

Local School Wellness Policy Progress Report

School Name: Bishop Heelan Catholic Schools (All Buildings)

Wellness Policy Contact: Kristen Malenosky (District Nutrition Director)

Date Completed: May 2025

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 is offered at each grade level. Promote good healthy nutritious meal choices.		x			Nutrition education is part of the science curriculum in each grade level. Additional lessons are incorporated in with P.E. classes.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Ensure enough physical activity, both within the school day and outside the school day.		x			High School parents fill out forms stating their child has enough physical activity outside the normal school day.	Ensure all students have access to physical activity.
3. Promoting Mental Health. Work with school counselors to ensure those needs are met to the best of the schools' abilities.		x			All schools have counselors on staff who assist with monitoring and engaging in discussions when needs arise	Signage-letting students know who they can go to in case of any issues.

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/week of physical activity are encouraged.		x			P.E and extracurricular activities count towards the goal.	
2. Physical activity opportunities throughout the day in other classes		x			Recess for younger grades and classroom walks for older grades in 5-8	Middle schools have added in occasional recess/walks within their school year.

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						
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. 2. High School Coffee bar must meet Smart Snack regulations		x			High School coffee bar is a new endeavor. They will follow the smart snack standards and follow recipes that meet those guidelines	To maintain good records of compliance.
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 having 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.

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. Policy states 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

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. Limit promotions to only items that meet requirements		x			Making sure all food promotions within the school day meet the Smart Snack requirements as well as the reimbursable lunch healthy options.	
2. Signage helps to promote Healthy Choices		x			Lunchtime Solutions provides signage at all of our sites that promote healthy choices and options.	

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