



ST. BERNADETTE SCHOOL  
7600 SOUTH 42ND STREET  
BELLEVUE, NE 68147

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## **St. Bernadette Wellness Policy** **Updated 05/18/2026**

The Archdiocese of Omaha recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating problems associated with poor nutrition and lack of physical activity. This policy requires that all members of the school and community maintain an environment that enhances maximum student potential.

### **Wellness Committee**

- Lynn Schultz (Principal)
- Patty Godek (Teacher)
- Daniel Mettler (Teacher)
- Mariah Kochera (Teacher)
- Holly Inserra (Parent)
- Student
- Student
- Community Member - Michaela Flanagan

### **Wellness Policy**

In order to comply with the Child Nutrition and WIC Reauthorization Act of 2004, St. Bernadette School has created a Wellness Policy to address the areas of Nutrition, Physical Activity and Health. This policy was enacted with the foundational belief that guidelines for good nutrition, physical activities/education, and health/nutrition education are essential for our students and staff. Research shows that children who begin each day as healthy individuals are better learners. This policy is assessed every three years by a representative from the State of Nebraska Education Department. St. Bernadette will comply with recommendations made at the time of each review.

### **Physical Education (P.E.)**

All students in grades K-4 will receive physical education class for 90 minutes per week for the entire school year. All students in grades 5-8 will receive physical education class for 90 minutes per week for the entire school year. All physical education will be taught by a physical education teacher. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

In addition:

- After School Tiger Den Clubs use the social hall and/or outside play areas on campus.
- The students are also able to participate in school sponsored sports teams.
- Specials classes are located on all floors of the building to increase walking between class transitions.
- The school gym is located at Gross Catholic High School. This is a 3 to 5-minute walk from their classroom.
- School Field Day happens annually.
- Tiger Trot School Fundraiser annually.

### **Daily Recess**

Students in grades PK-4 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally.



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and through the provision of space and equipment. Students in grades 5-8 will participate in supervised recess as the schedule allows on a daily basis.

Teachers attempt to take their students outside daily. The times they would opt to stay indoors would be on inclement weather days. On those days' indoor activity is encouraged:

- Go Noodle Activities
- Activity time for indoor recess
- In place of recess on cold weather days a short outdoor walk for exercise and fresh air.

Students who are not allowed to participate in recess due to behavior have the option of walking the lot for exercise during recess time. This is monitored by the staff member on duty.

### **Nutritional Goal**

At St. Bernadette School all food and beverages served in the lunch line will comply with the state standards for nutrition in schools. This includes meal patterns, nutrient levels, and calorie requirements for students in grades PS-8th grade. USDA Website Link:

<https://www.ams.usda.gov/> (7 CFR 210.10 or 220.8)

- St. Bernadette participates in the free and reduced lunch program
- Through participation in the program, the school follows the USDA nutrition guidelines outlined by this program for lunch and after school snacks.
- Follows the offer vs. serve guidelines
- Water is available at lunch at no cost. A water cooler dispenser is on a cart with styrofoam glasses for self service in the student section of the cafeteria. The water cooler dispenser is filled with cold water each day for all lunch periods. Students are also encouraged to hydrate throughout the day by allowing students to have a water bottle in the classroom.
- Fruit and vegetables are provided in the lunch line
- Salad Bar with fresh fruits and vegetables are offered to students in grades 5-8 as a lunch option.
- Menu choices are available for the main course including yogurt and cheese stick or peanut butter and jelly sandwiches.
- Students are allowed to choose their main course at the beginning of the day when they identify the lunch count in the classroom.
- There are no other times that food is sold during the school day.
- There are no vending machines for student use or adult use.

### **Meals Served**

Meals served at St. Bernadette School will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutritional requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat 1% and fat free milk
- Ensure that half of the served grains are whole grain



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- All students will receive a reimbursable meal regardless of whether the family owes money on the account. In no way will a child be stigmatized when the family account has a negative balance.

### **Meal Times and Scheduling**

St. Bernadette School will:

- Provide students with at least 20 minutes for lunch
- Schedule meal periods at appropriate times, between 11:00 am and 1:00 pm
- Will not schedule tutoring, club, or organizational meetings or activities during meal times unless students may eat during such activities
- Provide students access to hand washing or hand sanitizing before they eat a meal or snacks

### **Sharing of Food and Beverages**

St. Bernadette School discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. To minimize the spread of germs and illness, children are told not to share food that has been partially eaten. However, students are allowed to put unopened packages of healthy food, or fresh fruits, on the "share table" and students can take what is there to add to their lunch.

### **Nutrition Education**

The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout students' PK-8 educational program. Nutrition education is incorporated into a variety of curriculum areas. These curriculum experiences provide the knowledge and skills necessary to make healthy food choices for a lifetime. St. Bernadette School aims to teach, encourage, and support healthy eating by students by providing nutrition education that:

- Is offered at each grade level designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only PE/Health education classes, but also classroom instruction in subjects such as math, science, language arts, and social studies
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- The cafeteria has posters that teach about the food groups.
- Staff has a set of guidelines and rules for the students to follow in the lunchroom to ensure an enjoyable environment for lunch. (Part of our Schoolwide PBIS)
- The menu is posted on FACTS for all parents to access from home or on a mobile app.
- Links with school meal programs, other school foods, and nutrition-related community services

### **Nutrition Promotion**

- Food and beverages are not used as rewards for student performance or behavior



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- The staff members on duty monitor the lunchroom environment and report any issues to the school principal for further assistance when needed.
- Healthy Classroom Celebrations
  - Students are allowed to bring in prepackaged healthy items to share for birthday treats. Some examples include: Crackers, raisins, fruit roll ups, fruit snacks, yogurt, cheese sticks, fresh fruit, carrots / celery, fruit cups, Jello cups, pudding cups. Non-food items such as pencils, stickers, erasers, pencil sharpeners, crayon boxes, etc. are also acceptable and encouraged.

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 min per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

#### **Goals:**

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching television
- Opportunities for physical activity will be incorporated into other subject lessons
- Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.
- After-school Tiger Den Clubs will provide and encourage –verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### **Physical Activity Goal**

St. Bernadette School will work to increase the variety of physical activities as rewards. Goal begin date: Fall of 2026.

### **Physical Activity After School**

After-school Tiger Den Clubs will provide and encourage –verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### **Privacy of Students**

- St. Bernadette School provides Free and Reduced lunch forms to all families at the beginning of the school year. They are processed on the same day received by the school.
- Reminders are provided to families during the school year that if financial circumstances change, a form can be filled out at any time for determination of eligibility.
- The Free and Reduced Lunch Form is posted in FACTS for anytime accessibility.
- Only three individuals participate in the processing of this information. (Cafeteria Manager, Administrative Assistant, Principal)



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- All parent communication is provided in a confidential manner including personal phone calls, and paperwork sent home in sealed envelopes.
- There is no money exchange at the point of service.

#### **Wellness Goal:**

St. Bernadette School will increase the use of local farm to school connections. Goal begin date: Fall of 2026.

#### **Public Notification**

- Families are provided this policy in the family handbook and have access to it electronically throughout the school year
- Modifications of the policy are communicated to the parents at the time the changes are made. (Communicated by FACTS emails and or "Remind" messages)
- Posted to FACTS as a document and available all year.
- The policy is posted on our school website: <https://stbernadetteschool.net/>
- St. Bernadette School provides Free and Reduced lunch forms to all families at the beginning of the school year. They are processed on the same day received by the school.
- Reminders are provided to families during the school year that if financial circumstances change, a form can be filled out at any time for determination of eligibility.
- The Free and Reduced Lunch Form is posted in FACTS for anytime accessibility.

#### **Annual Training for Nutrition Services Staff**

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development is provided annually.

- New and Current Directors 12 hours annually
- New and current managers 10 hours annually
- New and current staff 6 hours annually
- Documentation of training is kept on file at St. Bernadette School

#### **Federal Requirements Not applicable to St. Bernadette School**

- Smart Snacks are not sold during the school day.
- Food and beverages are not sold a la carte.
- Food and beverages are not sold in vending machines.
- Food and beverages are not sold in school stores.
- Food and beverages are not sold as part of fundraisers during the school day.
- There is no marketing for Smart Snacks sold during the school day. (Smart Snacks are not sold so marketing is not necessary.)
- There is no school breakfast program.

#### **Monitoring and Evaluation**

- Lynn Schultz, principal, will ensure compliance with the nutrition and physical activity policies of St. Bernadette Catholic School.
  - [lschultz@stbernadetteschool.net](mailto:lschultz@stbernadetteschool.net)
  - (402)-731-3033



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- This policy will be reviewed annually and updated in the Family Handbook and posted on FACTS and the school website: <https://stbernadetteschool.net/>
- St. Bernadette School will comply with Triennial Reviews and all necessary updating of policy based on the results of the Triennial Review. (These reviews include assessing the implementation of the procedures contained in the Wellness Policy.)
- All Triennial Assessment results will be made available to the public. These results will be posted in FACTS and on our website: <https://stbernadetteschool.net/>
  - The quantitative assessment of policy implementation will occur every three years using the Wellness School Assessment tool -WellsAT Practice
  - The triennial progress report will be posted in FACTS . This report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies and progress made in achieving the goals.

### Section 1. Nutrition Education

NE Indicator:	Standard:
NE1	Includes goals for nutrition education that are designed to promote student wellness. <ul style="list-style-type: none"> <li>● Nutrition Standards are linked below. These are addressed throughout the school year as part of the Health and Science Curriculum.</li> <li>● K-2 Science Standards <a href="https://drive.google.com/open?id=1IXZYVOL5L9Xnrwuhgvs_B1J0F0zRVp_7">https://drive.google.com/open?id=1IXZYVOL5L9Xnrwuhgvs_B1J0F0zRVp_7</a></li> <li>● 3-5 Science Standards <a href="https://drive.google.com/open?id=15BWojKgt4CZ8DY01wl72Hoa-JtGtETTo">https://drive.google.com/open?id=15BWojKgt4CZ8DY01wl72Hoa-JtGtETTo</a></li> <li>● 6-8 Science Standards <a href="https://drive.google.com/open?id=1-GN-aUhmbHOT1PWXUrmRSEUZcxb69iLq">https://drive.google.com/open?id=1-GN-aUhmbHOT1PWXUrmRSEUZcxb69iLq</a></li> </ul>
NE 2	Nutrition education teaches behavior-focused, interactive, and/or participatory skills. <ul style="list-style-type: none"> <li>● Students do project based learning. Ex: Creating restaurant menus, creating healthy snack options for school wide snack time etc.</li> </ul>
NE 3	All elementary school students receive sequential and comprehensive nutrition education. <ul style="list-style-type: none"> <li>● Primary grades incorporate instruction surrounding food groups and exercise.</li> </ul>
NE 4	All middle school students receive sequential and comprehensive nutrition education. <ul style="list-style-type: none"> <li>● Grades 5-8 use essential health skills for middle school (Sanderson. Zelman (2023).</li> </ul>
NE 6	Nutrition education is integrated into other subjects beyond health education <ul style="list-style-type: none"> <li>● In the primary grades, the students are taught healthy eating, dentistry and health of the body.</li> <li>● “In Fourth grade we talk about the different body systems and ways to keep</li> </ul>



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	<p>each system healthy. Students have a final project where they create an informational poster over one of the body systems and ways to keep it healthy.”</p> <ul style="list-style-type: none"> <li>● “In reading we also talk about the cardiovascular system, how it functions, and ways to keep it healthy.”</li> <li>● “I think the only way nutrition comes up here in Resource is when students have certain snacks and ask to eat them. If it is chips, candy, or something else unhealthy, I discuss with them how it is a snack? Who bought that for them? If they received it from another student?”</li> </ul>
NE 7	<p>Links nutrition education with the school food environment.</p> <ul style="list-style-type: none"> <li>● Healthy snacks are in alignment with salad bar and other menu items served at lunch.</li> </ul>
NE 8	<p>Nutrition education addresses agriculture and the food system.</p> <ul style="list-style-type: none"> <li>● Idea - bring in farmers to talk about their “job”</li> <li>● This counts for career education too.</li> <li>● Soybean presentation.</li> </ul>

## Section 2. Standards for USDA Childhood Nutrition Programs and School Meals

SM1	<p>Assures compliance with USDA nutrition standards for reimbursable school meals.</p> <ul style="list-style-type: none"> <li>● The Food Service Manager attends annual training to review all compliance components with USDA nutrition standards for reimbursable meals.</li> <li>● Certificates of attendance can be provided on site.</li> <li>● The food line is set up to monitor food items received per student.</li> <li>● The salad bar is monitored by a trained adult to ensure compliance of chosen items per student.</li> </ul>
SM2	<p>Addresses access to the USDA School Breakfast Program.</p> <ul style="list-style-type: none"> <li>● Not applicable. Breakfast is not served at our location.</li> </ul>
SM3	<p>The district takes steps to protect the privacy of students who qualify for free or reduced-priced meals.</p> <ul style="list-style-type: none"> <li>● The information regarding free and reduced lunches is accessible only by the Food Service Manager, Principal, Administrative Assistant and Administrative Team of the Consortium Schools.</li> <li>● The information is tracked in FACTS for state reporting.</li> <li>● The location in FACTS is restricted to those with administrative rights only.</li> </ul>
SM4	<p>Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.</p> <ul style="list-style-type: none"> <li>● All children receive the planned daily meal even if there is a balance on the family account.</li> <li>● We work with parents to ensure payment.</li> <li>● Families that struggle with payment may receive assistance if funds are available.</li> </ul>



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	<ul style="list-style-type: none"> <li>● Notification is provided to parents on paper in a sealed envelope or by email.</li> </ul>
SM5	<p>Specifies how families are provided information about determining eligibility for free/reduced priced meals.</p> <ul style="list-style-type: none"> <li>● School Administration uploads the student names to the CNP website in August prior to the start of school.</li> <li>● Once the direct certification matches are received the families are notified in writing. (Form provided by Nutrition Services)</li> <li>● All other families are provided a free and reduced family application. (Form provided by Nutrition Services)</li> <li>● The family application forms are processed on the day they are received and letters regarding qualification are sent the same day.</li> <li>● Families can apply at any time during the year if their circumstances change.</li> <li>● The student information system (FACTS) is updated per family / student.</li> </ul>
SM6	<p>Specifies strategies to increase participation in school meal programs.</p> <ul style="list-style-type: none"> <li>● Food Service Manager introduces new food options.</li> <li>● Salad Bar for Middle School students with fresh fruits and vegetables.</li> <li>● Fun names for entree items.</li> <li>● Student survey given to determine what foods are considered "favorites."</li> <li>● Student survey given to determine what new foods could be ordered.</li> </ul>
SM7	<p>Addresses the amount of "seat time" students have to eat school meals.</p> <ul style="list-style-type: none"> <li>● The administrator and teacher committee prepare the schedule to account for 20 to 25 minutes of seat time for lunch for all grades.</li> </ul>
SM8	<p>Free drinking water is available during meals.</p> <ul style="list-style-type: none"> <li>● Water jugs are filled daily and Styrofoam cups are provided. Students can get water as needed during lunch.</li> </ul>
SM9	<p>Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.</p> <ul style="list-style-type: none"> <li>● A record of all training is kept on file for review.</li> </ul>
SM10	<p>Addresses purchasing local foods for the school meals program</p> <ul style="list-style-type: none"> <li>● The cafeteria manager is researching purchasing from local food vendors.</li> </ul>



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### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

NS1	<p>Addresses compliance with <b>USDA nutrition standards</b> (commonly referred to as <b>Smart Snacks</b>) for all food and beverages sold to students during the school day.</p> <ul style="list-style-type: none"> <li>Snacks and other food and beverage items are not sold to students during the school day.</li> <li>The only food sold during the day is a part of the school lunch program.</li> </ul>
NS2	<p><b>USDA Smart Snack standards are easily accessed in the policy.</b></p>
NS3	<p><b>Regulates food and beverages sold in a la carte.</b></p> <ul style="list-style-type: none"> <li>No food items are sold a la carte.</li> </ul>
NS4	<p><b>Regulates food and beverages sold in vending machines.</b></p> <ul style="list-style-type: none"> <li>There are no vending machines at this school site.</li> </ul>
NS5	<p><b>Regulates food and beverages sold in school stores.</b></p> <ul style="list-style-type: none"> <li>There are no food and beverages sold in a school store.</li> </ul>
NS6	<p><b>Addresses fundraising with food to be consumed during the school day.</b></p> <ul style="list-style-type: none"> <li>There is no fundraising that involves food to be consumed during the school day.</li> </ul>
NS7	<p><b>Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>
NS9	<p><b>Regulates food and beverages served at class parties and other school celebrations in elementary schools.</b></p> <ul style="list-style-type: none"> <li>The family handbook articulates healthy snacks or toy/ trinkets are approved items for class parties and school celebrations.</li> </ul>
NS10	<p><b>Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.</b></p> <ul style="list-style-type: none"> <li>The family handbook is utilized as part of the after care program including the use of healthy snacks.</li> </ul>
NS11	<p><b>Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.</b></p> <ul style="list-style-type: none"> <li>Food and beverages are not sold after the school day.</li> </ul>



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NS12	<p><b>Addresses food not being used as a reward.</b></p> <ul style="list-style-type: none"> <li>Alternative ideas for items to give to students as a reward have been provided.</li> </ul>
NS13	<p><b>Addresses availability of free drinking water throughout the school day.</b></p> <ul style="list-style-type: none"> <li>Students are allowed to carry and fill water bottles all day long.</li> </ul>

#### Section 4. Physical Education and Physical Activity

PEPA 1	<p><b>There is a written physical education curriculum for grades K-12.</b></p> <ul style="list-style-type: none"> <li>We use "Spark" Curriculum</li> <li>Friendzy SEL Curriculum</li> <li>Nutrition Unit (All grades)</li> <li>Muscular Skeleton Unit (6-7-8 grade)</li> </ul>
PEPA 2	<p><b>The written physical education curriculum for each grade is aligned with national and/or state physical education standards.</b></p> <ul style="list-style-type: none"> <li>SBS uses Archdiocesan PE standards that are aligned with NE standards</li> </ul>
PEPA 3	<p><b>Physical education promotes a physically active lifestyle.</b></p> <ul style="list-style-type: none"> <li>Each grade learns specific movements (jumping jacks, skipping, and side to side movement)</li> <li>Cognitive movements (Using both sides of the brain)</li> <li>Each class starts with warm ups and stretching as needed per the activity.</li> <li>Lifestyle conversations about these activities occurring throughout your life.</li> </ul>
PEPA 4	<p><b>Addresses time per week of physical education instruction for all elementary school students.</b></p> <ul style="list-style-type: none"> <li>The school schedule allows for three 30 minute Physical Education classes per week. (Grades K-4)</li> </ul>
PEPA 5	<p><b>Addresses time per week of physical education instruction for all middle school students.</b></p> <ul style="list-style-type: none"> <li>The school schedule allows for two 45 minute Physical Education classes per week. (Grades 5-8)</li> </ul>
PEPA 7	<p><b>Addresses qualifications for physical education</b></p>



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	<p><b>teachers for grades K-12.</b></p> <ul style="list-style-type: none"> <li>● SBS has employed a PE certified full time teacher to address the PE and Health Curriculum.</li> </ul>
<b>PEPA 8</b>	<p><b>Addresses providing physical education training for physical education teachers</b></p> <ul style="list-style-type: none"> <li>● The Spark Curriculum provides a variety of learning opportunities for PE teachers.</li> <li>● The Consortium schools provide PD sessions for collaboration among all the 6 Schools.</li> <li>● A Google classroom has been created for communication between all PE teachers in the Consortium Schools.</li> </ul>
<b>PEPA 9</b>	<p><b>Addresses physical education exemption requirements for all students.</b></p> <ul style="list-style-type: none"> <li>● All students who have a physical injury or diagnosis are exempt from participation when a doctor's note is provided.</li> </ul>
<b>PEPA 10</b>	<p><b>Addresses physical education substitution for all students.</b></p> <ul style="list-style-type: none"> <li>● All students are provided physical education classes when a substitute teacher is present.</li> <li>● SBS Health plans are followed with exemption from PE when appropriate.</li> <li>● Teachers use best judgment when a student doesn't feel well, exemption is allowed.</li> </ul>
<b>PEPA 11</b>	<p><b>Addresses family and community engagement in physical activity opportunities at all schools.</b></p> <ul style="list-style-type: none"> <li>● SBS addressed family and community engagement by providing an opportunity for students, families, and community to participate in our "Tiger Trot" fundraiser.</li> <li>● Volunteers are welcome for school activities including Field Day at the end of the year.</li> </ul>
<b>PEPA 12</b>	<p><b>Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.</b></p> <ul style="list-style-type: none"> <li>● Students have the opportunity to participate in intramurals through St.</li> </ul>



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	<p>Bernadette Church athletic leagues. (PAL, CYO Leagues)</p> <ul style="list-style-type: none"><li>● Students have the opportunity to participate in sports through Jr. Cougar programs.</li><li>● Students in our aftercare program spend time outside playing when the weather allows.</li><li>● Early Morning Walking Club in the school during the colder months of the year.</li></ul>
<b>PEPA13</b>	<p><b>Addresses recess for all elementary school students.</b></p> <ul style="list-style-type: none"><li>● Every student is provided a 20-30 minute recess daily</li><li>● Students in grades PK, K have two recesses a day.</li><li>● In class brain breaks that allow for movement to get their body moving.</li></ul>
<b>PEPA 14</b>	<p><b>Addresses physical activity breaks during school.</b></p> <ul style="list-style-type: none"><li>● Students are provided opportunities to stretch between classes.</li><li>● Switching classes</li><li>● In class brain breaks that allow for movement to get their body moving.</li><li>● Recess</li><li>● Physical education classes.</li></ul>



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## Section 5. Wellness Promotion and Marketing

WPM 1	<p><b>Encourages staff to model healthy eating and physical activity behaviors.</b></p> <ul style="list-style-type: none"> <li>All staff members participated in the “Tiger Trot”.</li> </ul>
WPM 2	<p><b>Addresses strategies to support employee wellness.</b></p> <ul style="list-style-type: none"> <li>The wellness committee meets and shares ideas with their colleagues.</li> </ul>
WPM 3	<p><b>Addresses using physical activity as a reward</b></p> <ul style="list-style-type: none"> <li>Extra recess is given as a reward.</li> </ul>
WPM 4	<p><b>Addresses physical activity not being used as a punishment.</b></p> <ul style="list-style-type: none"> <li>Alternative ideas have been provided to avoid physical activity being used as a punishment.</li> </ul>
WPM 5	<p><b>Addresses physical activity not being withheld as a punishment.</b></p> <ul style="list-style-type: none"> <li>All students go to recess or have an alternative opportunity for physical activity.</li> </ul>
WPM 6	<p><b>Specifies marketing to promote healthy food and beverage choices.</b></p> <ul style="list-style-type: none"> <li>There are posters hung in the cafeteria</li> </ul>
WPM 7	<p><b>Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.</b></p> <ul style="list-style-type: none"> <li>Foods and beverages are not marketed on school campus other than in alignment with the school lunch program.</li> </ul>
WPM 8	<p><b>Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>
WPM 9	<p><b>Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).</b></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>
WPM 10	<p><b>Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).</b></p> <ul style="list-style-type: none"> <li>Food is not purchased other than through the school lunch program.</li> </ul>
WPM 11	<p><b>Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television,</b></p>



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	<p><b>computer screen savers, school- sponsored Internet sites, and announcements on the public announcement (PA) system).</b></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>
WPM 12	<p><b>Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).</b></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>

## Triennial Assessment Results 2026

### Meet our Team:

- Lynn Schultz, Principal
- Dan Mettler, PE Teacher
- Mariah Kochera, 4th Grade Teacher
- Holly Inserra, Preschool Representative
- Patty Godek, Kindergarten Teacher
- Kacie Rosario, Parent

### Policy Compliance Results

#### Areas of Strength:

- Students have consistent and easy access to free drinking water throughout the day.
- Teachers plan physical activities as rewards for students
- Physical education promotes a physically active lifestyle

#### Opportunities for Improvement

- Employee engagement in wellness
- Family engagement in wellness
- Procurement of locally produced foods.

### Wellness Policy Goals

1. **Nutrition education/promotion:** St. Bernadette School will promote nutrition education throughout students' PK-8 education program. (Met)
2. **Physical activity:** St. Bernadette School will work to increase the variety of physical activities as rewards and implement more opportunities for employee and family engagement in physical activities. (Partially met - Our wellness committee is planning more opportunities for the upcoming school year.)
3. **Other goals for student well-being:** St. Bernadette School will increase the use of local farm to school connections. (Partially met - Our cafeteria manager is working on adding more local farm to school connections as we start the school year in the fall.)



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### **Key Achievements**

- Students participate in project-based learning: Creating restaurant menus, creating healthy snack options for “snack time” in the classroom.
- Addition of the salad bar with fresh fruits and vegetables for students at lunch.
- We have added more physical activities to celebrate accomplishments.

### **Next Steps**

- The Wellness committee will work with school staff to intentionally offer employee nutrition and wellness activities to be implemented in the 2026-2027 school year.
- The Wellness committee will work with Home and School to intentionally offer family nutrition and wellness activities to be implemented in the 2026-2027 school year.
- St. Bernadette will seek out partnerships to increase our use of local farms for our fresh fruits and vegetables on the salad bar.

If you have any questions, please reach out to Mrs. Lynn Schultz.  
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402-731-3033