



Wheeler Central Public Schools

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Triennial Assessment Report to the Public Wheeler Central Schools, 92-0045

The Wheeler Central School Wellness Committee is made up of the Superintendent, Principal, School Nurse, FCS Teacher, Physical Education Teacher, Head Cook, students and parents. They have established goals and assessed the school's progress toward those goals.

The school's Wellness Policy was sent to the Nebraska Department of Education to be assessed with the WellSAT 3.0 assessment. Results were reviewed by the Board of Education at the February, 2024 regular meeting. The assessment uses a 3 point scale:

- 2 = Includes all required language
- 1 = Includes some of the required language
- 0 = Includes none of the required language

The assessment concluded that the policy includes all six parts, but some subsections of the six parts had ratings of a 0. The following are the items we will be or have been working on to improve our policy and actions at Wheeler Central Schools.

1. Nutrition Education – The agriculture, family and consumer science, and physical education teachers include nutrition education in their presentations.
2. School Meals – The district provides parents with information concerning free/reduced meals and encourages all parents to fill out the proper forms. The district keeps the forms confidential in the central office when turned in. School Nutrition staff can and do attend training on an ongoing basis.
3. Vending Machine – The district utilizes a timer on the vending machine to ensure that drinks are not purchased during lunchtime.
4. Physical Education – The physical education teacher has updated the curriculum to include more nutrition information and more activities have been implemented to increase physical activity.
5. Wellness Marketing – The kitchen staff has placed informational posters of nutrition on the walls in the cafeteria. Fun nutritional facts are updated on the cafeteria board regularly.
6. Implementation – The district is part of an EHA Wellness program and the staff is provided with information and encouraged to participate in the various activities offered. The school board reviews all of its policies and procedures and will be looking at updating the Wellness Policy within those reviews. The School Wellness Committee meets twice a year to review progress toward goals.

The School Wellness Policy 5052 can be found on the school website under District>Board of Education>Board Policy. The WellSAT scorecard can be found on the school website under the District>Board of Education.