



## **Tunkhannock Area School District Wellness Plan**

### **Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act**

Effective August 29, 2016, this final rule requires all local educational agencies that participate in the National School Lunch and School Breakfast Programs to meet expanded local school wellness policy requirements consistent with the requirements set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010. The final rule requires each local educational agency to establish minimum content requirements for the local school wellness policies, ensure stakeholder participation in the development and updates of such policies, and periodically assess and disclose to the public schools' compliance with the local school wellness policies. These regulations are expected to result in local school wellness policies that strengthen the ability of a local educational agency to create a school nutrition environment that promotes students' health, well-being, and ability to learn. In addition, these regulations will increase transparency for the public regarding school wellness policies and contribute to integrity in the school nutrition program.

The Tunkhannock Area School Wellness Committee members represent the district as a whole. They represent the staff, students, community, and district. The district wellness plan was updated in 2025 and will annually be reviewed and updated as needed to best meet the stakeholders it represents. We currently meet and will continue to meet all state and federal standards regarding our food service department, vending machines, fund raisers, snacks, and any classroom parties.

If you have any questions or if you would like to be included in the development, implementation, review and update of the wellness policy, you may contact Mrs. Jackie Shaver, Food Services Coordinator.

### **GOALS**

The Wellness Goals of the Tunkhannock Area School District, intended to promote a healthy lifestyle, include the following:

1. To promote a healthy environment, food choices, and lifestyle
2. To educate students of the importance of personal health and create healthy dietary habits
3. To increase student success in facets of education and life through a commitment to proper nutrition and a healthy lifestyle.

### Wellness Committee 2025-2026

- **Sean Burton** - Student
- **Ms. Nicole Hunt** - T ASD IC Health and Physical Education Teacher
- **Paul Dougherty** – Superintendent
- **Christine Parrish** – Business Manager
- **MaryGene Eagen** – Assistant Superintendent
- **Mrs. Crystal Myers**- T ASD School Nurse
- **Mrs. Katie Staffaroni** - Building Administrator
- **Mrs. Brittany Wood**– Building Administrator
- **Mrs. Nicole Coldren** – Building Administrator
- **Mr. Sean Castellani** – Building Administrator
- **Mr. Paul Grobowski** – Building Administrator
- **Mr. Thurston Sick** - T ASD HS Health and Physical Education Teacher
- **Mrs. Maureen Burton** – T ASD Parent
- **Michael Franza** - T ASD PC Health and Physical Education Teacher
- **Mrs. Laura Goble** - Dietician / Board Member
- **Mrs. Holly Arnold** - School Board President
- **Ms. Ashley Fonzo** - Director of Food Services

### Wellness Committee Meetings

- Tuesday June 19, 2023 12 PM
- [Notes](#)

### Wellness Policy

- Please refer to Policy #246 on [T ASD BOARD DOCS POLICY 246](#) for the T ASD Board Policy on Wellness

## Wellness Policy Assessment Tool

Federal regulations at 7 CFR 210.31 require local education agencies (LEAs) participating in the National School Lunch Program to complete an assessment of their local school wellness policy at least once every three years and make the results available to the public. This triennial assessment must measure the implementation of the local school wellness policy and include:

- The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy;
- The extent to which the LEA's local school wellness policy compares to model local school wellness policies;
- A description of the progress made in attaining the goals of the local school wellness policy.

The TASD Wellness Policy Assessment Tool can be found [Wellness Link](#)

## Student Assistance Programs

The Student Assistance Program (SAP) provides a means of identifying and helping students who have challenges that may interfere with their success at school. There are many possible reasons for referral to a student support team. Parental permission is required for a student to receive SAP services, which are voluntary and confidential.

Information about student assistance programs can be located at <https://www.education.pa.gov/Schools/safeschools/sap-pbis/SAP/Pages/default.aspx>

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| <b>TASD High School SAP Team</b><br><br>Cammie Anderson-Drug and Alcohol Liaison<br>Kendra Chotkowski-Emotional Support Teacher<br>Samantha Cyphers-Science Teacher<br>Susan Elias-School Counselor<br>Sherry Gregory-Administrative Assistant, Guidance<br>Rhianna Brown-Mental Health Liaison (Children Service Center)<br>Sarah Scoble-Life Skills Teacher<br>Stephanie Giancinni- TASD Crisis Counselor<br>Katie Wisnosky-ELA Teacher<br>Angela Newman- CTE Teacher<br>Paul Grabowski – HS Assistant Principal<br>Brittany Wood – HS Principal | <b>TASD Intermediate Center SAP Team</b><br><br>Kathleen Staffaroni - IC Assistant Principle<br><br>Kate Krispin - IC Guidance Counselor<br>Dan Walker -IC 5 <sup>th</sup> Grade Teacher<br>Sara Ergott - IC 6 <sup>th</sup> grade Teacher<br>Melissa Michlowski - IC 7 <sup>th</sup> grade teacher<br>Cammie Anderson-Drug and Alcohol Liaison<br>Rhianna Brown – Mental Health Liaison<br>Stephanie Giancini – Crisis Counselor<br>Jill Oliver- Emotional Support Teacher |
| <b>TASD STEM CENTER SAP Team</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>TASD Primary Center SAP Team</b><br><br>Kim Lee - School Counselor                                                                                                                                                                                                                                                                                                                                                                                                       |

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| Sean Castellani - Principal<br>Anthony Selvenis - Dean<br>Krista Dymond - PC Kindergarten<br>Sherry Drungell - PC Kindergarten<br>Justin Muthler - PC 2nd Grade<br>Stacy Bevan - PC 1st Grade |  |
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## Parent Resources

### Counseling/Community Services

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|-------------------------------------------------------------------|--------------|
| Luzerne-Wyoming Counties Mental Health and Developmental Services | 570-825-9441 |
| Robinson Counseling Center                                        | 570-836-2795 |
| The Burke Center                                                  | 570-240-4774 |
| Children's Service Center                                         | 570-836-2722 |
| Wyoming County Human Services                                     | 570-836-3131 |
| Trehab Community Resource Center of Wyoming County                | 570-836-7508 |
| Wyoming County United Way                                         | 570-836-1661 |
| Wyoming County Special Needs Association                          | 570-996-6222 |
| Victims Resource Center                                           | 570-836-5544 |
| Youth Advocate Program                                            | 570-489-1609 |

### Food Pantries

|                                                       |                                            |
|-------------------------------------------------------|--------------------------------------------|
| Wyoming County Food Pantry – Food Distribution Center | 570-836-4090                               |
| Interfaith Friends – Food Distribution Center         | 57 E Tioga St,<br>Tunkhannock, PA<br>18657 |

## NUTRITION

Please refer to the following pdf documents for nutrition information and guidelines:

- [TASD MY PLATE](#)
- [TASD ACTION FOR HEALTHY KIDS](#)
- [The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#)
- [Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School](#)
- [Healthy Fundraising](#)
- <http://www.tasdmetz.com> ---Menu Nutritionals