

WELLNESS POLICY TRIENNIAL ASSESSMENT

GOALS FOR 2021-2022



WHAT IS THE TRIENNIAL ASSESSMENT

- Review the implementation of current Wellness Policy (Policy 246) and evaluate our level of implementation in the domains of:
 - Public Involvement, Notification, and Assessment
 - Nutrition Education
 - Nutrition Promotion
 - Physical Activity
 - Physical Education
 - Other School-Based Wellness Activities
 - Nutrition Guidelines for All Foods and Beverages at School
- Create goals for each domain to move towards full implementation of our Wellness Policy

GOALS FOR 2021-2022

- **Public Involvement, Notification, and Assessment:** Shippensburg Area School District will add at least one community member (Ship PT, Mental Health Representative, Religious Leader, SCRC, Exercise Science Prof, etc) to the Wellness Committee for the 2021-2022 School Year.
- **Nutrition Education:** Shippensburg Area School District will engage with local grocery stores to provide opportunities for families to engage in cooking classes with nutritional education.
- **Nutrition Promotion:** Shippensburg Area School District will offer extended breakfast hours to students during the 2021-2022 School Year

GOALS FOR 2021-2022 CONTINUED

- **Physical Activity:** Shippensburg Area School District will eliminate the withholding of recess from students for any reason during the 2021-2022 School Year.
- **Physical Education:** Shippensburg Area School District will evaluate the ability to offer varied physical education courses in the high school during the 2021-2022 School Year.
- **Other School-Based Wellness Activities:** Shippensburg Area School District Food Services will create a student advisory to gather insight on the likes and dislikes of various food offerings during the 2021-2022 School Year.
- **Nutrition Guidelines for All Foods and Beverages at School:** Shippensburg Area School District will partner with district booster clubs and PTOs to educate them on the federal nutrition guidelines and promote some healthier options for concessions/fundraisers during the 2021-2022 school year.