

# WELLNESS POLICY ANNUAL ASSESSMENT PROGRESS REPORT

Diocese of Lake Charles Child Nutrition Program

School Year: 2023-2024

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

**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.**

Food and beverages are not to be used as rewards, class parties are to have healthy options such as fruit, water and healthy snack items. (Immaculate Conception)

Staff have reduced the amount of food and beverage options as rewards. (Our Lady's)

School provides non-food 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, and sitting at the teacher's desk. (St. Margaret's)

**PROGRESS:** Schools are minimizing the use of food and beverages as rewards and are providing non-food alternatives for the students.

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

Partnering with Christus for faculty wellness and education. Teachers are informed of wellness and nutrition related topics in faculty meetings and in-services. (Immaculate Conception)

Physical Education teacher presents nutrition education throughout the school year to all grades highlighting healthy foods and the importance of eating and choosing healthy foods. (Our Lady's)

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

Teachers are provided with the USDA's publications as well as information and programs from wellness partner at Christus Health. (Our Lady Queen of Heaven)

**PROGRESS:** Schools are providing nutrition education to their teachers and staff. Also partnering with Christus Health for nutrition education.

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

The Wellness Policy is regularly placed in the weekly parent newsletter (Panther Press) and is linked in the school handbook. (Immaculate Conception)

Wellness Policy is shared with the school staff. (Our Lady's)

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

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

**PROGRESS:** The Wellness Policy is being shared with staff and teachers; teachers also receive a copy of the policy. The policy is being posted in a school parent newsletter, on school websites and on the diocesan website by Child Nutrition Program Wellness Coordinator.