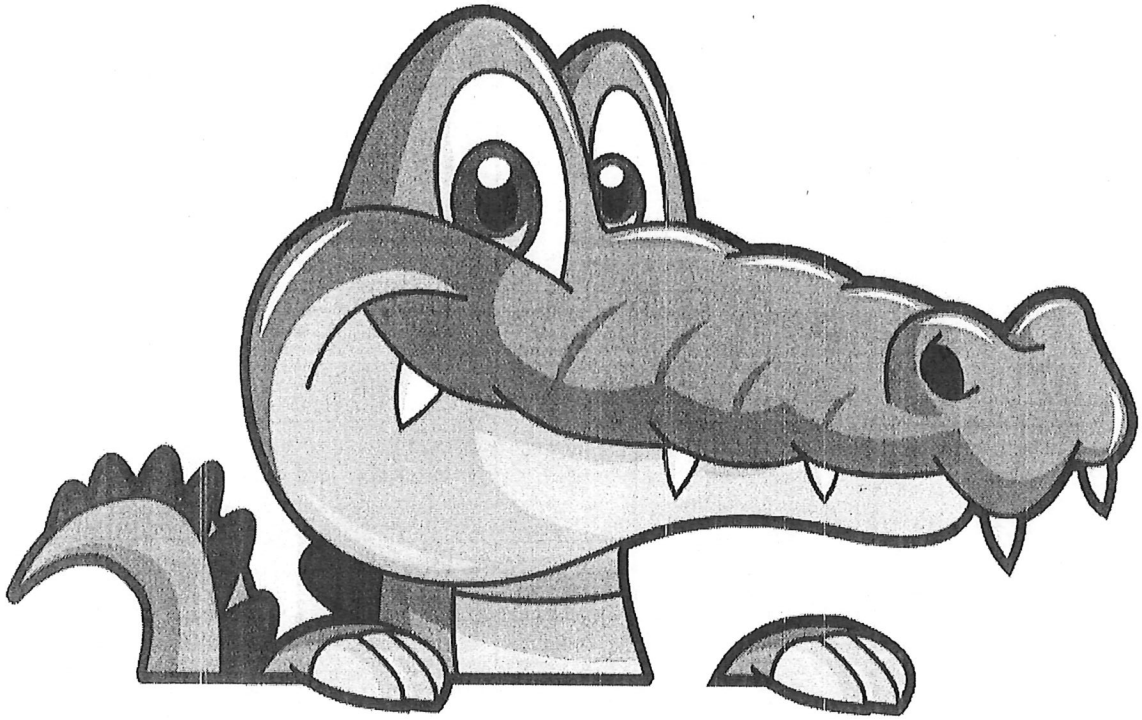
Glencoe Charter School
Wellness and Procedures

2026-2027



PREAMBLE

Glencoe Charter School District is committed to the optimal development of each student. We believe at Glencoe Charter School that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at each level, in every setting, throughout the school year.

Research shows that good nutrition and physical activity before, during, and after school days are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, low absenteeism and better performance on cognitive tasks.

Conversely, less –than-adequate consumption of specific food including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities-do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines Glencoe Charter School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distraction. Specifically, this policy establishes goals and procedure to ensure that:

- Students at Glencoe Charter School have access to healthy food throughout the school day- both throughout reimbursable school meals and other foods available throughout the school campus in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school.
- Glencoe Charter School will engage in nutrition and physical activity promotion and other activities that promote students wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The committee is engaged in supporting the work of the School in creating continuity between school and other setting for students and staff to practice lifelong healthy habits; and
- The committee established and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to the school, staff, and students. Specific, measurable goals and outcomes are identified with each section below

Glencoe Charter School will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, food served on campus throughout the day, and with related community services.

SCHOOL WELLNESS COMMITTEE

The School will convene a representative district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as "Wellness Policy").

The School Healthy Advisory Council membership will represent all school levels, but not be limited to: parents and caregivers, students, representative of the school nutrition program (e.g. school nutrition Director), physical education teacher, health education teacher, school health professional (e.g. health education teacher, school health service staff [e.g. nurses, physicians, dentists, health educator, and other allied health personnel who provide school health service], and mental health and social services staff [e.g. school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g. superintendent, principal, vice principal), school board members; health professional (e.g. dietitians, doctors, nurses, dentist); and general public.

LEADERSHIP

The Director, Loren Decuir will convene the School Health Advisory Council and facilitate development and updates to the wellness policy, and ensure the School is in compliance with the policy.

School cafeteria manager and staff, shall assess compliance with nutrition policy within school food service areas and report on this matter to Director Loren Decuir, Assistant Principal Brandan Trahan, and Assistant Principal Michelle Bishop.

Loren Decuir – ldecuir@vbglencoecharter.org
Brandan Trahan – btrahan@vbglencoecharter.org
Michelle Bishop – mbishop@vbglencoecharter.org

IMPLEMENTATION

Glencoe Charter School will establish a School Health Council (SHC) composed of a minimum of five members including but not limited to:

- Director
- Principal
- Teacher
- Nurse
- P.E. Teacher
- Parent Representative (PTA)
- Cafeteria Manager

MONITORING

The School Health Council will be responsible for assessing the level of implementation of Glencoe Charter School wellness policy by reviewing site-based nutrition education, physical activity, and other school base activities that are designed to promote students wellness.

TRIENNIAL ASSESSMENT

The School Health Council will conduct a review during the summer every three years. Areas to address for health and nutrition promotion include school meals, classroom parties, special events, fundraising events, and smart snack list. In addition to examining student food sources, the School Health Council will also review how wellness education is incorporated into the school's curriculum and school environment. Emphasis will also be placed on utilizing the cafeteria as a classroom and community resources.

A plan of action for the school's wellness program will be developed by the School Health Council and submitted to the Director Loren Decuir.

The Director Loren Decuir will compile and analyze the report from the School Health Council and a revision will be made if needed to the wellness policy.

RECORDKEEPING

Glencoe Charter School will retain records to document compliance with the requirements of the wellness policy in the Food Service manager's office and Director's Office. Documentation maintained in the location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating that the policy has been available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirement;
- The most recent assessment on the implementation of the local school wellness policy ;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

PUBLIC INVOLVEMENT

Glencoe Charter School will actively inform families and the public each year of basic information about the wellness policy by making the information available on the School website: vbglencoecharter.org and board meetings live stream: http://www.youtube.com/VBGlencoeCharter

Glencoe Charter School will invite the public to attend the school wellness committee meeting when reviewing and making revision to the wellness policy if needed by posting it on the website.

FEDERAL AND STATE REQUIREMENTS

Glencoe Charter School District will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and Louisiana Department of Education, Office School and Community Support.
- Encourage school staff, students, and families to participate in school meal programs.
- Operate all Child Nutrition Programs with child nutrition staff who are qualified according to current standards.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service site.
- Follow State Board of Education policies on **competitive food**.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity (see "Other School Policies").

School District Policy

Glencoe Charter School District will:

- Offer whole grain products that are high in fiber, no trans fats, and low in sugar, and served in appropriate portion size consistent with the current USDA standards.
- Offer fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques and 100% fruit or vegetable juice.
- Offer whole grain breads and cereal
- Offer Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese.
- Healthy food preparation techniques for lean meat, poultry, and fish.
- School meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-n-go meals or alternate eating sites.
- A cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- Ensure that all food brought into the cafeteria meets the USDA Child Nutrition Guidelines.
- Students will receive at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

OTHER SCHOOL POLICIES

Glencoe Charter School District will:

- Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
- Eliminate the use of foods as REWARDS for student's accomplishment. (See appendix A for reward alternatives.)
- Encourage serving healthy food at school PARTIES. Notices shall be sent to parents/guardians reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classrooms birthday or award celebrations. (See appendix B for healthy school parties.)
- Promote FUNDRAISERS that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients). (See appendix C for healthy fundraising alternatives.)
- Strongly encourage nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, social events, and other school functions.
- Follow the USDA Smart Snacks in School nutrition standards for all foods sold outside the school meal programs, on the school campus of public schools at any time during the school day. (See appendix D)

FOOD MARKETING

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. School-base marketing should be consistent with nutrition education and health promotion. As such, foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snack in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. Marketing of non-compliant food and beverages is not permitted during the school day; but, may be present at events that happen 30 minutes after the school day. The promotion of healthy foods, including fruit, vegetables, whole grain, and low-fat dairy foods is encouraged.

Marketing activities that promote healthy behaviors include vending machine covers promoting water or milk: pricing structures that promote healthy options in vending machines, and sales of fruit for fundraisers.

NUTRITION EDUCATION

The Centers of Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthy eating behaviors for life. Teachers, child nutrition personnel, and other staff can offer their expertise and model appropriate eating behavior. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among school child nutrition staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education- traditional classroom lessons that address general knowledge, attitude, and behavior- and behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum including science, mathematics, English/language art, and social studies. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school, and the community. Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health. A planned, sequential curriculum is essential.

Behavior changes can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peers involvement for older students. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

V.B. Glencoe Charter School will:

- Promote and implement nutrition education programs that promotes lifelong healthful eating practices;
- Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant'
- Use lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations;
- Provide hands-on activities that are fun;
- Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;
- Focus on positive aspects of healthful eating behaviors: and
- Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
- Strive toward hiring qualified, certified health education teachers.
- Provide staff development for teachers, faculty, and staff.

PHYSICAL EDUCATION

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans 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 during weekdays, it is imperative that schools provide students with the means of participating in physical activity.

When examining a Physical Education program, ask the question, "Does the physical education program help every student attain the knowledge, skills and attitudes needed for them to lead an active, productive life and maintain a health-enhancing level of physical fitness?" Quality physical education includes the following components:

- Emphasizes knowledge and skills that promote a lifetime of physical activity.
- It is based on standards that define what students should know and be able to do.
- Keep students active for most of the class time.
- Provides many different physical activity choices.
- Meets the needs of ALL students, especially those who are not athletically gifted.
- Develops students' self-confidence and eliminates practices that humiliate students.
- Assesses students on their progress in reaching goals, not on whether they achieve and absolute standard.
- Promotes physical activity outside of school.
- Teaches self-management skills, such as goal-setting and self-monitoring.
- Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
- Focuses, at high school level, on helping adolescents make the transition to a physical active adult lifestyle.

Louisiana law (specifically RS 17:17.1, often updated through legislation) requires public schools, including charter schools, to provide at least **30 minutes** of quality moderate to vigorous physical activity each school day for students in grades K-8. This activity is designed to improve physical fitness and motor skills

Louisiana Act 734 of the 2004 Regular Session amended and reenacted **R.S. 17:17.1**, which establishes that all public schools—including charter schools—that include any of the grades kindergarten through eight must provide at least **30 minutes each school day of quality moderate to vigorous physical activity** for students.

V.B. Glencoe Charter School will:

1. Promote and implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. Provide students in grade K-8 with a minimum of 150 minutes per week of health and physical education.
3. Ensure that students in K-6 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
4. Strive toward having qualified, certified physical education teachers guide high school physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
5. Provide staff development on standard implementation for physical education instructors.
6. Ensure that adequate safety policies and provision are in place for physical education programs.
7. Strive toward ensuring that adequate equipment is in place to guarantee that all students are able to be active for a minimum of 30 minutes per school day.
8. Provide a variety of fitness training, motor skills and team work modules in the 270 hours of physical education required at the high school level for graduation.
9. Use a program called "Eat, Move, Grow" to evaluate a student's physical fitness.
10. Provide age-appropriate equipment and facilities for implementing quality physical education programs.

PHYSICAL ACTIVITY OPPORTUNITIES

In order to improve the health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical education classes.

V.B. Glencoe Charter School will provide opportunities for physical activity:

1. Recognize that daily physical activity is essential to student welfare and academic performance.
2. Encourage physical activity during recess for elementary students, intramural programs, integration in the academic curriculum, and clubs as well as in physical education programs.
3. Provide daily recess for all children in K-8th grade.
4. Work with the community to create ways for students to walk, bike, skateboard, roller-skate, play soft ball, basketball, baseball, or participate in other physical activities in a safe location at times other than the school day.
5. Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
6. Encourage school staff to participate in physical activities to serve as role models.
7. Support community-based physical activity programs.

APPENDIX A

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many **disadvantages** to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

Remember:

- Kids learn preferences for food made available to them, including those that are unhealthy.
- Poor food choices and inadequate physical activity contribute to overweight and obesity.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

Sit by friends
Watch a video
Read outdoors
Teach the class
Have an extra art time
Enjoy class outside
Have an extra recess
Play a computer game
Read to a younger class
Get a no homework pass
Make deliveries to the office
Listen to music while working
Play a favorite game or puzzle
Free dress day
Be a helper
Eat lunch with the principal
Give a 5 minute chat break at the end of the end

LOW-COST ALTERNATIVES

Take a trip to the treasure box (non-food items)
Get stickers, pencils, and other school supplies

For more ideas, visit the following web sites:

- Michigan Department of Education Team Nutrition – http://www.tn.fcs.msue.msu.sdu
- USDA Team Nutrition *Create Healthy, Active Celebrations* http://www.fns.usda.gov/eatsmartplayhardeducators/materials/

APPENDIX B

School can play a major role in helping students become fit, healthy and ready to learn.
One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools which have a great impact on children to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities makes a powerful statement. Actions speak louder than words. Lead by example.

Fresh fruit and vegetables (buy locally when possible)
Baby carrots and other vegetables with low-fat dip
Yogurt- Fig cookies
Animal crackers- Baked Chips- Low-fat popcorn
Granola bars
Bagel with low-fat cream cheese
Soft pretzels
Pizza (no extra cheese and no more than one meat)
Pudding
String cheese
Cereal bar
Single-serving low-fat free milk (regular or flavored)
Bottle water
100% fruit juice (small single serves)

*Remember we are a **NUT FREE** school
*May be allergens and/or a choking risk for some people. Please check with the nurse before giving.
*For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the web site at http://www.eatright.com

APPENDIX C

Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. List below are some ideas for raising funds without selling food.

1. Sports tournament – Sell tickets to students and family members to attend student volleyball, basketball, baseball, or softball tournaments. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas – Walk-a-thon and fun runs- Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members- Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament - Charge a team of three players $40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale- Sell perennials, herbs, or seeds; poinsettias during the holiday, and flowers for Valentine's Day.
6. Community job fair – Rent booths for a fee to local companies and solicit free advertisement for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair – Local and regional crafts people can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners – Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events- Sell advertisements on the cushions to 20 local businesses for $50-$100 to make even more money.
10. Administrative fun- Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the totals. At a set dollar increment, the principal and/or vice-principal would have to do a stunt, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students – Choose a theme such as gardening, sports, or art and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community- Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale.
15. Sell school spirit supplies- megaphones, shakers, plastic cups, T-shirts, school supplies, bumper stickers, cookbooks or books developed by the school.
16. Host art, music, and science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts.

Adapted from *Twenty Ways to Raise Funds without Candy*. Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service.

APPENDIX D

Additional Resources

United States Department of Agriculture "A Guide to Smart Snacks in Schools"

http://cnp.doe.louisiana.gov/dnamemos/Resources/Smart%20Snacks%20Guide%202018-2019pdf

Pennington Biomedical Research Center in Cooperation with the Louisiana Department of Education, Nutrition Support present:

Louisiana Smart Snacks Meeting Recommended Criteria
150 calories or less
35% of total calories from fat or less
10% of total calories from saturated fat or less
0% trans fat
30gm of sugar or less (not more than 35% of weight)
200gm of sodium or less per serving

Note: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

https;//www.louisianafitkids.com/SmartSnacks/SmartSnacks

Alliance for a Healthier Generation's Smart Snacks Product Calculator

To determine is a snack is in compliance, enter information from the food or beverage's Nutrition Facts panel and ingredients list into the:

https://foodplanner.healthiergeneration.org/calculator

APPROVED BY: _____
(School Board)

DATE: 7/27/2026