

# BALLINGTON ACADEMY

## WELLNESS POLICY

TO ACHIEVE THE LOCAL WELLNESS POLICY GOALS, THE REGULATIONS OF THE FOLLOWING WILL BE THE FOCUS:

1. COLLABORATIVE INPUT FROM STAFF AND PARENTS
2. PHYSICAL ACTIVITY
3. NUTRITION EDUCATION
4. MONITORING AND POLICY REVIEW

INPUT WILL BE OBTAINED FROM STAFF, ADMINISTRATORS, AND PARENTS TO REVIEW, MONITOR, AND IF NECESSARY, REVISE THE SCHOOL NUTRITION AND PHYSICAL ACTIVITY POLICIES.

### PHYSICAL ACTIVITY

TO EMPHASIZE THE IMPORTANCE OF PHYSICAL ACTIVITY AS A PERSONAL HABIT. THIS WILL BE ACCOMPLISHED BY:

1. PHYSICAL ACTIVITY WILL BE INTEGRATED ACROSS CURRICULA AND THROUGHOUT THE SCHOOL DAY
2. THE PHYSICAL ACTIVITY COMPONENT WILL PROVIDE OPPORTUNITIES FOR EVERY STUDENT TO DEVELOP THE KNOWLEDGE AND SKILLS FOR SPECIFIC PHYSICAL ACTIVITIES, MAINTAIN PHYSICAL FITNESS, REGULARLY PARTICIPATE IN PHYSICAL ACTIVITY, AND UNDERSTAND THE SHORT-AND LONG-TERM BENEFITS OF A PHYSICALLY ACTIVE AND HEALTHFUL LIFESTYLE.
3. AFTER-SCHOOL CHILDCARE AND ENRICHMENT PROGRAMS SHOULD PROVIDE AND ENCOURAGE, THROUGH SPACE AND EQUIPMENT AND ENCOURAGE DAILY PERIODS OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY.

### NUTRITION

BALLINGTON IS COMMITTED TO PROVIDING STUDENTS WITH THE KNOWLEDGE TO MAKE HEALTHY CHOICES BY PROVIDING NUTRITION EDUCATION AND BY PROMOTING NUTRITION AND A HEALTHY LIFESTYLE. THIS WILL BE ACCOMPLISHED BY:

1. STUDENTS IN GRADES K-6 RECEIVING NUTRITION EDUCATION THAT IS CONSISTENT WITH STATE HEALTH EDUCATION CONTENT STANDARDS AND TEACHES THE SKILLS THEY NEED TO ADOPT HEALTHY EATING BEHAVIORS AND POSITIVE SELF-IMAGE.
2. INTEGRATING NUTRITION EDUCATION INTO OTHER AREAS OF THE CURRICULUM SUCH AS MATH, SCIENCE, LANGUAGE ARTS, SOCIAL SCIENCE AND SOCIAL STUDIES.
3. ADEQUATELY PREPARING THE SCHOOL STAFF RESPONSIBLE FOR NUTRITION EDUCATION AND ENCOURAGING THEM TO PARTICIPATE REGULARLY IN PROFESSIONAL DEVELOPMENT ACTIVITIES TO EFFECTIVELY DELIVER AN ACCURATE NUTRITION EDUCATION PROGRAM. FOOD SERVICE STAFF WILL ADDITIONALLY RECEIVE REGULAR STAFF DEVELOPMENT ON SAFE FOOD PREPARATION AND PRESENTATION.

4. PROMOTING HEALTHY CHOICES BY ENCOURAGING STUDENTS TO EAT MORE FRUITS AND VEGETABLES, WHOLE GRAIN PRODUCTS, LOW FAT AND FAT FREE DAIRY PRODUCTS, HEALTHY FOOD PREPARATION METHODS AND PROMOTING A BALANCE BETWEEN FOOD INTAKE AND DAILY EXERCISE.
5. SHARING INFORMATION WITH FAMILIES AND THE BROADER COMMUNITY TO POSITIVELY IMPACT STUDENTS AND THE HEALTH OF THE COMMUNITY.
6. ENCOURAGING STAFF TO SERVE AS ROLE MODELS FOR NUTRITION AND PHYSICAL ACTIVITY.

#### MONITORING AND POLICY REVIEW

SCHOOL WELLNESS POLICY WILL BE SHARED WITH STAFF AND PARENT. THE POLICY WILL BE POSTED AND AVAILABLE WITHIN ALL SCHOOL CAFETERIA AND ON DISTRICT AND WEBSITE.

#### POLICY IMPLEMENTATION COMPLIANCE

THE SUPERINTENDENT OR DESIGNEE WILL ENSURE COMPLIANCE WITH ESTABLISHED NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICIES. THE NUTRITION COORDINATOR AND THE SITE ADMINISTRATORS ARE THE DESIGNEES CHARGED WITH THE OPERATIONAL RESPONSIBILITY FOR ENSURING THAT THE SCHOOL IMPLEMENTS THE WELLNESS POLICY IN ACCORDANCE WITH THE LAW. SCHOOL FOOD SERVICE STAFF, AT THE, WILL ENSURE COMPLIANCE WITH NUTRITION POLICIES WITHIN SCHOOL FOOD SERVICE AREAS AND WILL REPORT ON THIS MATTER TO THE SUPERINTENDENT OR DESIGNEE. IN ADDITION, THE SCHOOL WILL REPORT ON THE MOST RECENT USDA SCHOOL MEALS INITIATIVE (SMI) REVIEW FINDINGS AND ANY RESULTING CHANGES.

BALLINGTON ACADEMY WILL, AS NECESSARY, REVISE THE WELLNESS POLICIES AND DEVELOP WORKING PLANS TO FACILITATE THEIR IMPLEMENTATION.