

WELLNESS POLICY ANNUAL ASSESSMENT PROGRESS REPORT

District: **Diocese of Lake Charles/Child Nutrition Program**

School Year: **2021-2022**

Wellness Committee Members: Heather Breaux/Immaculate Conception, Nichole Tanner/Our Lady's, Shawn Stubblefield/St. Margaret's, Erica Le Franc/Our Lady Immaculate, Trevor Donnelly/Our Lady Queen of Heaven

Schools: **Elementary**

Nutrition Goal: Eliminate use of foods/beverages as rewards.

All elementary schools are minimizing the use of foods/beverages as rewards. They are providing non-food opportunities as free dress day as rewards and healthy alternatives of fruits and vegetables. Foods are offered for birthday celebrations and club meal activities. After care programs are following the Smart Snack Guidelines.

Nutrition Education Goal: Provide nutrition education related staff development opportunities on an annual basis.

Two schools are providing nutrition education to their staff during the teacher in service at the start of school year. One school provides information about the food and nutrition program and its goals at the teacher in service. The Child Nutrition program provides training to the Food Service staff at the yearly in service and monthly training lessons for professional standards training hours.

Communication & Promotion of the Wellness Policy Availability and annual Assessment Report Goal:

The Wellness Policy, Annual Assessment Report, and the Triennial Report will be posted on the Diocese website – www.lcdiocese.org. Schools are discussing the Wellness Policy at the beginning of school year in service. Some schools are posting the Wellness Policy on their school website and teachers are provided a copy. The Wellness Policy is shared with the staff, parents and school community. Schools will receive the Wellness Policy Assessment Progress Annual Report and the Triennial Report from the Wellness Policy Coordinator.

Wellness Policy Assessment Tool

Form 357 Rev 8/17

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 assessments are strongly encouraged in New Jersey.

SFA/District Name Diocese of Lake Charles

Policy Reviewer Edrie Durio, Coordinator

School Name Elementary Schools (5)

Date 04/28/2022

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

I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

Yes No Person in charge of compliance:

Name/Title:

Yes No The policy is made available to the public.

Indicate How:

Yes No Our policy goals are measured and the results are communicated to the public.

Please describe:

Yes No Our district completes triennial reviews of the wellness policy. If more frequently, please describe: Triennial Assessment due SY 2021-2022.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast Program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes 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 provide 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 Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

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

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