

# SCHOOL WELLNESS INDEX

**ERIE COUNTY**

2023-2024

LEGEND: 1 = Consistently exceeds goal 2 = Consistently meets goal 3 = Needs work to meet goal \* = Not Applicable

<b><u>GOALS</u></b>	<b>Blessed Sacrament</b>	<b>Cathedral Prep</b>	<b>Mother Teresa Academy</b>	<b>Our Lady of Peace</b>	<b>St. George</b>	<b>St. Gregory</b>	<b>St. James</b>	<b>St. Jude</b>	<b>St. Luke</b>
School provided comprehensive nutrition education program.	1	2	2	2	3	3	2	3	3
Nutrition Education is incorporated into the curriculum.	2	2	2	2	3	2	2	2	2
The school provided a comprehensive physical education program that meets Diocesan Standards.	2	1	1	2	2	2	1	1	1
The school educated students about the value of physical activity and provided opportunities for every student to develop his/her knowledge and skills.	1	2	1	2	2	2	2	1	1
Students do not have periods of 2 hours or more of inactivity.	1	2	2	2	1	1	2	2	1
The School Lunch Program met all minimum requirements set by local, state, and federal statutes.	1	*	2	2	2	*	1	1	1
Students have a minimum of 20 minutes to eat lunch and a minimum of 10 minutes to eat breakfast.	1	1	1	2	1	1	1	1	1
Students have access to hand washing or hand sanitizing before all meals and snacks.	1	1	1	2	2	1	1	1	1
Healthy food and beverage choices were available at vending machines, student stores, and at parties and fundraisers.	2	3	2	2	3	1	*	2	2
Beverage consumption in the classroom was limited to water, 100% juice, and low fat or non-fat milk.	1	3	1	2	2	2	1	1	2
Fundraising efforts include healthy foods and non food items.	3	2	2	2	2	2	2	2	2

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## OUTSIDE OF ERIE COUNTY

LEGEND: 1 = Consistently exceeds goal 2 = Consistently meets goal 3 = Needs work to meet goal \* = Not Applicable

<b><u>GOALS</u></b>	<b>DuBois Central Catholic</b>	<b>Elk County Catholic</b>	<b>Kennedy Catholic MS/HS</b>	<b>St. Joseph Warren</b>	<b>Damian Punxsutawney</b>
School provided comprehensive nutrition education program.	2	1	2	3	2
Nutrition Education is incorporated into the curriculum.	2	1	2	2	2
The school provided a comprehensive physical education program that meets Diocesan Standards.	2	1	2	2	1
The school educated students about the value of physical activity and provided opportunities for every student to develop his/her knowledge and skills.	2	1	2	2	1
Students do not have periods of 2 hours or more of inactivity.	1	1	3	2	1
The School Lunch Program met all minimum requirements set by local, state, and federal statutes.	2	1	*	*	1
Students have a minimum of 20 minutes to eat lunch and a minimum of 10 minutes to eat breakfast.	2	1	2	2	1
Students have access to hand washing or hand sanitizing before all meals and snacks.	2	1	2	2	1
Healthy food and beverage choices were available at vending machines, student stores, and at parties and fundraisers.	2	1	2	2	1
Beverage consumption in the classroom was limited to water, 100% juice, and low fat or non-fat milk.	2	2	2	2	2
Fundraising efforts include healthy foods and non food items.	2	2	2	2	2