

Bienville Parish School Board

Wellness Policy Assessment Meeting

The Wellness Policy Committee met on September 8, 2016, to assess development, implementation, monitoring, and reviewing of the district-wide nutrition and physical activity policies. Each school was contacted to provide a member to serve on the Wellness Policy Subcommittee. Information was placed on the website and sent to the schools.

The following individuals have volunteered to serve on the Bienville Parish Wellness Policy Subcommittee:

Shelly Bradley

Teresa Davis

Nicole Lee

Kimberly Bowden Moore

Ruby Qualls

Ginger Roberts

Jennifer Youngblood

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 Wellness Policy
5. Monitoring and policy review

The school district will promote and implement quality nutrition and physical education to foster lifelong habits of healthy eating and physical activity. The plan shall make effective use of school and community resources that equitably serve the needs and interests of all schools.

Nutrition Services

Each meal offered meets the meal pattern and the nutrition standards established by USDA, LDE, and the Office of School and Community Support as supported by USDA approved software. All bread/grains are at least 51% whole grain, more fruits and vegetables are being offered. Both nonfat and low-fat dairy products are offered at every meal.

Families are invited to have lunch on Grandparents Day and Parents Day. This has been very successful.

Each staff member has completed the professional standards requirements.

In-service is provided throughout the year in order for all members to receive enough hours.

Each facility is provided the current permit at the beginning of school before meals are served. Sanitation and food safety is stressed throughout the year.

Recipes include food preparation techniques to reduce the fat and no frying occurs. The cafeteria provides meals that are accessible to all students.

2. Nutrition Education

Students are presented information on nutrition in health and consumer education classes. Lessons are age appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant. Ms. Uzzle works with 4-H students to provide information on nutrition and healthy eating practices. The lessons are sequential and are correlated with standards, benchmarks, and age appropriate. Students have especially enjoyed the taste tests. The food service department also talks with students concerning healthy foods and snacks when asked. During the discussions, students are provided with healthy snacks and beverages.

3. 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 weekdays; it is imperative that schools provide students with the means to participate in physical activity.

Some of the activities for the younger students are kickball, relay races, soccer, jump rope, hula hoop, and bean bag toss. These are both enjoyable as well as heart healthy exercises.

Older students participate in volleyball, basketball, and soccer. All of these activities emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.

Suggestions by the committee were to incorporate intramural sports programs at schools to increase physical activity for those students who do not participate in extracurricular team sports, Increase parental involvement at school and community level and implement a field day for older students with competitive activities such as relays, etc. and also provide fun, non-competitive activities such as inflatable jump houses.