

# Local Wellness Policy Progress Report

**School Name: Bishop Heelan Catholic Schools**

**Wellness Policy Contact: Kristen Malenosky (School Nutrition Manager) & Chris Bork (Heelan Principal)**

**Date Completed: 2-25-22**

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Nutrition Education and Promoting are offered at each grade level.		x			Nutrition education is part of the Physical Education curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into science, math, reading and social studies.
2. Promoting fruits, vegetables and whole grains as healthy choices		X			Signage is used to promote and encourage healthy choices.	Update signage so kids stay interested and see different healthy options
3.						

## Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Goals of 120 mins/wk of physical activity are encouraged.		X			P.E and extra curricular activities count towards the goal.	
2. Physical activity opportunities		X			Recess for younger grades	

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throughout the day in other classes					and classroom walks for older grades in 5-8	

**Other School Based Activities Goals**

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.School will offer a range of activities that meet needs/interests of all student with disabilities/health care needs		x				
2.						

**Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)**

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1.No items are sold individually to students in elementary/middle schools		x				
2. Fundraising bake sales are encouraged to follow the smart snack standards or be held outside of the school day hours.		X			A list of smart snack options is available for review before have a fundraising bake sale.	

**Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.**

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1.Added in policy that pizza lunches as a reward are not to be served during the normal lunch periods.			X		Encourage teachers to not have pizza parties as rewards during the lunch period.	We offered to supply pizza lunch through our FSMC as the reward and still meet the lunch requirements.
2.						

### **Polices for Food and Beverage Marketing**

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
1.Limit promotions to only items that meet requirements		X				
2. Signage helps to promote Healthy Choices		X				

**This institution is an equal opportunity provider.**