

# **Ballard R-II School District Local Wellness Policy**

## **I. Policy Leadership and Committee Role**

The Ballard R-II School District recognizes the link between student health and academic achievement. Evidence shows that good nutrition, hydration and participating in physical activities throughout the day, strongly correlate with positive student outcomes.

The Superintendent and/or designee will designate the District Wellness Coordinator to oversee implementation and evaluation of this policy.

The Ballard R-II school district will continue to utilize the Coordinated School Health Committee (CSH) to act as a health advocate for school district and local wellness practices. This committee is comprised of administrators, food service staff, physical education teachers, health professionals, parents/guardians, students, and community members. The CSH will assist in developing, implementing, monitoring, and reviewing districtwide wellness practices.

## **II. Public Involvement**

The District will invite public participation in the development, implementation, and periodic review of this policy through district communications, newsletters, and public meetings. All stakeholders may provide input by contacting the Wellness Coordinator or participating in wellness meetings.

## **III. Public Updates**

The District will inform the public annually about policy content and implementation via the district website, newsletters, and reports at school board meetings. Updates will include progress toward wellness goals, activities, and triennial assessment results.

## **IV. Triennial Assessment**

At least once every three years, the District will complete a Triennial Wellness Assessment to measure implementation and compliance, including comparisons to model policies, progress toward goals, and adherence to USDA Smart Snacks standards. Results will be shared publicly and submitted to DESE as required. The superintendent/designee is responsible for managing and updating the policy in addition to updating families and the public through the appropriate channels.

## **V. School Meals/Nutrition/Hydration**

The District is committed to serving nutritious, appealing meals that meet or exceed federal nutrition standards. Meals will comply with USDA National School Lunch and Breakfast Program regulations. Meals served will include fruits, vegetables, whole grains and low-fat/fat-free daily products that are low-moderate in sodium, low in saturated fat

and have zero grams trans fat per serving; per the nutrition label and to reasonably meet the nutritional needs of the students within their caloric requirements. The school meal program aims to improve the diet and health of students, help mitigate childhood obesity, and model a healthy diet to support lifelong healthy eating patterns. In addition, the school supports healthy choices while accommodating cultural food preferences and special dietary needs as indicated. Students will be encouraged to participate in school meals, with adequate seated time (20 minutes minimum) and a positive dining environment.

The school district is also committed to promoting proper hydration that is free, safe and accessible by all students throughout the school day. The school will meet or exceed all Missouri Department of Natural Resources and U.S. Environment Protection Agency standards. The school district will continue to adhere to procedures used to monitor, maintain, and protect the school district's potable water systems and to respond promptly to any water safety concerns.

#### **VI. Foods Sold Outside of School Meals**

All foods and beverages sold to students during the school day must meet or exceed USDA Smart Snacks standards. The school administration, Wellness Coordinator and food service staff will ensure compliance during the instructional day.

#### **VII. Foods Provided but Not Sold**

Foods provided to students during classroom celebrations, rewards, or events must align with district nutrition guidelines. Non-food rewards and celebrations are encouraged. Healthy options such as fruits, vegetables, whole grains, and low-fat dairy are recommended. It is encouraged that the food provided support lifelong healthy eating habits as well as consider the nutritional and energy needs of students. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.

#### **VIII. Food and Beverage Marketing**

Only foods and beverages that meet Smart Snacks standards may be marketed or promoted on school property. This includes signage, logos, vending machines, and sponsorships. All vendor contracts must align with these standards. A summary of these standards can be found at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

#### **IX. Nutrition Education**

The District will provide nutrition education as part of a comprehensive health curriculum aligned with Missouri Learning Standards. Lessons will be age-appropriate, engaging, and culturally relevant. Nutrition topics will be integrated across subjects and promote balanced eating habits. In addition, other education resources determined by the CSH committee may be included for learning opportunities as indicated.

## **X. Nutrition Promotion**

Schools will use evidence-based strategies to promote healthy eating, such as posters, farm-to-school events, taste tests, and student garden programs.

## **XI. Physical Activity**

The District supports lifelong physical activity and provides opportunities for all students to be active before, during, and after school. Elementary students will receive a minimum of 150 minutes of physical activity per week, middle school students at least 225 minutes per week. All high school students must complete one credit of physical education to graduate. Physical activity will not be withheld as punishment. All students will be provided with the opportunity to participate in physical education classes that are age appropriate and consistent with national and state standards for physical education. The school district will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool.)

## **XII. Other School-Based Wellness Strategies**

Community Partnerships: The District will collaborate with local health organizations to promote student and staff wellness. Educational topics may include; sun safety, tobacco prevention education and local health services/resources.

Family Engagement: Families will be encouraged to participate in wellness activities and workshops through programs such as the Parents As Teachers Program.

Staff Wellness: The District will promote employee wellness through challenges, walking clubs, and mental health resources.

Professional Learning: Staff will receive annual professional development on wellness implementation, nutrition standards, and student health support.

## **XIII. Wellness Goals**

Increase student physical activity and healthy food choices through active classroom breaks, classroom education and farm-to-school expansion by May of 2026.

## **XIV. Monitoring and Evaluation**

The Wellness Coordinator and/or designee will prepare an annual report summarizing progress, participation, and recommendations. The report will be shared with the Superintendent, School Board, and the public.

Adopted by: Ballard Board of Education

Date: Oct. 15, 2025

Next Scheduled Review: October 2028