

Diocese of Lake Charles School Wellness Policy

Revised May 2026

Implemented July 2026 – June 2029

I. Preamble

Diocese of Lake Charles is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the Diocese's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the Diocese have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active either before, during or after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Diocese in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Diocese establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the Diocese. Specific measurable goals and outcomes are identified within each section below.

Thus, the Diocese of Lake Charles 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 habits.

The Diocese of Lake Charles school district has appointed Caroline Reed, Child Nutrition Supervisor, to serve as the coordinator of the Wellness Policy. The committee will include members that represent students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. Each school in the local educational agency shall have a wellness policy coordinator who will participate on the Wellness Policy Committee.

II. Wellness Policy Committee School Coordinators

Committee Role and Membership

The Diocese will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The committee will represent all school levels (elementary and secondary schools), not be limited to: parents; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

School	Name	Title	Email Address	Phone
ICCS	Jacqueline Hebert	Principal	jhebert@iccsweb.com	337-433-3497
OL	Tressie Bares	PE Teacher	tbares@ourladysschool.org	337-527-7828
OLQH	Trevor Donnelly	Principal	tdonnelly@olqhs.org	337-477-7349
OLI	Erica Le Franc	Office Staff	elefranc@olischool.org	337-824-1743
STLHS	Blaine Wyninger	Asst. Principal	bwyninger@slchs.org	337-436-7275
STM	Shawn Stubblefield	PE Teacher	sstubblefield@stmcs.com	337-436-7959

III. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

The Diocese will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Recordkeeping

The Diocese will retain records to document compliance with the requirements of the wellness policy at Diocese of Lake Charles Central Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the Diocese uses to make stakeholders aware of their ability to participate on the committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment of the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The Diocese will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The Diocese will make this information available via the diocesan website. The Diocese will provide as much information as possible about the school nutrition environment. This will include a summary of events or activities related to wellness policy implementation. Annually, the Diocese will also publicize the name and contact information of the Diocese /school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

An annual assessment will be conducted by the schools' wellness coordinator. The designated coordinator will be responsible for assessing current compliance and progress with meeting wellness goals and report their status back to the central office. These results will be shared via the diocesan website and be made available to all schools.

Triennial Progress Assessments

At least once every three years, the Diocese will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the Diocese are in compliance with the wellness policy;
- The extent to which the Diocese's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the Diocese's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Caroline Reed, Child Nutrition Program Supervisor, caroline.reed@lcdiocese.org. The committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The Diocese will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Diocese priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The Diocese is committed to being responsive to community input, which begins with awareness of the wellness policy. The Diocese will actively communicate ways in which representatives of the committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The Diocese will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The Diocese will use electronic mechanisms, such as displaying notices on the Diocese's website and newsletters to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The Diocese will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the Diocese are communicating important school information with parents. The Diocese will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The Diocese will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

IV. Nutrition Services

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and to meeting the nutrition needs of

school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Diocese of Lake Charles school district will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education.
- Encourage students, 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.
- Provide professional development opportunities for food service staff.
- Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
- Ensure that the food service permit is current for the Food Service school site.
- Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards of the Lunch Meal Pattern.
- Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
- Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
- Offer whole-grain breads and grains.
- Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
- Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition guidelines.
- Ensure that school meals are accessible to all students with a variety of delivery strategies, such as grab-and-go meals or alternate eating sites.
- Ensure that students receive adequate time to eat.
- Provide a cafeteria environment that is 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 by eating with the students.
- Drinking water will be available to all students throughout the school day and in the cafeteria during mealtimes.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Foods and Beverages Offered Outside of the Child Nutrition Program

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Program. Nutrition education is more effective if the foods

and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages offered outside the USDA Child Nutrition Program includes vending machines, concession stores, school parties, fundraising events, and rewarding students with foods.

USDA's Smart Snacks in School

Foods and beverages must meet specific nutritional criteria if on the grounds at any time between midnight to 30 minutes after the end of the official school day ([A Guide to Smart Snacks in School](#)). Louisiana Smart Snacks meeting criteria can be found at www.pbrc.edu. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

Smart Snacks Standards for Food

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrition Guidelines for Smart Snacks:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat Limits	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Smart Snacks Standards for Beverages

- Plain water, with or without carbonation
- Unflavored or flavored fat-free milk, unflavored low-fat milk, whole milk, and milk alternatives as permitted by the National School Lunch Program.
- 100% fruit or vegetable juice, with or without carbonation

- 100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.
- High School Only – Low-and No-Calorie Beverages. Low-and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water. Low Calories Maximums: 40 calories/8 fl. Oz, 60 calories/12 fl. oz. No calorie Maximum: 10 calories/20 fl. oz.

Fundraisers

- Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items are not limited under the Federal policy.
- Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.
- Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Foods and Beverages Sold Outside of the School Cafeteria

The Diocese of Lake Charles school district will:

- Follow the nutrition guidelines of Smart Snacks for any foods sold on campus
- Eliminate use of foods and beverages as rewards for student accomplishment.
- Provide healthy food and beverage choices at school parties. A list of healthy foods and beverages and non-food rewards and activities will be provided
- Promote fundraisers that sell items other than food and beverages or only foods and beverages that meet Smart Snacks Standards.
- Provide nutritious and appealing food and beverage options whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, social events, after school care, and other school functions.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The Diocese will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact. The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants\

- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing

Each school should be committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behavior throughout the school day while minimizing commercial distractions.

All foods and beverages marketed or promoted to students on the school campus “during the school day” will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

V. Physical Education and Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection). All schools in the district will be encouraged to participate in Let's Move! Active Schools (www.letsmoveschools.org) to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the Diocese will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

Physical Education

The Diocese of Lake Charles school district will:

- 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.
- The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
- Provide students in grades Pre-K - 8 with a minimum of 150 minutes per week of physical education, (30 minutes per day) or for at least 60-89 minutes per week throughout the school year.
- Ensure that students in grades Pre-K – 8 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
- Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active in physical education and physical activity.
- Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
- Provide staff development on standards implementation for physical education instructors.
- Provide a variety of fitness training, motor skills, and teamwork modules in physical education required at the high school level for graduation.
- Ensure that all high school students take two units of physical education
- Provide daily recess for all children in Pre-K – 8th grade, 20 minutes on all or most days.
- Encourage physical activity during recess for elementary students, intramurals programs, and clubs, as well as in physical education programs.
- Integrate physical activity in the academic curriculum.
- Work with the community to create opportunities 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.
- Provide opportunities for parents and guardians to support students' participation in physical activities, such as a Safe Routes to School Program, to be physically active in role-models, and to include physical activities in family plans.
- Encourage school staff to participate in physical activities to serve as role models.
- Develop students' self-confidence and eliminate bullying or any practices that humiliate students.

VI. Communication and Promotion of the Wellness Policy

At the beginning of each school year, no later than one month after the first day of class, each school's Wellness Policy Coordinator will share the policy with the school staff and faculty, students, parents and the public. The school Wellness Policy Coordinator will notify all parties about the content of or any updates to the wellness policy annually and the availability of the wellness policy at the school and the diocesan website (www.lcdiocese.org).

The Diocese will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Diocese will coordinate and integrate other initiatives related to physical activity, physical education, nutrition

and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the Diocese are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Diocese's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the Wellness committee.

Monitoring and Evaluation

The Wellness Policy Committee shall evaluate the effectiveness of the policy and amend it based on the results of the evaluation and the needs of the community. The Wellness Policy Committee shall develop and update an assessment plan to implement the Wellness Policy.

Each year an annual report will be compiled and published to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be compiled by the Wellness Policy Committee Coordinator, Caroline Reed.

The Wellness Policy Committee must assess their wellness policy at least once every three years on the extent to which schools are following the district policy, the extent to which the local wellness policy compares to the model school wellness policy, and the progress made in attaining the goals of the local wellness policy. The assessment must be made available to the public. The wellness policy, annual progress report and the triennial assessment will be available on the diocesan website (www.lcdiocese.org).

Recordkeeping will be done by the Wellness Policy Committee Coordinator, Caroline Reed. Records to document compliance with the requirements of the wellness policy will be retained at the Child Nutrition Office of Catholic Schools.

Glossary

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Sources

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Policy Adoption and Authorization

Approved by: Kimberlee Gazzolo
Kimberlee Gazzolo, Superintendent

Date: 7-9-20

Approved by: Caroline Reed
Caroline Reed, Supervisor

Date: 7/7/20

GOAL: Develop and Implement the SFA's Wellness Policy

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
The Wellness Committee will develop, implement, monitor and review/revise the Wellness Policy	The Wellness Committee will develop, implement, monitor, and review the Wellness Policy	Caroline Reed Child Nutrition Supervisor	May, 2026	May 2026
The SFA will follow all meal regulations as required by the NSLP-USDA Lunch Meal Pattern	All menus will be evaluated to determine if the meal pattern requirements are met.	Caroline Reed Child Nutrition Supervisor	Aug. - May of School Year	
Provide healthy and safe meals to students	Employees preparing food for students will be in-serviced at beginning of school year and training throughout the year	Caroline Reed Child Nutrition Supervisor	Aug. - May of School Year	
Food will not be used as a reward or punishment of students in cafeteria. Smart Snacks in Schools Guidelines for food sold on the campus during school day to children	All employees will be in-serviced annually to assure they have knowledge of this policy Smart Snacks Guidelines will be provided to the School WP Coordinator/Principal at beginning of school with newest Pennington approved snack list	Caroline Reed Child Nutrition Supervisor, Cafeteria Managers School Coordinator, Principal	Aug. - May of School Year	
To provide students and faculty with knowledge of nutrition and healthy eating.	Nutrition Education will be provided in the school curriculum. Child Nutrition will provide monthly menu/nutrition newsletter	School Coordinator, Principal, Child Nutrition Supervisor	Aug. - May of School Year	
To provide students with daily exercise that promotes a healthy lifestyle	Exercise and/or physical activity will be provided daily during school day	Principal, PE Teacher	Aug. - May of School Year	

WELLNESS POLICY ASSESSMENT ANNUAL PROGRESS REPORT

Diocese of Lake Charles

School Year: 2025 – 2026

Wellness Committee Members: Jacqueline Hebert, Erica LeFranc, Tressie Bares, Blaine Wyninger, Shawn Stubblefield

Nutrition Goal: Eliminate use of foods/beverages as rewards. Provide healthful food/beverages at school parties and after school events using Smart Snack guidelines and Pennington approved snack list. Louisiana Smart Snacks meeting criteria can be found at www.pbrc.edu.

Immaculate Conception: ICCS will make the goal of providing snacks in alignment with the smart snacks guidelines for the 2026 – 2027 school year.

Our Lady Immaculate: We minimize the use of foods and beverages as rewards. We provide non-food opportunities as rewards. 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's: We are implementing eliminating foods/beverages as rewards schoolwide.

St. Louis High School: I think we do a pretty decent job at this.

St. Margaret's: St. Margaret provides nonfood items and healthy choices during school events. Teachers provide alternative rewards such as free dress days, bring a stuffed animal to school, wear a hat, sit at the teacher's desk, etc.

Progress: All schools are striving to eliminate the use of food and beverages as rewards. Additionally, schools are using the Smart Snack Guidelines to provide healthy snacks to students when appropriate.

Nutrition Education Goal: The health education curriculum needs to include essential topics on healthy eating. Provide nutrition education related staff development opportunities for teachers on an annual basis (USDA's My Plate, Harvest of the Month posters located in cafeteria, distribute newsletters).

Immaculate Conception: ICCS is adopting a P.E. curriculum which will include topics on healthy eating.

Our Lady Immaculate: When provided with USDA's My Plate, I like to provide that to teachers and hang in the cafeteria for faculty and students to see.

Our Lady's: Our PE classes do include educational topics on healthy eating and provides nutrition education.

St. Louis High School: Our coaches and physical education curriculum do an excellent job with promoting healthy eating.

St. Margaret's: Health education is provided to students and staff throughout the year including at in-services, during Red Ribbon Week and heart month. Dietitians from MSU as well as the LSU Ag Center speak to our students about healthy choices during these events.

Progress: All schools provide some form of nutrition education in their physical education classes. Some schools put posters from resources such as MyPlate or Louisiana Harvest of the Month on display in cafeterias and classrooms to educate on healthful eating.

Communication and Promotion of the Wellness Policy: The Wellness Policy will be shared with all parties at the school of the availability of the policy and annual assessment report at the school, the diocesan website and other sites.

Immaculate Conception: The wellness policy will be posted on the school's website and shared with faculty and staff. All parties will know that these reports are available.

Our Lady Immaculate: In addition to the wellness policy reports being posted on the Diocese website, it's shared with the faculty once reports are available.

Our Lady's: The policy will be shared upon the first teacher/staff meeting of the upcoming school year of 2026 – 2027.

St. Louis High School: I will make sure that all our teachers receive a copy of the diocesan plan.

St. Margaret's: The Wellness Policy is discussed at teacher in-services and is available to parents and students on the St. Margaret website.

Progress: All schools report sharing the wellness report with faculty and staff as well as emphasizing that the report is available on the diocesan website.



National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3 4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁸			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is ⅛ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.

³ Larger amounts of these vegetables may be served.

⁴ This subgroup consists of “Other vegetables” as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any

additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

⁵ Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

⁶ Minimum creditable serving is 0.25 oz. eq.

⁷ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁸ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

Smart Snacks in School

Louisiana Smart Snacks



► About Louisiana Smart Snacks

In 2005, the Louisiana Legislature passed *Senate Bill No. 146, Act No. 331*, which limited the sale of certain foods and beverages in public elementary and secondary schools during specified time periods. In 2009, *RS 17:197.1* provided additional restrictions to beverages and additional items sold in schools. *RS 17:197.1* was amended and reenacted in 2018 as *HB616, Act 330*.

Shortly after the passage of the first bill in 2005, Pennington Biomedical Research Center developed an approved listing of foods meeting the criteria listed in these bills. In July 2014, the USDA Smart Snacks in Schools set additional requirements in place and Louisiana incorporated those additional requirements. The result was even stricter standards. HB616, Act 330 passed in May 2018 requires food and beverages sold by public elementary or secondary schools to adhere to Federal Guidelines set by USDA.

In short, the main nutritional components include:

- 200 calories or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- The weight of all sugars must be < 35% of the serving size weight
- 200 mg of sodium or less per serving
- If a grain product, must be whole grain

The Louisiana Smart Snacks Listing was developed based on requested products sent in for evaluation and in no way represents every food available that potentially fits the criteria above. Individuals who have requested products for evaluation include school food authorities, vendors, and other school officials or representatives. Please note the following concerning the Louisiana Smart Snacks listing:

- Again, the listing represents only those products that have been sent to Pennington Biomedical Research Center for evaluation.
- Some items may be available in the commercial market; however, some others may be manufactured and marketed specifically for school use.
- Pennington Biomedical Research Center does not endorse either the product listed or the manufacturer of the product. The mission of the Pennington Biomedical Research Center in this effort is strictly to evaluate whether or not the food item is in compliance with the recommended guidelines above.

Submitting a Product for Evaluation

To submit a product for evaluation and possible acceptance into the approved listing, send appropriate descriptive (ingredient listing) and serving size information along with the Nutrition Facts label (picture of front and back of package, if possible; or a website link to the product with the information required) to **LouisianaFitKids@pbrc.edu**

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions.

Food	Smart Snacks Standards Exemptions
Fresh and frozen fruits and vegetables, with no added ingredients except water Canned fruits packed in 100% juice or light syrup, with no added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats	Exempt from all nutrient standards
Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Apples with reduced-fat cheese* Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
Dried fruits with no added sugars Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the sugar standards, but must meet all other nutrient standards
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

What are the Smart Snacks Standards for beverages?

Water



Plain water, with or without carbonation.

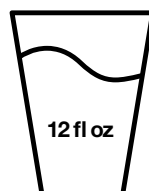
All Grades

Milk

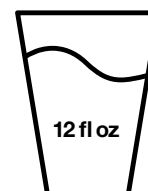
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School



Middle School



High School

* In accordance with the Transitional Standards for Milk, Whole Grains, and Sodium Final Rule: <https://www.fns.usda.gov/cn/fr-020722>

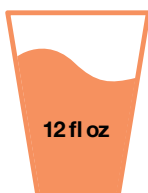
What are the Smart Snacks Standards for beverages? (continued)

Diluted Juice

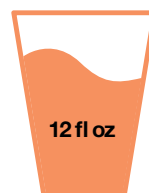
100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

Low- and No-Calorie Beverages (High School Only)

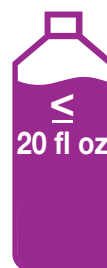
Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.



Low Calorie Maximums:*

- 40 calories/8 fl oz
- 60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:*

- 10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.



Do you have questions about Smart Snacks Standards?
Contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).