

Red River Parish Wellness Policy

Summary committee notes

➤ Annual Assessment by subcommittee of the School Health Advisory Council

The Red River Parish Schools Wellness Policy has in place a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. This wellness policy addresses the following areas:

1. Nutrition Service Guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of the Wellness Policy

The tool, our wellness policy, we have in place has served as a positive guide to helping our children and staff be healthier and make healthy choices. We will continue implementing and monitoring our policy in its present form. These are the results of the annual elevation of the Red River Parish Wellness Policy:

- Updated policy distributed to all staff and posted on all school campuses
- Nutrition meals are served in the cafeteria
- Teachers modeled good eating habits for students
- Extra water has been made available throughout the schools
- Emphasis on nutritional requirements are promoted on our campuses
- Increase physical activity programs are promoted
- Communication is available in the following resources (Bulletin Boards, RR Health Unit, School Website, Local Newspaper, and School Newsletter).

The Red River Parish Wellness Policy was highlighted at the Pre-K and K Health Fair September 4-5, 2018 with annual assessment posted for all stock holders to view. The puberty program emphasized nutrition, physical activity, and sleep. The committee was encouraged with the findings. We will continue to strive to make progress in these areas; nutrition service guidance, nutrition education, physical activity and physical education, communication and promotion of the Red River Parish Wellness Policy.