

Wellness Policy

The Ballard Board of Education promotes health and students by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students.

The school district supports and promotes proper dietary habits contributing to students health status and academic performance. All food available for purchase throughout the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Food should be served with consideration towards nutritional integrity. See the guidelines on Healthy Kids Act

The Ballard Wellness Committee is comprised of multi-discipline staff throughout the district. The committee will develop a wellness policy for the Ballard School District. The committee will meet at least quarterly to insure that the wellness policy is up to date and being carried out throughout the school district.

Nutrition: Nutritional Quality of Foods and Beverages Sold and Served on Campus
School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Schools will, to the extent possible, operate the School Breakfast Program.

Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast.

Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Goals: The goal for the Ballard School District is to utilize the Grab-and-Go breakfast for the students that arrive late to school without breakfast. By utilizing the Grab-N-Go breakfast we can

ensure that student receive breakfast and get to class on a timely manner.

Meal Times and Scheduling: Schools:

Should schedule meal periods at appropriate times. Lunch should be scheduled between 11 a.m. and 1 p.m.

Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle and High Schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;

Will have no more than 35% of its weight from added sugars;

Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

One ounce for cookies;

Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;

Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;

Eight ounces for non-frozen yogurt;

Twelve fluid ounces for beverages, excluding water; and

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Snack

Snacks served during the school day will make a positive contribution to childrens diet health, with an emphasis on serving fruit and vegetables as the primary snacks and water as the primary beverage when available/option. School will assess if and when offer snacks on timing of meals, childrens nutritional needs, childrens age and other considerations. The school district will disseminate a food calculator link. <https://foodplanner.healthiergeneration.org/calculator/> to help determine what is a smart snack to offer. (Snacks still need to be peanut free and no homemade treats)

Marketing

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

limit food and beverage marketing to the promotion of food and beverages that meet nutrition standards for meals or for foods and beverages sold individually:

Prohibit school-base marketing of brands promoting predominantly low nutrition foods and beverages;

Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products;

market activities that promote healthful behaviors (and are therefore allowable) including:

vending machines covers promoting water; pricing structures that promote healthy options in a la carte or vending machines; sales of fruit for fundraisers; and coupons for discount gym membership.

Physical Activity

Daily Physical Education

The Ballard School District will provide physical education that:

Elementary schools are encouraged to make structured physical education available to student 60-90 minutes a week.

The middle school is encouraged to make structured physical education available to students 30-60 minutes a week. The high school is encouraged to make structured physical education available to students daily.

Goals

As recommended by the National Association of Sport and Physical Education, school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:

Expose youngsters to a wide variety of physical activities.

Teach physical skills to help maintain a lifetime of health and fitness.

Encourage self-monitoring so youngsters can see how active they are and set their own goals.

Daily Recess

Ballard elementary schools should provide recess for students that:

is at least 30 minutes a day;

is preferably outdoors;

discourages extend periods inactivity.

Physical Activity and Punishment

Staff are encouraged to use other means than physical activity and withholding opportunities for physical as punishment.

Other School- Based Activities that Promote Student Wellness

Ballard High School has developed a Wellness club for students. The following is a list of activities that the student lead wellness committee provides:

Host Wellness Wednesday once a month. This is where the high school student body and staff walk for 20 minutes.

Provides smart snacks for students. As part of the wellness committee students educate their peers about healthy lifestyles.

Promotes healthy lifestyles by providing education posters on nutritional facts. Provides taste tasting experiences for students to introduce them to healthier choice of food.

Goals: Physical education leaders would encourage the Ballard school district to offer more Health classes in the classroom setting for grades 3rd-12th.

Staff Wellness

The Ballard School district values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain healthy lifestyles.

Flu shot clinic

Weight loss promotion opportunity

Boot Camp

Ballard Community School District

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