



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		Ongoing
Provide 30 minutes for lunch.		Principals		Ongoing
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		Ongoing
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		Ongoing
Provide 100% fruit or vegetable juices.		Child Nutrition Supervisor		Ongoing
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		Ongoing
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		Ongoing
Provide healthy food preparation for lean meat, poultry.	Continue providing skinless chicken, boiled meats.	Child Nutrition Supervisor		Ongoing
Provide school meals accessible to all students.	Continue providing breakfast and lunch for all students.	Child Nutrition Supervisor		Ongoing
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		Ongoing
Eliminate food as rewards.	Develop alternative fundraiser lists.	Superintendent/Principals		Ongoing
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		Ongoing

Discourage selling limited nutritional value food items as fundraisers.	Develop alternative fundraiser lists.	Principals		<i>Ongoing</i>
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		<i>Ongoing</i>

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		<i>N/A</i>
Place nutrient-rich items at students' eye level.	Work with vending machine companies to reorganize the vending machines.	Principals		<i>N/A</i>
Sell fruit as a fundraiser.	Research local vendors to provide fruit.	Principals		<i>N/A</i>

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		<i>Ongoing</i>
Use age-appropriate nutrition education lessons.	Use curriculum with age-appropriate nutrition education lessons.	PE Teachers		<i>Ongoing</i>
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		<i>Ongoing</i>
Hire qualified, certified health education teachers.		Personnel Director		<i>Ongoing</i>
Provide staff development for teachers.		Staff Development Coordinator / <i>Nurse</i>		<i>Ongoing</i>

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

GOAL: Provide opportunities for physical activity outside of PE.

OBJECTIVE	ACTION	PERSON RESPONSIBLE	TARGET DATE	DATE COMPLETED
Encourage physical activity during recess.		Classroom Teachers		Ongoing
Provide daily recess for K-8 students.		Principal		Ongoing
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		Ongoing
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		Ongoing
Encourage staff to participate in physical activities.	Provide information and incentives for Relay for Life and Lighten Up Louisiana events.	Principal		Ongoing