

Diocese of Alexandria School Wellness Policy Assessment Tool

School Name: Diocese of Alexandria

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
<i>Nutrition Education and Promotion</i>				
1. Sequential Health & Nutrition Education curricula consistent with Louisiana State standards taught in all grades		✓		http://www.louisianabelieves.com/resources/library/academic-standards
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		✓		https://www.pbrc.edu/trainingandeducation/pdf/Approved_listing.pdf
<i>School-based Activities Designed to Promote Student Wellness</i>				
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		✓		
<i>Physical Activity</i>				
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	✓			
<i>Facility & Environment</i>				
1. Cafeteria has adequate seating	✓			
2. Students are allowed to converse during meal time	✓			
3. Cafeteria has adequate adult supervision		✓		
<i>School Overall Wellness</i>				
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 <u>Diocese Comm</u>	Signature <u>[Signature]</u>	Date <u>9-3-19</u>
--------------------------	------------------------------	--------------------

Please return assessment to _____ no later than _____

Cumulative of Assessments Received

Wellness Committee Meeting

School: Diocese Committee

Date: 9-3-19

Members Present:

Print	Signature	Position/Title/Committee
Janet Burgess	<i>Janet Burgess</i>	Member <i>CNP Supervisor</i>
Samuela C. White	<i>Samuela C. White</i>	<i>CNP COOF.</i>
Denese Carter	<i>Denese Carter</i>	<i>Comm. Person</i>
Jose Robles	<i>Jose Robles</i>	<i>Comm Person</i>
Ben Richard Mitchell	<i>B. R. Mitchell</i>	<i>Comm member</i>
Liz Hines	<i>Liz Hines</i>	<i>Teacher</i>
Sr. Elizabeth Ann	<i>Sr. Elizabeth Ann</i>	<i>Teacher</i>