

# Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are encouraged in Louisiana.

SFA Name Zachary Community School District

Policy Reviewer Bianca Coats

School Name All Schools

Date

7/13/2025

Select all Grades PK☒ K☒ 1☒ 2☒ 3☒ 4☒ 5☒ 6☒ 7☒ 8☒ 9☒ 10☒ 11☒ 12☒

Yes

No

N/A

## I. Public Involvement

☒ ☐ ☐ We encourage the following to participate in the development, implementation and evaluation of our wellness policy:

X Administrators

X School Food Service Staff

X PE Teachers

X Parents

☐ School Board Members

X School Health Professionals

X Students

☐ Public

☐ ☐ ☐ Person in Charge of Compliance:

Name/Title: Bianca Coats, Supervisor of Child Nutrition

☒ ☐ ☐ The policy is made available to the public.

Indicate how: ZCSD website

☒ ☐ ☐ Our policy goals are measured and the results are communicated to the public.

Please describe: ZCSD Website

☒ ☐ ☐ Our district completes triennial reviews of the wellness policy. If more frequently, please describe: quarterly meetings amongst committees

Yes

No

N/A

## II. Nutrition Education

☒ ☐ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ ☐ We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ ☐ We offer Nutrition education to students in:

X Elementary School

X Middle School

X High School

Yes

No

N/A

## III. Nutrition Promotion

☒ ☐ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We ensure students have access to hand-washing facilities prior to meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We annually evaluate how to market and promote our school meal program(s).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We regularly share school meal nutrition, calorie, and sodium content information with students and families.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We offer taste testing or menu planning opportunities to our students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We participate in Farm to School activities and/or have a school garden.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We price nutritious foods and beverages lower than less nutritious foods and beverages.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We offer fruits or non-fried vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" type="checkbox"/> à La Carte
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide teachers with samples of alternative reward options other than food or beverages.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We prohibit the use of food and beverages as a reward.

Yes	No	N/A	<b>IV. Nutrition Guidelines</b>
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We operate the School Breakfast Program: <input checked="" type="checkbox"/> Before School <input checked="" type="checkbox"/> In the Classroom <input checked="" type="checkbox"/> Grab & Go
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We follow all nutrition regulations for the National School Lunch Program (NSLP).
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate an Afterschool Snack Program.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate the Fresh Fruit and Vegetable Program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have a Certified Food Handler as our Food Service Manager.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented <i>Smart Snacks</i> nutrition standards for ALL items sold during school hours, including: <input checked="" type="checkbox"/> as à La Carte Offerings <input type="checkbox"/> in School Stores <input type="checkbox"/> in Vending Machines <input type="checkbox"/> as Fundraisers

Yes	No	N/A	<b>V. Physical Activity</b>
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide physical education for elementary students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school during a term or semester.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school during a term or semester.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We require physical education classes for graduation (high schools only).

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|---|--------------------------|--------------------------|---|
| <input checked="" type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | We provide recess for elementary students on a daily basis.                           |
| <input checked="" type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | We provide opportunities for physical activity integrated throughout the day.         |
| <input checked="" type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | We prohibit staff and teachers from keeping kids in from recess for punitive reasons. |
| <input checked="" type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | Teachers are allowed to offer physical activity as a reward for students.             |
| <input checked="" type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | We offer before or after school physical activity:                                    |
| <input checked="" type="checkbox"/> Competitive Sports <input type="checkbox"/> Non-competitive Sports <input type="checkbox"/> Other Clubs |                          |                          |   |

**VI. Additional Info:** Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

Incorporate Smart Snacks throughout all schools with after school events; include more parents and students in wellness policy/assessments.

#### VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Bianca Coats, MPA, RD, LDN

Position/Title Supv. Of Child Nutriti

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This institution is an equal opportunity provider.