



The Saint Clair Area Elementary/Middle School is enrolled in the Penn State PRO Wellness Healthy Champions Program for the 2020/2021 academic year. Our current score report provides valuable information about our school's health and wellness Star Status. Based on the information provided in the Healthy Champions enrollment School Wellness Assessment, we have successfully earned a 4 Star Healthy Champion Status for the 2020/2021 program year.

We are among 57% of over 630 enrolled Pennsylvania schools that have achieved a 4 Star Healthy Champion Status. Schools could obtain a maximum of five stars. Based on the Centers for Disease Control and Prevention School Health Guidelines for goals and strategies to prevent obesity, schools were awarded "stars" based on answers to questions in the following categories: nutrition and physical activity, psychological and social services, school health environment, and health and wellness policy:

- ☆ **Nutrition and Physical Activity**
- ☆ **Psychological and Social Services**
- ☆ **School Health Environment**
- ☆ **School Health and Wellness Policy**
- ☆ **Health Promotion**

Additional information is available at:

<https://prowellness.childrens.pennstatehealth.org/>



Results of the 2021 completed triennial wellness policy assessment will be published once available.