

**Diocese of Harrisburg**  
**Yearly Wellness Policy Compliance School Report**

**2018-2019** (Collated responses)

- 1) 36 schools responded – 1 school did not complete report
- 2) *Has your school informed the school community and the public about the Wellness Policy? If yes, explain how?*
  - a. Sent announcement to parents and students via emails (several schools)
  - b. Send letters to Parents monthly re: healthy birthday treats
  - c. Flyer sent to parents explaining program
  - d. Sent information via social media venues, such as Facebook/Rediker.
  - e. Parent/student handbook link to Diocesan Wellness Policy (several schools)
  - f. Sent out in FTO
  - g. Posted on school website(several schools)
  - h. Posted in cafeteria
  - i. Weekly Newsletter and teacher newsletters sent to parents (several schools)
  - j. School nurse meets with Homeroom Parents to review policy
  - k. Posted in school office
  - l. Distributed in back-to-school packets
  - m. Parents aware of program due to government lunch program
  - n. Presented at Back to School night (several schools)
  - o. Word of mouth
  - p. 2 schools do not participate in National School Lunch Program
- 3) *Does your school have nutrition messages displayed throughout the school?*
  - a. All schools responded yes except 1.
- 4) *Does your school provide a list of healthy food and beverage alternatives to parents?*
  - a. All but one school responded yes.
  - b. Posters are displayed through school regarding healthy choice
  - c. Send health screening results to parents and include healthy alternatives via Penn State Hershey PRO-wellness program
  - d. Students can request nutrition facts for any food in cafeteria.
  - e. Promote during annual health fair in October and during Feb/March several announcements sent to students/parents regarding healthy alternatives
  - f. Provide information in Parent/Student handbook
  - g. Communicate with parents via physical education program
  - h. Working with Primero Edge personnel to keep meals in-line with National School Lunch program.
  - i. Work with homeroom parents to encourage healthy birthday snacks.
- 5) *List activities and programs conducted to promote nutrition and physical activity.*
  - a. Weekly gym and recess daily

- b. Girls on the Run (3 schools)
- c. Soccer shots, football, basketball, soccer, volleyball, track team
- d. Soccer nets, Gaga ball pit, basketball hoops, volleyball net
- e. Participate in Black and Gold Run, American Heart Association Kids Challenge
- f. Take semester of PE every year
- g. Strong athletic program for both male/female
- h. Annual Health Fair
- i. Health Heart month in February
- j. Nutrition awareness month in March
- k. Holy 5K, Race for Education, Presidential Fitness Award, Leaf Olympics
- l. Apple Month, Thanksgiving dinner, Gingerbread Houses, International Food Day
- m. Collect food for Hope Center
- n. Cover health topics in Science class
- o. Walk for Education
- p. DARTS – dance/drama club
- q. Edible Garden Camp
- r. Promote walking to school (several schools)
- s. Participate in healthy living classes taught by local hospitals
- t. Feature ‘Fruit of the Month’
- u. Jump rope for Heart
- v. Field Day
- w. Apple Crunch Day
- x. School garden
- y. Instant Recess

6) *Recommendations for policy/program revisions*

- a. Committee meeting monthly to review wellness program
- b. Add health class to elementary curriculum
- c. Post healthier messages throughout the school
- d. Need for more money through grants to get better equipment for use during recess/gym
- e. Standing desks for teachers/students
- f. Make more aware of food allergies
- g. Provide specific curriculum content to present to classes
- h. Use of government agencies to provide pamphlets/newsletters to share with families. In Spanish?
- i. Implement mental health training for staff (2 schools)
- j. Collaborate with IU counselors for implementation of wellness programs
- k. Increase recess time
- l. Encourage table manners
- m. Adding Health program for 8<sup>th</sup> graders as part of the science program
- n. Establish Wellness committee composed of parents, staff, and students
- o. Include healthier snacks in teacher lounge
- p. Offer healthy cooking club for after-school activity