



CARLYNTON SCHOOL DISTRICT

WELLNESS COMMITTEE GOALS
MAY 19, 2025 | 5:00 PM

As part of the Carlynton School District's commitment to continuous improvement in student wellness, the following goals are recommended to address areas identified as *Partially in Place* or *Not in Place* during the 2025 Triennial Assessment:

Goal 1: Strengthen Nutrition Education and Awareness Through Enhanced Communication

Objective:

By April 2026, develop and implement a comprehensive communication strategy to promote consistent, evidence-based nutrition messages across school environments, homes, and the community.

Action Steps:

- Leverage district communication outlets including the website, social media, and *Cougar Connection* to share wellness content on a regular basis.
- Highlight initiatives such as the Grab and Go breakfast program at the Junior-Senior High School to encourage student participation in healthy meal options.
- Design and display nutrition-focused educational materials in cafeterias, classrooms, and community spaces to reinforce healthy eating behaviors.

Expected Outcome:

Improved visibility and understanding of nutrition initiatives, fostering healthier choices among students, families, and staff through consistent and accessible messaging.

Goal 2: Integrate Farm to School Practices Through Classroom-Based Hydroponics and Community Partnerships

Objective:

By June 2027, expand Farm to School activities by incorporating hydroponic growing systems in selected classrooms and enhancing partnerships with local organizations to provide students with hands-on learning experiences related to nutrition, agriculture, and sustainability.

Action Steps:

- Introduce hydroponic systems into a pilot group of classrooms to support experiential learning in plant science, food systems, and healthy eating.
- Provide training and support to interested teachers on integrating hydroponics into science, health, or cross-curricular instruction.
- Collaborate with at least two community partners (e.g., local farms, health agencies, food educators) to support classroom nutrition projects or student-led initiatives.
- Organize at least one in-school or virtual event highlighting local agriculture, food production, or wellness practices to reinforce Farm to School connections.



Expected Outcome:

Increased student engagement in wellness and agricultural education through flexible, classroom-based hydroponic projects. These initiatives will promote awareness of healthy eating, local food systems, and sustainable practices, while supporting integration of nutrition concepts into the broader curriculum.

Goal 3: Implement a Local Assessment System to Track Student Progress on Health and Physical Education Standards

Objective:

By June 2026, design and implement a district-wide local assessment system to monitor student achievement of Pennsylvania Health, Safety, and Physical Education academic standards.

Action Steps:

- Convene a working group of PE staff and administrators to select or develop assessment tools aligned with state standards by October 2025.
- Pilot the assessment system across all grade levels beginning January 2026, ensuring accommodations for students with medical conditions or disabilities.
- Provide training to PE staff on assessment administration and data utilization.
- Analyze pilot results in May 2026 to refine the system for full-scale implementation in the 2026/2027 school year.

Expected Outcome:

A functional and sustainable assessment process that supports data-driven decision-making to enhance physical education programming and student wellness outcomes.

These targeted goals will guide the district's efforts over the next year to advance wellness practices, address identified gaps, and promote a healthier school community. Progress on these initiatives will be reviewed regularly and documented in preparation for future assessments.

