

Diocese of Harrisburg
Yearly Wellness Policy Compliance School Report
2022-2023 (Collated responses)

- 1) 30 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 six. Some only have messages posted in the cafeteria.
- 4) *Does your school provide a list of healthy food and beverage alternatives to parents?*
 - a. All 22 schools 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
 - Various Contests

- Increased recess time this year
- Life Science lessons
- Cooking Club
- 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
- Vegetable of the week

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
- t. As Covid restrictions lessen add more group physical activities
- u. Enhance playgrounds