Diocese of Harrisburg
Yearly Wellness Policy Compliance School Report
2021-2022 (Collated responses)

1) 31 schools responded – 2 schools 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. Flyer sent to parents explaining program
   c. Sent information via social media venues, such as Facebook/Rediker.
   d. Parent/student handbook link to Diocesan Wellness Policy (several schools)
   e. Posted on school website (several schools)
   f. Posted in cafeteria/school office
   g. Weekly Newsletter and teacher newsletters sent to parents (several schools)
   h. School nurse meets with Homeroom Parents to review policy
   i. Distributed in back-to-school packets
   j. Parents aware of program due to government lunch program
   k. Presented at Back to School night (several schools)
   l. Word of mouth

3) Does your school have nutrition messages displayed throughout the school?
   a. All schools responded yes except 2.

4) Does your school provide a list of healthy food and beverage alternatives to parents?
   a. All but one school responded yes.

5) List activities and programs conducted to promote nutrition and physical activity.
   • Weekly gym and recess daily
   • Girls on the Run (2 schools)
   • Soccer shots, football, basketball, soccer, volleyball, track team
   • Soccer nets, Gaga ball pit, basketball hoops, volleyball net
   • Participate in Black and Gold Run, American Heart Association Kids Challenge
   • Take semester of PE every year
   • Strong athletic program for both male/female
   • Health Heart month in February
   • Nutrition awareness month in March
   • Holy 5K, Race for Education, Presidential Fitness Award, Leaf Olympics
   • Apple Month, Thanksgiving dinner, Gingerbread Houses, International Food Day
   • Collect food for Hope Center
   • Cover health topics in Science class
   • Walk Across America
   • DARTS – dance/drama club
   • Edible Garden Camp
   • Promote walking to school (several schools)
   • Participate in healthy living classes taught by local hospitals
   • Feature ‘Fruit of the Month”
   • Jump rope for Heart
   • Field Day
   • Apple Crunch Day
   • School garden
   • Teach danger of drugs/alcohol
   • Walk to Park club
   • Life Science lessons
Girls on Run
Seed to Harvest Gardening project
Instant Recess
Posters are displayed through school regarding healthy choice
Send health screening results to parents and include healthy alternatives via Penn State Hershey PRO-wellness program
Students can request nutrition facts for any food in cafeteria.
Promote during annual health fair in October and during Feb/March several announcements sent to students/parents regarding healthy alternatives
Provide information in Parent/Student handbook
Communicate with parents via physical education program
Working with Primero Edge personnel to keep meals in-line with National School Lunch program.
Work with homeroom parents to encourage healthy birthday snacks.
Encourage students to ‘eat green’
Referral to Fed Gov’t Nutrition program
‘Fresh fruit’ on Thursdays
‘Walking Wednesdays’
Participate in Byrnes Health Education Center
Volleyball tournament
5 k races
Brain Breaks throughout the day
Participate in county/deanery sports
Spring into Healthy Habits
Promote good dental health
Faith, family & fitness day
Foodplay.com
Extra recess
Participate in Fuel Up to Play
Penn State Healthy Champions Program
IU guidance counselor provides classroom presentations on wellness topics

6) Recommendations for policy/program revisions
a. Add health class to elementary curriculum
b. Post healthier messages throughout the school
c. Need for more money through grants to get better equipment for use during recess/gym
d. Provide specific curriculum content to present to classes
e. Use of government agencies to provide pamphlets/newsletters to share with families. In Spanish?
f. Implement mental health training for staff (2 schools)
g. Collaborate with IU counselors for implementation of wellness programs
h. Increase recess time
i. Encourage table manners
j. Establish Wellness committee composed of parents, staff, and students
k. Include healthier snacks in teacher lounge
l. Offer healthy cooking club for after-school activity
m. Encourage more involvement in wellness information
n. More awareness of student food allergies
o. Stress importance of pre-packaged healthy foods for snack/parties
p. Integrate mental health/social emotional learning into nutrition/physical activity
q. Discourage ‘body shaming’
r. Repave blacktop parking lot for student recess use
s. Adjust lunch portion sizes to fit age level of students