

DIOCESE OF BATON ROUGE

WELLNESS POLICY

(Updated 12/06/2021)

TABLE OF CONTENTS

Diocese of Baton Rouge Wellness Policy	3
Preamble	4
Federal and State Requirements	5
Schools Policies	5
Other School Policies	6
Nutrition Education	6
Physical Education	7
Physical Activity Opportunities	8
Definitions	10
Appendix A – Alternatives to Using Food as Reward	11
Appendix B – Healthy School Parties/Snacks	12
Appendix C – Smart Fundraisers for Healthy Schools	13

Diocese of Baton Rouge School Wellness Policy

The Diocese of Baton Rouge School Wellness Policy was first created in 2006, in accordance with the Child Nutrition and WIC Reauthorization Act of 2004, which required each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 to have a Wellness Policy.

Schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems, like type 2 Diabetes, that are associated with poor nutrition and physical inactivity. This law placed the responsibility of developing a school wellness policy at the local level, so the individual needs of each school can be addressed most effectively.

The Louisiana Legislative Act 331 (2005) further mandated the establishment of healthy standards for foods and beverages sold through vending, concessions or other such sales on school grounds.

The Diocese of Baton Rouge is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. In response to the requirements of USDA and Act 331, the Diocese of Baton Rouge Nutrition Advisory Council has revised the current Student Wellness Promotion Policy to reflect these changes.

Decisions related to foods served at school shall be based first and foremost on the nutritional needs of young people.

Preamble*

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, more high school students should participate in sufficient vigorous physical activity and attend daily physical education classes;

Whereas, very few children (two to nineteen years) eat a healthy diet consistent with the recommendations from My Plate;

Whereas, the USDA Regulations required by the Healthy, Hunger Free Act 2010 to meet Smart Snack nutrition standards as of July 1, 2014 for all foods and beverages made available to students during the day (outside of the school meal program).

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Diocese of Baton Rouge Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

***Adapted from Louisiana Department of Education Model Policy**

The Diocese of Baton Rouge has appointed Dr. Melanie Verges, Superintendent of Catholic Schools, to coordinate and assess the implementation of a wellness policy. The Supervisor of Child Nutrition is responsible for implementing and assessing the Wellness Policy as it pertains to nutritional services. The Principal is responsible for the implementation and assessment at the local school level.

- Diocesan schools will engage students, parents, teachers, child nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Each school is encouraged to meet the nutrition requirements as outlined in *1196 Louisiana School Food Service Policy Guidance Manual*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate times for students to eat.
- All schools in the Diocese should participate in available and appropriate federal school meal programs.
- Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity; will establish linkages between health education and school meal programs; and related community services.

Federal and State Requirements

The Diocese of Baton Rouge schools will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Provide school breakfast and snack and meal programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (*1196 Louisiana School Food Service Policy Guidance Manual*).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the cafeteria school site.
- Follow State Board of Education policies on competitive foods and extra food sales.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity. (See “Other School Policies.”)

Schools Policies

The Diocese of Baton Rouge schools will provide:

- Adequate time for breakfast, lunch, snack, and meal programs (where approved and applicable).
- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.

- Nonfat, reduced fat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese.
- Healthy food preparation techniques for lean meat, poultry, and fish.
- School meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
- A cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits while or when eating with the students.

Other School Policies

The Diocese of Baton Rouge schools will:

- Encourage teachers to use food items of nutritional value as **rewards** for student accomplishments and the withholding of food as a punishment (i.e. restricting a child's selection of flavored milk at meal time due to behavior problems). (See appendix A for reward alternatives.)
- Encourage serving healthy food at school **parties**. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students. (See appendix B for healthy school parties.)
- Discourage selling food items of limited nutritional value as **fundraisers**. (See appendix C for healthy fundraising alternatives.)
- Encourage nutritious and appealing options (such as fruits, vegetables, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water or items listed on the Smart Snack list) whenever foods/beverages are sold or otherwise offered **after school**.
- Energy drinks may not be sold, provided or brought on campus by anyone (definitely students).

Nutrition Education

The Centers for Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, food service personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among Child Nutrition Program staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education – traditional classroom lessons that address general knowledge, attitude, and behavior – and behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school, and the community.

Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health. (See DOE website for ideas.)

Behavior change can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The Diocese of Baton Rouge schools will:

- Promote and implement nutrition education that promotes lifelong healthful eating practices;
- Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant;
- Provide hands-on activities that are fun;
- Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;
- Focus on positive aspects of healthful eating behaviors; and
- Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting;
- Strive toward hiring qualified, certified health education teachers;
- Provide staff development for teachers.

Physical Education

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity.

When examining Physical Education programs, ask the question, “Does the physical education program help every student attain the knowledge, skills, and attitudes needed for them to lead an active, productive life and maintain a health-enhancing level of physical fitness?” Promote and implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students. Quality physical education programs should include the following components:

1. Emphasizes knowledge and skills that promote a lifetime of physical activity.
2. Is based on standards that define what students should know and be able to do.
3. Keeps students active for most of the class time.
4. Provides many different physical activity choices.
5. Meets needs of **all** students, especially those who are not athletically gifted.

6. Features cooperative, as well as competitive, games.
7. Develops students' self-confidence and eliminates practices that humiliate students.
8. Promotes physical activity outside of school.
9. Teaches self-management skills, such as goal-setting and self-monitoring.
10. Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
11. Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.

In addition the Diocese of Baton Rouge schools will:

- Strive toward having qualified, certified physical education teachers guide physical activity instruction in elementary grades as well as in middle and high school physical education classes.
- Provide staff development on standards implementation for physical education instructors.
- Strive to provide that adequate safety policies and provisions for physical education programs.
- Strive toward ensuring that adequate equipment is in place to assist students in being active daily.
- Strive to provide a variety of fitness training, motor skills, and team work modules in physical education at the high school level needed for graduation.
- Use a recognized instrument or program such as *Fitnessgram*®, to evaluate student's physical fitness.
- Provide age-appropriate equipment and facilities for implementing quality physical education programs.

Physical Activity Opportunities

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

The Diocese of Baton Rouge schools will provide opportunities for physical activity:

- Recognize that daily physical activity is essential to student welfare and academic performance.
- Encourage physical activity during recess for elementary students, intramurals programs, integration in the academic curriculum, and clubs as well as in physical education programs.
- Provide daily recess for all children in K-8th grade.
- Work with the community to create ways for students to walk, bike, skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.

- Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
- Encourage school staff to participate in physical activities to serve as role models.
- Support community-based physical activity programs.

Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD) is a valuable resource. (See DOE website)

Definitions

A. Competitive Foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program or School Breakfast Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of in-school fundraisers. In-school fundraisers include food items sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization. These items may be sold at school *only* if they meet the requirements *USDA Department of Education*.

B. Elementary School: School with grade 9 and one or more lower grades, but not grades 10, 11, or 12; schools with any single grade or combination of grades below grade 9.

C. High School: any school whose grade structure falls within the 6 through 12 range and includes grades in the 10 to 12 range, or any school that contains only grade 9.

D. FMNV: Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soft drinks, water ices, chewing gum, and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs. (See section on FMNV.)

E. Food Service: Refers to the school's operation of the National School Breakfast, Lunch, Snack and Meal Programs (where approved and applicable) and includes all food service operations conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.

F. Fruit or Vegetable Drink: Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.

G. Fruit or Vegetable Juice: Beverages labeled as containing 100 percent fruit or vegetable juice.

H. School Day: For the purpose of the Louisiana School Wellness Policy, the school day begins during a period of thirty minutes prior to and thirty minutes after the end of the normal school day

I. School Meals: Meals provided under the National School Breakfast Program and School Lunch Program, Snack Program, and Meal Program (where approved and applicable) for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.

Appendix A

Alternatives to Using Food as a Reward

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆It undermines nutrition education being taught in the school environment.
 - ◆It encourages over-consumption of foods high in added sugar and fat.
 - ◆It teaches kids to eat when they’re not hungry as a reward to themselves.

- *Kids learn preferences for foods made available to them, including those that are unhealthy.
- *Poor food choices and inadequate physical activity contribute to overweight and obesity.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆Teach the class
- ◆Read outdoors
- ◆Enjoy class outdoors
- ◆Read to a younger class
- ◆Make deliveries to the office
- ◆Earn play money for privileges
- ◆Eat lunch outdoors with the class
- ◆Eat lunch with a teacher or principal
- ◆Listen to audio book on a technology device
- ◆Have a teacher read a special book to the class
- ◆Earn time on a technology device

LOW-COST ALTERNATIVES

- ◆Select a paperback book/ magazine
- ◆Enter a drawing for donated prizes
- ◆Take a trip to the treasure box (non-food items)
- ◆Get stickers, pencils, and other school supplies
- ◆Receive a “mystery pack” (notepad, folder, sports cards, etc.)

Adapted from: Tips and Tools to Help Implement Michigan’s Healthy Food and Beverage Policy, <http://mihealthtools.org/hsat/default.asp?tab=resourceguide>

Appendix B

Healthy School Parties

School can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools—which have a great impact on children—to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Below are the requirements for the Smart Snacks nutrition standards to consider for classroom events and all foods sold outside the school meal programs, on the school campus, at any time during the school day. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- | | |
|--|---|
| ◆ Fresh fruit and vegetables – Buy locally when possible | ◆ Granola bars* |
| ◆ Baby carrots and other vegetables with Low-fat dip | ◆ Bagels with low-fat cream cheese |
| ◆ Yogurt | ◆ Soft pretzels and mustard |
| ◆ Trail mix* | ◆ Pizza (no extra cheese and no more than one meat) |
| ◆ Nuts and seeds* | ◆ Pudding |
| ◆ Fig cookies | ◆ String cheese |
| ◆ Animal crackers | ◆ Cereal bar |
| ◆ Baked chips | ◆ Single-serve low-fat or fat free milk (regular or flavored) |
| ◆ Low-fat popcorn | ◆ Bottled water (including unsweetened flavored water) |
| ◆ 100% fruit juice (small single-serves) | |

*May be allergens and/or a choking risk for some people. Please check with a health care provider.

REFER TO PENNINGTON SMART SNACK LIST

Beverage Policy, <http://mihealthtools.org/hsat/default.asp?tab=resourceguide>

Appendix C

Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Following are web sites and fundraising ideas that offer alternatives to selling candy/ snacks with low nutritional value. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in “school fundraisers” to access 112,000+ sites. A few of these sites follow:

<http://healthymeals.nal.usda.gov/hsmrs/Kanasas/Fundraising%20Ideas%20for%20Schools.pdf>

<http://www.actinforhealthykids.org/storage/documents/parents-toolkit/funde=raisersf4.pdf>

http://www.healthysd.gov/Documents/Healthy_fundraisingIdeas.pdf

◆ www.afrds.org/homeframe.html

Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with “Fundraising Fundamentals,” a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

◆ www.PTOtoday.com

Lists fundraising activities by categories, has a “work vs. reward” equation, contains a parent sharing section on “what works, what doesn’t and why.”

◆ www.fundraising-ideas.com

Offers a free newsletter with programs, services, and press releases.

◆ www.pbrc.edu/division-of-education/vending-list-for-schools/

Lists vending snack recommendations from the Pennington Biomedical Research Center

Smart Fundraisers for Today's Healthy Schools, Cont'd

Schools should sell an ever-expanding variety of non-food items such as:

- ◆ Gift wrap
- ◆ Magazine subscriptions
- ◆ Garden seeds
- ◆ Candles
- ◆ Discount coupon books
- ◆ Raffles of gift baskets
- ◆ Plants and flowers
- ◆ School spirit items
- ◆ Cookbooks

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- ◆ Car washes
- ◆ Walk-a-thons, bike-a-thons, skate-a-thons, etc.
- ◆ Family game nights
- ◆ “Hire a student day” for odd jobs, babysitting services, etc. (with proceeds going to the school)
- ◆ 3-on-3 basketball or soccer tournaments
- ◆ Silent auctions
- ◆ Talent shows
- ◆ Family skate nights
- ◆ Monday night football “Dads Night Out”
- ◆ Moms Night Out” restaurant discounts
- ◆ School Movie Night (free movies can be rented at the library)
- ◆ Raffle of dinner prepared by school faculty
- ◆ Fashion show
- ◆ Dinner and a movie
- ◆ Dinner theater (students perform play)
- ◆ Parent “principal of the day”
- ◆ Sell VIP parking spaces

2021-2022 School Wellness Policy Committee

Name	Title/Position	Email Address
Lynda Carville	CNP Director	lcarville@diobr.org
Amanda Breaux	Registered Dietitian	abreaux@diobr.org
Dr. Melanie Palmisano	Superintendent	mpalmisano@csobr.org
Cheri Gioe	Principal-MBS	cgioe@mbsbr.org
Donna Walette	Principal-Holy Ghost	dwalette@hgschool.org
Paula Johnson	Principal-St. Francis Xavier	pjohnson@sfxbr.org
Cheryl Domino	Principal-RSG	cdomino@resbr.org
Erin Candilora	Principal-St. Aloysius	ecandilora@aloysius.org
Robyn Fox	Parent	robynfox@cox.net
Juliet LeBlanc	Student	

Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA annual assessment are strongly encouraged in New Jersey.

SFA District Name; _____ Policy Reviewer: _____

School Name: _____ Date: _____

Select all grade: PK 1 2 3 4 5 6 7 8 9 10 11 12

Yes	No	I. Public Involvement
		We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: <input type="checkbox"/> Administrators <input type="checkbox"/> School Food Service Staff <input type="checkbox"/> P.E. Teachers <input type="checkbox"/> Parents <input type="checkbox"/> School Board Members <input type="checkbox"/> School Health <input type="checkbox"/> Professionals <input type="checkbox"/> Students <input type="checkbox"/> Public
		Person in charge of compliance: Name/Title: _____
		The policy is made available to the public. Indicate How: _____
		Our policy goals are measured and the results are communicated to the public. Please describe: _____
		Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

II. Nutrition Education

		Our district’s written wellness policy includes measurable goals for nutrition education.
		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.)
		We offer nutrition education to students in : __Elementary school __Middle School __High School

III. Nutrition Promotion

		Our district written policy includes measurable goals for nutrition promotion.
		We promote healthy eating and nutrition education with signage, use of creative menus, poster, bulletin boards, etc.
		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
		We ensure students have access to hand-washing facilities prior to meals.
		We annually evaluate how to market and promote our school meal program(s).
		We regularly share meal nutrition, calories, and sodium content information with students and families.
		We offer taste testing or menu planning opportunities

		We participate in Farm to School activities and /or have a school garden.
		We only advertise and promote nutritious foods and beverage on school grounds (e.g. building, playing fields, etc.).
		We price nutritious foods and beverage lower than less nutritious foods and beverages.
		We offer fruits or non-fried vegetables in: __ vending machines, __School stores __Snack Bars, __a LaCarte
		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
		We promote teachers with samples of alternative options other than food or beverages.
		We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines

		Our district written policy addresses nutrition standards for USDA reimbursable meals.
		We operate the School Breakfast Program __ Before School __ In Classroom __Grab & Go
		We follow all nutrition regulations for the National School Lunch Program (NSLP).
		We operate an Afternoon Snack Program.
		We have a Certified Food Handler as our Food Service Manager.
		We have adopted and implemented Smart Snack nutrition standards for all items sold during school hours, including: __ as a La Carte __in School stores __in Vending Machines __ as fundraisers.

V. Physical Activity

		Our district written wellness policy includes6+2. measurable goals for physical activity.
		We provide physical education for elementary students on a weekly basis.
		We provide physical education for middle school during a term or semester.
		We require physical education classes for graduation (high schools only).
		We provide recess for elementary students on a daily basis.
		We promote opportunities for physical activity integrated throughout the day.
		We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
		Teachers are allowed to offer physical activity as a reward for students.
		We offer before or after school physical activity __Competitive sports __Non-competitive sports __Other clubs

VI. Additional Information:

Indicate additional wellness practice and/or future goals used to establish a school environment that promotes student’s health, well-being and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

For more information about this school wellness policy/practice, or ways to get involved, contact the Wellness Committee Coordinator.

Name: Lynda Carville

Position: Program Director

Email: lcarville@diobr.org

Phone: 225-387-6421

This institution is an equal opportunity partner



Wellness Policy Assessment

GOAL: Develop and implement school district policies in accordance with the state wellness policy

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Provide adequate time for breakfast.		Principals		
Provide 30 minutes for lunch.		Principals		
Provide whole and enriched grain products.	Continuing using whole wheat flour in baking. Substitute whole-wheat products (ex: whole-wheat pizza, etc.)	Child Nutrition Supervisor		
Provide fresh, frozen, canned or dried fruits and vegetables.	Continue providing two (2) different $\frac{3}{4}$ c. servings of fruit or vegetables at lunch. Continue providing $\frac{1}{2}$ c. serving of fruit at breakfast.	Child Nutrition Supervisor		
Provide 100% fruit or vegetable juices.		Child Nutrition Supervisor		
Provide non-fat, reduced fat, low-fat cheese and plain/flavored milk and yogurt.	Continue serving low-fat milk and reduced fat cheese. Research financial feasibility of adding yogurt to lunches.	Child Nutrition Supervisor		
Provide nuts, seeds, trail mix, and/or soybean snacks.	Research financial feasibility of adding trail mix (without nuts) to provided snacks. <i>Nuts will not be provided due to children's allergies.</i>	Child Nutrition Supervisor		
Provide healthy food preparation for lean meat, poultry.	Continue providing skinless chicken, boiled meats.	Child Nutrition Supervisor		
Provide school meals accessible to all students.	Continue providing breakfast and lunch for all students.	Child Nutrition Supervisor		
Provide a cafeteria environment conducive to a positive dining experience.	Continue providing opportunities for Jr. High and Sr. High students to eat outside. Continue providing socialization opportunities between students and adults and among students. Continue providing adult supervision of eating areas.	Child Nutrition Supervisor Principals		
Eliminate food as rewards.	Develop alternative fundraiser lists.	Superintendent/Principals		
Encourage serving healthy food at parties.	Send notices to parents with healthy food suggestions. Encourage healthy & non-healthy foods at school parties. Encourage the use of non-food treats.	Superintendent		

Discourage selling limited nutritional value food items as fundraisers.	Develop alternative fundraiser lists.	Principals		
Encourage nutritious options at after school events.	Encourage the use of reduced-fat meat alternatives and condiments. Provide diet drinks and water.	Superintendent/Principals/ PE teachers/coaches		

GOAL: Develop and implement marketing strategies that are consistent with nutrition education and health promotion.

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Promote foods and beverages that meet the nutrition standards.	Offer tasting opportunities of healthy food choices. Organize poster contests promoting healthy choices.	PE Teachers		
Place nutrient-rich items at students' eye level.	Work with vending machine companies to reorganize the vending machines.	Principals		
Sell fruit as a fundraiser.	Research local vendors to provide fruit.	Principals		

GOAL: Develop and implement school-based nutrition education strategies.

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Promote and implement nutrition education promoting lifelong healthful eating practices.	Obtain curriculum that integrates physical activity and nutrition education.	PE Teachers		
Use age-appropriate nutrition education lessons.	Use curriculum with age-appropriate nutrition education lessons.	PE Teachers		
Use sequential nutrition education lessons.	Provide hands-on, fun nutrition education. Provide repeated tasting opportunities. Focus on positive aspects of healthful eating behaviors. Promote social learning techniques.	PE Teachers Classroom Teachers		
Hire qualified, certified health education teachers.		Personnel Director		
Provide staff development for teachers.		Staff Development Coordinator		

GOAL: Develop and implement school based physical education strategies.

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Promote and implement quality PE programs.	Follow state curriculum guidelines.	PE Teachers		
Provide K-8 students with 150 minutes per week minimum health and PE.	Follow state guidelines.	PE Teachers		
Ensure K-6 students engage in 30 minutes per day of vigorous physical activity.	Follow state guidelines.	PE Teachers		
Hire qualified, certified elementary PE teachers.		Personnel Director		
Hire qualified, certified middle and high school PE teachers.		Personnel Director		
Provide staff development for PE teachers.		Staff Development Coordinator		
Ensure adequate safety policies and provisions are in place.		Superintendent/Principals		
Ensure adequate equipment.		Principals		

GOAL: Provide opportunities for physical activity outside of PE.

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Encourage physical activity during recess.		Classroom Teachers		
Provide daily recess for K-8 students.		Principal		
Work with the community to create ways for students to be physically active.	Encourage students to participate in T-ball, Jr. football, basketball, soccer; provide gyms at no cost to community events.	Superintendent/Principal		
Encourage parents and guardians to support students' participation in physical activities.	Encourage participation in Jump for Heart; Relay for Life; and Lighten up Louisiana. Participate in Healthy Living Olympics on school, parish and regional level.	Classroom Teachers		
Encourage staff to participate in physical activities.	Provide information and incentives for Relay for Life and Lighten Up Louisiana events.	Principal		