

Triennial assessment results 2026

Meet our team

- Becky Billings, School Lunch Coordinator
- Trish Wallinger, Principal
- Amanda Buscher, LMHP
- Bridgette Laney, BSN, RN, School Nurse
- Veronica Traggiai, Communications


Policy compliance results

Summarize results of the wellness policy assessment (e.g., strengths and opportunities for improvement) here **OR** add link to completed Step 1 documentation template using this chip:

 St. Mary's School 770701 - LSWP Comparison Assessment

Wellness policy goals

1. Nutrition education/promotion: Students will be educated on healthy eating habits and the benefits of good nutrition through classwork and practice in cross curricular areas. (Science, Social Studies, Physical Education and Math)
2. Physical activity: All members of the St. Mary's School community will work toward learning and maintaining healthy habits for an active lifestyle.
3. Other goals for student well-being: Add a more formal Social and Emotional Learning curriculum to address the needs of students' peer to peer interactions and encourage positive relationships.

Summarize results on progress made in meeting your 3 district wellness policy goals across all grade groups (e.g., K-5, 6-8, 9-12) served **OR** add link to completed Step 2 documentation template using this chip:  File

Key achievements

Goal 1:

- Elementary School: Students were given instruction in general nutrition, how to read and understand food nutrition labels, healthy choices in the lunchroom and during snack time. They also participated in ag in the classroom speaker presentations, trips to the orchard and farm.
- Middle School: Students have the opportunity to learn about the benefits of healthy eating, do cooking activities in science classes and plan their own holiday celebrations that include food and beverages. They are encouraged to stay hydrated and be aware of food labeling to make healthy choices in their food consumption.
- High School: N/A

Goal 2:

- Elementary School: Run across Nebraska program in all grades with the progress posted in the gym. Students learned new sports such as golf and pickleball with the idea that they will show an interest in continued participation outside of the school day. Health and nutrition education included classes in science, social studies and math.
- Middle School: Same as above, but in addition the classes included intramural competitions and organized kickball, volleyball and basketball games.

High School: N/A

Goal 3:

- Elementary School and Middle School: Students participated in Friendly classes and took twice yearly Insights Assessments to determine the effectiveness of the lessons and aid our continuous improvement in student Mental Health.

Next Steps

Outline any next steps here (e.g., steps to meet unmet goal(s) or policy elements that are not currently met, updates to wellness policy, updates to wellness goals, etc.).

St. Mary's School will continue to work toward achieving the 3 goals during the next three year cycle. We will convene the Wellness Committee once a quarter to evaluate and measure progress. Additionally, we will continue to offer professional development and training to those involved in the education process as well as policy making for the school community.

Goals will be adjusted as part of the school continuous improvement plan and as needed.