

DMCESE OF ALEXANDRIA

# **Diocese of Alexandria Catholic Schools Office Wellness Policy**

## **Revised APRIL 2019**

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Adopted July 2017

**Diocese of Alexandria  
Catholic Schools Office  
Wellness Policy**

**1. Purpose**

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local school Wellness Policy by July 1, 2006.

The Diocese of Alexandria Child Nutrition Program established such a policy in May, 2006 with revisions following in the summers of 2010, 2016, and April 2019. The revision of 2010 addressed the issues of fundraising and classroom parties. The revision of 2016 specifically addresses the issue of "bag lunches" or lunches brought from home. The current revision of April 2019 addresses updates and requirements.

This Wellness Policy establishes a formal system of building world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart diseases, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

The Diocese of Alexandria 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 Alexandria has appointed Janet Burgess, Child Nutrition Program Supervisor to serve as the coordinator of the Wellness Policy. The Wellness

Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing diocesan-wide nutrition and physical activity policies. Each school in the local educational agency shall have a contact who will participate on the Wellness Policy Subcommittee.

The areas to address in the Wellness Policy include:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of the Wellness Policy
5. Monitoring adherence and evaluation

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy Issues with classroom education, foods served on campus throughout the day, and with related community services. This plan is written for the schools in the Diocese of Alexandria but individual schools are encouraged to initiate their individual plans.

## **2. Revision History**

This policy supersedes a policy that was disseminated by the Louisiana Department of Education in March 2006. The original policy was adapted from several other state models by representatives from the LSU AgCenter, the Southeast United Dairy Industry Association, Inc. and the Department of Education based on several policies from other states and customized to include policy and legislation specific to Louisiana. The policy was reviewed by a committee of Wellness Policy Coordinators from local educational agencies.

## **3. Persons Affected**

All districts and schools in Louisiana administering the USDA Child Nutrition Programs should have a Wellness Policy in place. The faculty, school employees and volunteers, students, parents, school clubs and organizations, and the community should be aware of and follow the policy.

## **4. Policy**

### **4.A. Nutrition Services**

Foods and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 1196, Louisiana Food and Nutrition Programs, Policies of Operations*. Qualified Child Nutrition Program professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in

meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The Smart Snacks Guide can be found at this website: <https://www.louisianafitkids.com/SmartSnacks/SmartCriteria>

#### **4.A.1. School Meals**

The Diocese of Alexandria school district will:

1. 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, Office of School and Community Support.
2. Provide school breakfast (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
7. Ensure that food service permit is current for the Food Service school site.
8. 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 current USDA standards.
9. Offer fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
10. Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
11. Offer whole-grain breads and cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition Guidelines.
14. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
15. Ensure that students receive adequate time to eat breakfast and the recommended 30 minutes for lunch.
16. 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.

#### **4.A.2. Foods and Beverages Offered Outside of the Child Nutrition Programs**

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. 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 sold outside the USDA Child Nutrition Programs include vending machines, concession stores, school parties, fundraising events, and rewarding/bribing students with food.

##### **Vending Machine and Concession Store Laws**

Foods and beverages must meet specific nutritional criteria if on the grounds at any time during a period beginning mid-night before the start of the school day and ending one-half hour after the end of the school day. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

- a. ≤ 150 calories*
- b. ≤ 35% of total calories from fat*
- c. ≤ 10% of total calories from saturated fat*
- d. ≤ 30 grams of sugar*
- e. ≤ 360 milligrams of sodium*

In high schools, beverages shall include:

- a. Bottled water*
- b. No-calorie or low-calorie beverages that contain up to 10 calories per eight ounces*
- c. Up to 12 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces*
- d. Up to 12 ounce servings of any other beverages that contain no more than 66 calories per eight ounces*
- e. At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to 10 calories per eight ounces*
- f. Low-fat milk, skim milk, and non-dairy milk*

**ALL SCHOOL ADMINISTRATORS ARE PROVIDE A COPY OF SMART SNACKS AND THE WEBSITE FOR REFERENCE.**

## **Foods and Beverages Offered Outside of the Child Nutrition Programs**

The Diocese of Alexandria school district will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Encourage students who bring lunches and/or snacks from home, to make good nutritional choices from the ChooseMyPlate.gov website. Foods brought from home should adhere to the same guidelines as established for vending machines and concession stores.
3. Eliminate use of foods and beverages as **rewards** for student accomplishment.
4. Provide healthful food and beverage choices at school **parties**. (See appendix B for healthy snack and school party ideas.)
5. Promote **fundraisers** that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients). (See appendix C for healthy fundraising alternatives.)
6. Provide nutritious and appealing food and beverage options (such as fruits, vegetables, nuts, reduced-fat milk, reduced-fat yogurt, reduced-fat cheese, 100% juice and water) 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.

### **4.B. 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.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content areas of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The district and its schools will market and promote only foods and beverages that meet the nutrition standards for meals and/or foods and beverages sold individually.

4-H, FBLA, BETA, etc. are encouraged to provide training on healthy meals planning and preparation for teaching nutrition. Cafeteria managers are encouraged to speak with baggers to promote healthy and balanced choices in meals they bring.

### **Nutrition Education**

The Diocese of Alexandria school district will encourage schools to:

1. Provide the equivalent of a six-week unit on nutrition or ensure that a minimum of 30 hours of nutrition is taught in the classroom during the year.
2. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
3. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
4. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade-level expectations.
5. Provide hands-on activities that are fun and engaging.
6. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, mineral and fiber.
7. Promote positive aspects of healthful eating behaviors.
8. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills and overcoming barriers to behavioral changes and goal-setting.
9. Strive toward hiring qualified, certified health education teachers.
10. Provide nutrition education related staff development opportunities for teachers on an annual basis.
11. Encourage parent involvement in lessons taught and school activities.
12. Coordinate marketing activities with nutrition education classroom activities.
13. Utilize newsletters, websites, and other communicates with parents to promote healthy eating habits.
14. Activity sheets to be sent home, especially around holidays, that promotes healthy and safe choices.

### **4.C. Physical Education and Activity**

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in

physical activity. All schools provide a physical education course of study as part of their regular academic curriculum. Fitness levels are recorded and monitored through pre-and-post testing in this course. Schools are encouraged to create for students, adults, and community members: Running clubs, cardiovascular regiments during physical education, fitness rooms, etc. District and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes. Schools are encouraged to host joint parents and students' activities that encourages healthy foods and adequate fitness regiments.

### **Physical Education and Activity**

The Diocese of Alexandria school district will:

1. 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.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades K-8 with a minimum of 150 minutes per week of physical education.
4. Ensure that students in grades K-8 participate in planned, organized, moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
6. 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.
7. Provide staff development on standards implementation for physical education instructors.
8. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
9. Ensure that all high school students take one and a half units of physical education.
10. Use a recognized instrument or program such as *Fitnessgram*®, to evaluate students' physical fitness.
11. Provide daily recess for all children in grades K-8.
12. Encourage physical activity during recess for elementary students, intramural programs, and clubs, as well as in physical education programs.
13. Integrate physical activity in the academic curriculum.
14. 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.
- 15. 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 role-models, and to include physical activities in family plans.
- 16. Encourage school staff to participate in physical activities to serve as role models.
- 17. Keep students active for at least half of the class time.
- 18. Develop students' self-confidence and eliminate practices that humiliate students.

## **5. Communication**

At the beginning of each school year, the LEA plan will be disseminated to all school administrators at the opening of school's meeting a summary of the Wellness Policy. Each administrator will implement this plan with school staff and faculty, students, and parents. Updates to the Policy may be highlighted and discussed. Any special events that the Wellness Policy Committee plans to achieve should be shared with everyone affected and the School Health Advisory Council.

## **6. Monitoring and Evaluation**

The Wellness Policy Committee will develop a plan of action for implementation. The Wellness Policy Committee shall use the Louisiana Department of Education's Wellness Policy Evaluation tool annually and be prepared to report results to the district/school Health Advisory Council and the Department of Education by October 31. To accurately report the status of the Wellness Policy in the district, the Wellness committee shall develop a plan for monitoring adherence to the Wellness Policy Guidelines, monitor, and establish a means for corrective action. 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.

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_

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Adopted July 2017

**WELLNESS POLICY ACTION PLAN**

District: Diocese of Alexandria

School Year: 2019-2020

District Contact: Janet Burgess  
 Child Nutrition Program Supervisor  
[jburgess@diocesealex.org](mailto:jburgess@diocesealex.org)  
 318-445-6424 x. 234

Nutrition Goal:				
Objectives	Actions	Person Responsible	Timeline	Evaluation

Nutrition Education Goal:				
Objectives	Actions	Person Responsible	Timeline	Evaluation

Physical Education Goal:				
Objectives	Actions	Person Responsible	Timeline	Evaluation

## **Snack and Party Ideas**

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.
4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/students did not like it the first time, especially fruits and vegetables. Students need repeat exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the website at <http://www.eatright.com>.

## **Alternatives to Using Food as a Reward**

Using food as a reward undermines nutrition education, encourages over-consumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

1. Sit by friends
2. Give a set of flashcards or books
3. Reading time
4. Extra time for art or music
5. Hold class outside
6. Listen to music while working
7. Play a favorite game or puzzle
8. Dance to favorite music
9. Keep a treasure box filled with non-food items
10. Go for walks
11. Offer dress down day
12. Give stickers, pencils, and other school supplies
13. Offer free time at the end of the week
14. Eat lunch with the principal or teacher.

For more ideas, visit the following websites:

- Michigan Department of Education Team Nutrition—  
<http://www.tn.fcs.msue.msu.edu>
- USDA Team Nutrition *Create Healthy, Active Celebrations*  
<http://www.fns.usda.gov/eatsmartplayhardeducators/materials/>

### **Creative Fundraising Ideas**

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling food.

1. Sports tournament—Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas—Walk-a-thon and fun runs—Hold a walk or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members—Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament—Charge a team of three players \$40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale—Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine’s Day.
6. Community job fair—Rent booths for a fee to local companies and solicit free advertisements for local radio station or newspapers. Charge an entrance fee.
7. Crafts fair—Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners—Sell planners at school registration. Planners include all event dates, such as sport events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events—Sell advertisements on the cushions to 20 local businesses for \$50.
10. Administrative fun—Have money jars available for the students to make donations. Someone would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or teachers would have to do stunts, such as dress up or do cheers.
11. Raffle gift baskets assembled by students—Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community—Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale.
15. Sell school spirit supplies—megaphones, shakers, plastic cups, t-shirts, school supplies, bumper stickers, cookbooks or books developed by the school.
16. Host art, music science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts.

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service

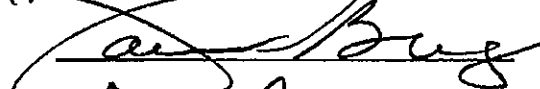
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LEA Wellness Committee Members include:

Thomas Roque, Supt of Catholic Schools



Janet Burgess, Supervisor of CNP



Denese Carter, Admin. Asst. to Supt.



Samuela White, CNP Coordinator



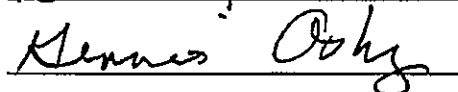
Gail Carter, Field Manager



Barbara Forest, Community Member



Gennie Ashy, Community Member



## Diocese of Alexandria School Wellness Policy Assessment Tool

School Name: \_\_\_\_\_

*Please place a checkmark ✓ in the column that best describes your school's current rating.*

	Fully in Place	Partially in Place	Not in Place	Resources and Goals Setting
<b><i>Nutrition Education and Promotion</i></b>				
1. Sequential Health & Nutrition Education curricula consistent with Louisiana State standards taught in all grades				<a href="http://www.louisianabelieves.com/resources/library/academic-standards">http://www.louisianabelieves.com/resources/library/academic-standards</a>
2. Lessons promote active lifestyle				
3. Lessons promote healthy food choices				
4. Lessons emphasize balance between food intake and Physical activity				
5. The school utilizes the Pennington Biomedical Healthy Snack List for in-school activities, food sold during the school day, and classroom sponsored events				<a href="https://www.pbrc.edu/trainingandeducation/pdf/Approved_listing.pdf">https://www.pbrc.edu/trainingandeducation/pdf/Approved_listing.pdf</a>
<b><i>School-based Activities Designed to Promote Student Wellness</i></b>				
1. Provides adequate time for students to eat breakfast				
2. Provides adequate time for students to eat lunch				
3. Access to free drinking water				
4. Access to handwashing before meals and snacks				
5. Prohibits using food as reward or punishment				
<b><i>Physical Activity</i></b>				
1. Provides adequate recess or outdoor activity playtime				
2. Provides adequate physical activity with age appropriate facilities and/or equipment				
3. Prohibits using physical activity for punishment				
<b><i>Facility &amp; Environment</i></b>				
1. Cafeteria has adequate seating				
2. Students are allowed to converse during meal time				
3. Cafeteria has adequate adult supervision				
<b><i>School Overall Wellness</i></b>				
1. Staff wellness is encouraged and modeled				
2. Parent programs with wellness topics/activities are highlighted				
3. School utilizes the District Wellness Policy with a local school committee to plan, implement, and improve nutrition and physical activity in the school environment in accordance with the District Wellness Policy				
Name	Signature			Date

*Please return assessment to \_\_\_\_\_ no later than \_\_\_\_\_.*