

WELLNESS POLICY ANNUAL ASSESSMENT PROGRESS REPORT

Diocese of Lake Charles Child Nutrition Program

School Year: 2024-2025

Wellness Policy Committee Members: Jacqueline Hebert/Immaculate Conception, Tressie Bares/Our Lady's, Trevor Donnelly/Our Lady Queen of Heaven, Erica LeFranc/Our Lady Immaculate, Blaine Wyninger/St. Louis High School, Shawn Stubblefield/St. Margaret.

NUTRITION GOAL: Eliminate use of foods and beverages as rewards for student accomplishment. Provide healthy food and beverage choices at school parties using Smart Snack guidelines and Pennington approved snack list at www.ppbrc.edu.

We minimize the use of foods and beverages as rewards. We provide non-food opportunities as awards. On the occasion that we offer food and/or beverages as a reward, we strive to provide healthy snacks/food such as smart snacks, fruit, vegetables, etc. (Our Lady Immaculate)

Provides nonfood items and healthy choices during school events. Teachers provide alternative rewards such as free dress days, bringing a stuffed animal to school, wearing a hat, sitting at the teacher's desk, etc. (St. Margaret's)

We have reduced our rewards to healthier food alternatives and eliminated the use of sugary drinks and candy as rewards. (Our Lady Queen of Heaven)

We will make the goal of providing snacks in alignment with the Smart Snacks guidelines for the school year 2025-2026. (Immaculate Conception)

PROGRESS: Schools are minimizing the use of food and beverages, providing healthier snacks/food and providing non-food rewards to students.

NUTRITION EDUCATION GOAL: Provide nutrition education related staff development opportunities for teachers on an annual basis.

When available, the USDA's My Plate poster is provided to teachers and hung in the cafeteria for faculty and students to see. (Our Lady Immaculate)

Teachers and staff discuss wellness and nutrition policies and guidelines annually at back-to-school in-services. (St. Margaret's)

We share with teachers the USDA's publications from the Diocesan Food and Nutrition department as well as monthly information and programs from the nurse navigator at Christus health. (OLQH)

The Wellness representative will present nutrition education goals and examples of Smart Snacks at the first staff meeting for the school year for 2025-2026. (Immaculate Conception)

PROGRESS: Nutrition education is being provided to staff through USDA My Plate poster, nutrition guidelines, policies, and wellness discussions, USDA publications and Christus Health information.

COMMUNICATION AND PROMOTION OF THE WELLNESS POLICY GOAL: The Wellness Policy will be shared with all parties at the the school of the availably of the policy and the Annual Assessment Report at the the school, the diocesan website and other sites.

In addition to the wellness policy and reports being posted on the Diocese website, it is shared with the faculty once reports are available. (Our Lady Immaculate)

Teachers are given a copy of the Wellness Policy and will be posted on the school website for teachers and parents to view. (St. Margaret's)

The Wellness Policy is shared on the school website and is reported as part of our continuous improvement plan as an accredited school. (Our Lady Queen of Heaven)

The Wellness representative will make available the policy, website and all other helpful sites to the staff. (Immaculate Conception)

PROGRESS: The Wellness Policy and Annual report is being shared with staff and parents by being posted on diocesan website, school website, receiving a copy of policy and staff meetings.