
WELLNESS POLICY TRIENNIAL ASSESSMENT

GOALS FOR 2025- 2028

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 2025- 2028

Public Involvement, Notification, and Assessment: Shippensburg Area School District will provide more communication to families about health, wellness, and nutrition through announcements, newsletters and district website.

Nutrition Education: The District will provide training to all staff about the School Wellness Policy 246, including ways to incorporate health and nutrition into other areas of curriculum. Additionally, the district will share a list of available healthy snack options available to buildings from Chartwells.

Physical Activity: Shippensburg Area School District will work towards contributing to the effort to provide students daily opportunities to accumulate at least 60-minutes of age-appropriate physical activity daily as recommended by the CDC.

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.

Nutrition Guidelines for All Foods and Beverages at School: Shippensburg Area School District will communicate with district booster clubs and PTOs to educate them on the federal nutrition guidelines and promote some healthier options for concessions/fundraisers.

**GOALS FOR
2025-2028
CONTINUED**