

CAMP HILL SPECIAL SCHOOL
Assessment of the Implementation Of Our Wellness Policy
Date: October 16, 2017

Procedure: Prior to the beginning of the school year 2017-18 , a very wide range of members of our school community including various stakeholders were made aware of our newly revised Wellness Police through our internet posting and our Annual Notification Letter with an invitation to comment. On September 14, 2017, a more formal letter and assessment form was sent to members of the Wellness Committee and selected stakeholders.

Response: Five assessment forms have been received.

Analysis: The respondents hold various roles and sometimes multiple roles in our school community.

Board Member: 2

Administrator: 2

Houseparent: 1

Teacher: 1

Healthcare professional: 1

Nutritional Education: All respondents who commented on this component found that nutritional education is good and strongly supported in the daily program. The recommendation for improvement is to formulate a formal Nutrition Education curriculum to show what should be taught in each grade.

Nutrition Promotion: All respondents found had a very positive response, highlighting various program aspects. The recommendation for improvement is to extend this knowledge and these good practices to the families and friends of our wider school community.

Physical Activity: All respondents found that physical activity is excellent, both during school hours and also after school during leisure and informal recreational time. The recommendation is to still improve and enlarge on structured after-supper activities for high school students. Also our students could benefit from a greater array of appropriate off-campus sites for both structured and unstructured physical activities, especially on weekends.

Physical Education: All respondents rated physical education component as good to excellent.

Other School-Based Activities: All respondents found that other school-based activities good to excellent. Meals and eating environments are conducive to physical, emotional, and social health. The recommendation is to increase staff-training opportunities in cooking, menu planning, and healthy nutrition.

Nutritional Guidelines: All respondents found that nutritional guidelines were very good. Increased parent education was notes as a recommendation for improvement.

Safe Routes to School: Since no children walk to our school property, comments dealt with improvements of the on-campus infrastructure for safe school-bus drop-off and safe walking on the grounds. Review of the safety features of the walking paths, installation of sidewalks to and from the school building, and non-intrusive lighting for walkways at night were recommendations for improvement.

The overall assessment of our wellness policy is favorable. Ways to make it still better have been expressed and noted.

This report of our wellness assessment has been prepared by Bernard Wolf, Director.