a court-appointed custodian or guardian, a foster parent, or a caregiver (as defined by the Education Article of the Maryland Annotated Code or as designated by the United States Department of Health and Human Services, Office of Refugee Resettlement).
4. “Physical Examination” is defined as a comprehensive health assessment completed by a Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Certified Registered Nurse Practitioner (CRNP) or Physician Assistant – Certified (PA-C) using the designated Maryland School Department of Education and Maryland Department of Health physical examination form.
5. “Pre-Participation Physical Examination” is defined as a physical examination completed by a Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Certified Registered Nurse Practitioner (CRNP) or Physician Assistant – Certified (PA-C) to identify any medical problems that might put an athlete at increased risk for illness or injury when participating in interscholastic sport.

C. Policy Statement

1. In support of its strategic goals, the Board of Education of Frederick County (Board) seeks to foster student wellness by creating a school culture that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.
2. The Board recognizes that good health fosters student attendance and achievement. With a focus upon the health and well-being of the whole child, the Board recognizes that students need nourishing foods and physical activity, health and counseling services, and family and community involvement in order to grow, learn, and thrive.
3. The Board recognizes its responsibility to provide a safe and healthy learning environment

for all students and acknowledges the necessity for the school system to ensure that the school environment protects and promotes students' health and ability to learn by providing health and nutrition education, physical activity, and a variety of healthy food and beverage choices.

4. Finally, the Board believes schools have a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle.

D. Implementation

1. **Sunscreen Use.** Students are authorized to possess and use sunscreen on school property or at a school-sponsored activity without written permission from a health care provider. The Superintendent is encouraged to incorporate sunscreen, sun safety, and this policy into its health curriculum.
2. **Joint Responsibility with Frederick County School Health Council.** The Superintendent and the local health officer are jointly responsible for the development of the Frederick County School Health Council (Council), as well as the implementation and coordination of school health services standards. The Council works in an advisory capacity to support wellness and academic achievement in school communities.
3. **Physical Examinations**
 - a. Maryland law requires that every child entering a Maryland public school for the first time have a physical examination. Additional physical and dental examinations are encouraged, especially when the child enters middle school.
 - b. Students who are candidates for interscholastic sports are required to provide documentation of a pre-participation physical examination each year before they are permitted to participate.
4. **Hearing and Vision Screening.** Maryland law requires schools to conduct hearing and vision screening tests for all students in the year the student enters a school system and in 1st grade and 8th or 9th grade.
5. **Immunizations**
 - a. Except where there is a medical contraindication or an objection to immunization on the grounds that the immunization conflicts with the parent's bona fide religious beliefs and practices, Maryland law requires specific immunizations for every child entering and attending school in Maryland. Satisfactory proof of compliance with the minimum immunization requirements must be on file in school for every child.
 - b. Parents must provide proof of required immunizations or complete and submit the Maryland Department of Health Immunization Certificate medical contraindication or religious objection exemption section as early as possible to avoid the child's delay in admittance to and to prevent exclusion from school due to noncompliance with the law.
 - c. The principal is responsible for the enforcement of immunization regulations in collaboration with the local health department.

6. The Superintendent is directed to issue regulation to support this Policy, which recognizes the importance of implementing health and wellness activities, providing notification and education to students, promotes access to healthy and fresh foods, and adheres to requirements under Maryland law.
7. Before the start of the 2025-2026 school year, the Superintendent is directed to adopt and implement a regulation consistent with the guidelines set forth by the State for conducting telehealth health care services during the school day on the premises of public middle and high schools.

E. Related Information

1. Board Policy

- a. [Policy 111, School and Workplace Safety](#)
- b. [Policy 112, Promoting A Drug-Free, Alcohol-Free, and Tobacco/Vaping-Free Environment](#)
- c. [Policy 316, Promotion of Health and Wellness-Employees](#)
- d. [Policy 413, Family/Community Partnership](#)
- e. [Policy 446, Student Suicide Prevention](#)
- f. [Policy 505, Health Education](#)
- g. [Policy 509, Extracurricular and Co-Curricular Activities](#)

2. Code of Maryland Regulations (COMAR)

- a. [COMAR 10.06.04.03, Required Immunizations](#)
- b. [COMAR 13A.04.13, Program in Physical Education](#)
- c. [COMAR 13A.05.05.05, School Health Services Standards – Introductions](#)
- d. [COMAR 13A.05.05.06, School Health Services Standards – Definitions](#)
- e. [COMAR 13A.05.05.07, School Health Services Standards – For All Students](#)
- f. [COMAR 13A.05.05.08, School Health Services Standards – For All Students with Special Health Needs](#)
- g. [COMAR 13A.05.05.09, School Health Services Standards – Emergency Services](#)
- h. [COMAR 13A.05.05.10, School Health Services Standards – Health Facilities](#)
- i. [COMAR 13A.05.05.11, School Health Services Standards – Staff Development](#)
- j. [COMAR 13A.05.05.12, School Health Services Standards – Dissemination of School Health Services Information](#)
- k. [COMAR 13A.05.05.13, School Health Services Standards – Implementation and Coordination](#)
- l. [COMAR 13A.05.05.14, School Health Services Standards – Monitoring and Evaluation](#)
- m. [COMAR 13A.05.05.15, School Health Services Standards – Confidentiality and Consent](#)
- n. [COMAR 13A.06.03.02, Eligibility](#)

3. Decommissioned Board Policies

- a. Policy 420, *Physical Examinations/Immunizations for Students*

4. External Resources

- a. [Maryland Department of Health Blood Lead Testing Certificate Form \(MDH 4620 – Revised 07/23\)](#)

- b. [Maryland Department of Health Immunization Certification Form \(MDH Form 896 \(Formally DHMH 896\) – Rev. 07/24\)](#)
- c. [Maryland State Department of Education Record of Physical Examination Form](#)
- d. [Maryland State Department of Education Maryland Student Records System Manual - Health Screening Form \(SR5\)](#)
- e. [Maryland Department of Health Back-to-School Immunization Requirements Webpage](#)
- f. [Maryland State Department of Education School Health Services in Maryland Webpage](#)
- g. [Maryland State Department of Education. \(June 2023\). *Hearing Screening Guidelines \(Maryland State School Health Services Guidelines\)*](#)
- h. [Maryland State Department of Education. \(December 2023\). *Nursing Appraisal and Assessment of Students with Special Health Care Needs*](#)
- i. [Maryland State Department of Education. \(January 2006\). *Role of Health Services Staff in Schools \(Maryland State School Health Services Guideline\)*](#)
- j. [Maryland State Department of Education. \(December 2003\). *Sun Safety for Students in School \(Maryland State School Health Services Guidelines\)*](#)
- k. [Maryland State Department of Education. \(June 2023\). *Vision Screening Guidelines \(Maryland State School Health Services Guidelines\)*](#)

5. **FCPS Regulations**

- a. [Regulation 300-06, *HIPAA-Health Information-Electronic*](#)
- b. [Regulation 400-42, *Weather Guidelines for Outside Activities*](#)
- c. [Regulation 409-01, *Student Wellness* \(formerly 400-82\)](#)
- d. [Regulation 409-02, *Physical Exams for Students* \(formerly 200-40\)](#)
- e. [Regulation 409-03, *Health: Food Allergies/Food Sensitivities* \(formerly 400-06\)](#)
- f. [Regulation 409-04, *Allergic Reactions-Severe/Life Threatening Emergency Care* \(formerly 200-39\)](#)
- g. [Regulation 409-05, *Health: Do Not Resuscitate* \(formerly 400-39\)](#)
- h. [Regulation 409-06, *Medical Assistance Reimbursement for Service Coordination, Health Related Services, and Transportation* \(formerly 400-71\)](#)
- i. [Regulation 409-07, *Students With Diabetes* \(formerly 400-80\)](#)
- j. [Regulation 409-08, *Automated External Defibrillator \(AED\) Program* \(formerly 400-83\)](#)
- k. [Regulation 409-09, *Immunization Program* \(formerly 400-64\)](#)
- l. [Regulation 409-10, *Medication Administration and Administration of Medical Cannabis to Students* \(formerly 400-23\)](#)
- m. [Regulation 409-11, *Health Treatments* \(formerly 400-68\)](#)
- n. [Regulation 409-12, *Student Telehealth Appointments*](#)
- o. [Regulation 446-01, *Suicide Statements by Students* \(formerly 400-63\)](#)
- p. [Regulation 509-02, *Physical Education and Athletic Programs for Students with Disabilities* \(formerly 400-92\)](#)

6. **FCPS Resources**

- a. Constitution and By-Laws of Frederick County School Health Council
- b. [FCPS Athletics Physical Evaluation Forms \(English and Spanish versions\)](#)
- c. [FCPS Enrollment Webpage](#)
- d. [FCPS Wellness Resources Webpage](#)

7. **Federal Law**

- a. Child Nutrition Act of 1966, as amended
- b. Child Nutrition and WIC Reauthorization Act of 2004
- c. Healthy, Hunger-Free Kids Act of 2010
- d. National School Lunch Act

8. **Maryland Statutes**

- a. [Md. Code Ann., Educ. § 4-143](#)
- b. [Md. Code Ann., Educ. § 7-401](#)
- c. [Md. Code Ann., Educ. § 7-402](#)
- d. [Md. Code Ann., Educ. § 7-403](#)
- e. [Md. Code Ann., Educ. § 7-404](#)
- f. [Md. Code Ann., Educ. § 7-409](#)
- g. [Md. Code Ann., Educ. § 7-441](#)
- h. [Md. Code Ann., Educ. § 7-442](#)
- i. [Md. Code Ann., Educ. § 7-603](#)

F. Policy History (Maintained by Legal Services)

<i>Responsible Office</i>	Office of Student Services
Adoption Dates	08/09/06
Review Dates	
Revision Dates	08/22/18; 08/27/25