



St. Joseph Catholic School

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St. Joseph Catholic School takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged and challenged each schoold day. Research indicates that initiatives focused on improving aspects of students' well-being in school – such as addressing childhood obesity, preventing bullying and supporting students' mental health – 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.

Compliance Results:

St. Joseph Catholic School completed a wellness policy assessment (available on our website) that indicates we have done a very good job of reaching our wellness goals from the 2023 Triennium Assessment.

Areas of Strength:

1. Identifies one or more school officials who have the authority and responsibility for ensuring compliance with the policy.
2. Includes specific goals for school-based activities that promote student wellness.
3. Includes language describing the methods for informing the public (including parents, students, and others in the community) about our School Wellness Policy, and updates this information on an annual basis.

Opportunities for Improvement:

1. Increase parent and community involvement in the development of the SWP policy.
2. Increase awareness to parents of our SWP policy
3. Improve and expand language in our SWP that outlines the triennial assessment process and what is to be measured and made available to the public.

Wellness Policy Goals:

1. Implement instruction that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. Specifically, move recess to before lunch to increase the amount of time students spend eating and drinking, create a calmer environment and decrease wasted food and milk.
2. Instruction in physical education will focus on the acquisition of physical skills as opposed to competitive games with instruction support provided by the SPARK curriculum and to increase opportunities for physical activity.
3. Revise the School Wellness Committee to include a more diverse group.

The wellness policy assessment as well as our updated School Wellness Policy (SWP) are both available on our school website www.stjosephyork.com under the Lunch Program tab.

If you have any questions, contact Dr. Ken Heinz, Principal, St. Joseph Catholic School ken-heinz@cdolinc.net.

Respectfully submitted,

Ken Heinz, Principal