

School Wellness Policy  
St. Wenceslaus Elementary School  
Dodge, NE  
Updated, March 2024

I. Purpose and Goals

The St. Wenceslaus School Wellness Policy desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. We strive to promote student health and reduce childhood obesity. St. Wenceslaus School will achieve the goals of this policy by:

- A. Involving parents, students, board members, teachers, and other interested persons in the development, monitoring and review of this policy.
- B. Developing goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

II. Nutrition Education Goal

All students will be educated in good nutrition practices as part of each classroom's science and health curriculum.

A. Implementation

- a. Meet with staff to list meaningful activities that can be integrated into the school's science and or health curriculum.
- b. Review activities currently in place, both at school and in the community that are designed to encourage students' participation in family/community physical activities
- c. Water is available to students throughout the day. Student bring water bottle to school.

B. Monitoring

- a. Provide opportunities for the staff to discuss progress.
- b. Make adaptations and modifications to implementation as needed.

C. Evaluation

- a. Students write about or illustrate a healthy practice they are practicing on a regular basis.
- b. Collect information from students and parents about family physical activities.
- c. Survey staff about effectiveness of efforts made to increase physical activity.

#### IV. Other School-based Activities Designed to Promote Student Wellness

Offer other suitable opportunities and examples to students to engage in health promoting activities.

##### A. Implementation

- a. The school's playground will be made available to use by the students outside the normal school day, subject to safety and risk management considerations.
- b. The staff will strive to be role models in practicing healthy eating habits.
- c. If necessary, the staff will work collaboratively with public school to make sure students are getting sufficient time to each lunch/breakfast.
- d. Extracurricular programs will be encouraged and made available to students when possible.

##### B. Monitoring

- a. Staff will monitor the lunch schedule and discuss effectiveness of plan.
- b. Information will be reviewed and adjustments made as needed.

##### C. Evaluation

- a. Staff will observe and review if allotted time allows for desired results.
- b. Students will share their reaction to the schedule

#### V. Nutrition Guidelines for all foods and beverages available at School

Efforts are made to include healthy snack choices for classroom celebrations, parties, field trips, and afternoon snacks. (NOTE: The lunch program is through the local public school)

##### A. Implementation

- a. Review current procedures and practices for use of snacks for classroom celebrations, parties, afternoon snack, and field trips.
- b. Engage students in discussions about the need for healthy snacks at school.
- c. Invite knowledgeable guest speakers to meet with students about the need for making healthy snack choices.

##### B. Monitoring

- a. Analyze data and input collected related to snacks currently available in the school.
- b. Monitor students, staff involvement and make modifications as needed.

##### C. Evaluation

- a. Tally results from input received from staff and students relative to the changes made at the school level involving healthy snacks.
- b. Determine next steps for the 2024-2025 school year.

## VI. Triennial Assessment

The committee & school board shall assess & review this policy at least every 3 years to determine.

- a. Compliance with this policy
- b. How this policy compares to NDE model Wellness Policies
- c. Progress made in attaining the goals of this policy

Our school will inform families each year of basic information about this policy, including content, any updates to the policy and the names & contact information of the Wellness Committee. We will also encourage parents to get involved by contacting anyone on this committee. We will send this information out at the beginning of each year in the Parent Packets.

## VII. Public Notice

Our school will provide access to this policy to the public by posting it to our school website ([www.stwenc.org](http://www.stwenc.org)) and include this policy in our student and staff handbooks.

Our school will retain these records to document compliance with the requirement of the Wellness Policy at our main office at school.

## VIII. Leadership

The following are responsible for the managing of the Triennial Assessment & their contact information.

Beth Wisnieski - [bethwisnieski@gmail.com](mailto:bethwisnieski@gmail.com)

Jackie Martin - [stwschool@gpcom.net](mailto:stwschool@gpcom.net)

Members of our Wellness Committee:

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