

Claiborne Parish School Board

Wellness Policy 2015-16 Assessment Meeting

The Wellness Policy Committee met on March 22, 2017, 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 Claiborne Parish Wellness Policy Subcommittee:

Rose Kirkindoff - Haynesville Elementary *

David Franklin - Haynesville Jr/Sr High

Stacy Rogers - Homer Elementary *

Laura Waddle - Homer Elementary *

Lee Simms - Homer High *

*Present at meeting

The areas to address in the Wellness Policy include:

- 1) Nutrition Education
- 2) Physical Activity
- 3) Other School-Based Activities
- 4) Nutrition Guidelines

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

Nutrition Education

Students are presented information on nutrition in health and consumer education classes. Ms. Raley works with 4-H students to provide information on nutrition and healthy eating practices. They donated banners that encouraged health eating habits. Summerfield school had the Body Quest come to the school to promote healthy eating. Haynesville Elementary had Family Nutrition night. Schools will be encouraged to talk with students regarding healthy eating habits and physical activity. The food service department also encourages students to eat healthy.

Physical Education and Activity

Students are encouraged to participate in vigorous activities such as kick ball, jump rope, etc. Older students participate in more vigorous activities such as sports, walking the track, etc. Elementary students participate in a field day event each year. Suggestions by the committee were to encourage schools to implement the Presidential fitness plan.

The LSU AgCenter has provided the following nutrition education opportunities in the Claiborne Parish school system since 2014:

Smart Bodies/Body Walk (no longer available)

School: Homer Elementary School

School year: 2015-16

Body Quest-Nutrition lessons via classroom activities, iPad apps and vegetable tastings with assessments. Offered to one school per school year, third graders only. Teachers are responsible for initial paperwork-parent permission letters, photo/video release forms, which are provided by the LSU AgCenter.

School: Haynesville Elementary

School year: 2014-2015

Family Nutrition Night-multiple stations addressing nutrition subjects such as physical activity, snacking, importance of eating breakfast, calories in drinks

School: Haynesville Elementary

School year: 2015-16

Body Quest

School: Summerfield

School year: 2015-16

Signage for cafeterias/school facilities/fences

Posters, stand up banners, vinyl banners

Eat More Fruits & Veggies

Be Active Be Healthy

Make Meals and Memories Together

Additional resource available:

Germ Cave-12X12 tent display that teaches students the importance of hand washing. This would be set up in a central location at a school for all students to attend in about 10-15 minute increments. The Germ Cave is appropriate for any age/grade.

Body Quest-This program is in the process of changing to Louisiana themed curriculum, possibly for the 17-18 school year. This is only offered to schools with 3rd grade, and is limited to 1 class or 2 combined with a total of 30-32 students.

Contact for more information:

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