

## **BALLARD R-2 DISTRICT WELLNESS POLICY**

The Ballard R-2 School District recognizes the relationship between student well-being and student achievement, as well as the importance of a comprehensive district wellness program. Therefore, the district will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence-based.

### **Health Advisory Committee**

The district will continue to utilize the Health Advisory committee to act as a Wellness Committee in addressing components of this district wellness policy. This committee consists of school administrators, support staff members, teachers, community members, students, and the school nurse. The Board designates the school superintendent as wellness program coordinator. Wellness coordinators, in consultation with the Health Advisory Committee, will be in charge of implementation and evaluation of this policy. Meetings and records will adhere to the requirements of the Missouri Sunshine Law.

### **Nutrition Guidelines**

It is the policy of the Ballard R-2 School District that all foods and beverages made available on campus during the school day are consistent with the United States Department of Agriculture (USDA) nutrition guidelines. Furthermore, all state and federal statutes will be strictly followed, including guidelines for reimbursable meals issued by the Department of Agriculture. The district will follow procedures that address all foods available to students throughout the school day in the following areas:

- National School Lunch Program and School Breakfast Program meals
- A la carte offerings in the food service program
- Vending machines
- Classroom parties, celebrations, fundraisers, rewards, and school events
- Snacks served in after-school programs

### **Nutrition and Physical Education**

The district will provide Health and Physical Education aligned with the Show-Me Standards and the Missouri Curriculum Frameworks for all grade levels, as well as other opportunities determined by the Health Advisory Committee.

### **Other School-Based Activities**

The wellness program coordinator, in consultation with the wellness committee, is charged with developing procedures addressing other school-based activities to promote wellness. These procedures or techniques will include, but not be limited to, lunchroom

climate, parent wellness education, drug and weapon education and employee wellness modeling.

### **Evaluation**

The wellness coordinator will assess all education curricula and materials for accuracy, completeness, balance, and consistency with state and local standards. The coordinator will also be responsible for implementation and evaluation of the wellness policy, as well as goal attainment. Surveys and other data collection can be used as needed. The wellness coordinator will also review, modify, and present the wellness policy to the Ballard Board of Education on a needed basis.

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