**WELLNESS POLICY ANNUAL ASSESSMENT PROGRESS REPORT**

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

**School Year: 2022-2023**

**Wellness Policy Committee Members**: Blair Tadlock/Immaculate Conception, Blaine Wyninger/St. Louis High School, Shawn Stubblefield/St. Margaret’s, Erica Le Franc/Our Lady Immaculate, Trevor Donnelly/Our Lady Queen of Heaven, Tressie Bares/Our Lady’s

**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.

When providing snacks, two schools are using the Smart Snack guidelines, serving healthy snacks, fruits and vegetables. One school provides bottled water and nutritional replenishing beverages such as Gatorade or protein drinks. Three schools are providing alternative rewards for students such as wearing a hat to school, bringing a stuffed animal, wearing different shoes, treasure box, fun experiences, play time and free dress day. A “catch a break” card is given to junior high students for good behavior. Schools are minimizing the use of food/beverages as rewards and are providing non-food opportunities for the students.

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

At the beginning of the school year, teachers and staff are receiving information concerning the Wellness Policy, Smart Snacks, healthy tips, and the previous year’s Annual Assessment Progress Report. One school is partnering with their business health partner at Christus to provide health education training for all the staff. All schools are providing nutrition education to staff and teachers.

**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.

Three schools are posting the Wellness Policy on their website. One school promotes the policy in their quarterly school newsletter. The Wellness Policy Coordinator at the school is informing the staff of the availability of the policy on the school and diocesan websites and providing copies of policy. The Wellness Policy Diocesan Coordinator will have the Wellness Policy and the Wellness Policy Assessment Annual Progress Report 2022-2023 posted to the diocesan website ([www.lcdiocese.org](http://www.lcdiocese.org)). The Diocese of Lake Charles Wellness Policy and Annual Progress Report is being communicated and promoted by the schools.