



Sargent Public Schools

PO Box 366

Sargent, NE 68874

Sargent School Community,

Our district takes pride in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building.

Research indicates that initiatives focused on improving aspects of students' well-being in schools—such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting schools' use of exclusionary discipline—have been found to be successful in improving student success, and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

Results of the wellness policy assessment:

SPS was found to include all the required language in the school wellness policy (SWP) per the Alliance for a Healthier Generation's SWP assessment to ensure it meets federal guidelines. To see the our assessment, please visit the school website on the wellness page.

Results on progress made in 3 district wellness policy goals:

1. **Nutrition-** Healthy taste tests with nutrition information available are presented quarterly to students Pre-K through 12. Classes incorporate cooking/nutrition in the 4th, 5th, 9th, and 12th grade classrooms.
2. **Physical Education-** The PE curriculum includes instruction on physical activity and healthy living, recess is every day for Pre-K-6th grades, and 7-12 have lunch free time with open gym and outdoor activity options. The Just Move It walking program is promoted across the school.
3. **Staff Wellness-** EHA Wellness program is encouraged for all staff with 70% participation. The weight room is available for staff use and staff also walk in the halls before and after school.

Future Additional Wellness Committee Goals:

Create a specific goal/standard for classroom snacks and parties. The Wellness Committee will create a policy to address this that builds on the general policy for school-provided foods.

For more information and to view the Triennial Health Assessment, please visit the school website at sargentpublicschools.org, where public notifications can be found on the wellness page.

If you have any questions, please contact me at levi.likens@sargentpublicschools.org.

Respectfully,

Levi Likens

School Wellness leader