Health, Wellness & Nutrition Action Plans
2026-2029

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Health, Wellness & Nutrition Action Plans 2026-2029

• NUTRITION EDUCATION

- GOAL: Every student will receive nutrition and healthy eating education from the Penn State Cooperative Extension 5 times annually.

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - MOU with Penn State Cooperative Extension
- EVIDENCE:
  - Documentation of annual schedule

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• NUTRITION EDUCATION

- GOAL: Continue to offer a wide variety of fruits and vegetables at every meal across all grade levels
- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - Senior Supervisor of Nutrition and Compliance
- EVIDENCE:
  - Inspection of serving lines during meals

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• HEALTH AND NUTRITION PROMOTION FOR STUDENTS AND STAFF

- GOAL: Maintain walking trails around campus and work to support and improve outdoor facilities

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - Director of Facilites
- EVIDENCE:
  - Documentation of annual schedule

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• HEALTH AND NUTRITION PROMOTION FOR STUDENTS AND STAFF

- GOAL: Upgrade the fitness center for students and staff

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - CEO and PE teachers
- EVIDENCE:
  - Documentation of annual schedule

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• PHYSICAL ACTIVITY

- GOAL: Provide access to campus amenities and promote community usage to support physical activity

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - Activities Coordinator
- EVIDENCE:
  - Increase of usage

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• OTHER SCHOOL BASED ACTIVITIES

- GOAL: Maintain and provide hand sanitizing materials in café, classrooms, hallways, and restrooms

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - Administration and Custodial Staff
- EVIDENCE:
  - Increased usage of hand sanitizer

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• OTHER SCHOOL BASED ACTIVITIES

- GOAL: Offer grab-n-go breakfast for students who are tardy

- TIMELINE:
  - Start: year 1
  - End: ongoing
- RESPONSIBLE FOR IMPLEMENTATION:
  - Administration and Nutrition Staff
- EVIDENCE:
  - Increase in number of students receiving breakfast