

Triennial Assessment Summary

Our district takes pride in supporting the whole child's needs to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our schools. 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. A triennial review of our wellness policy has yielded the below results.

Our School Wellness Policy has the following goals:

1. The primary goal of nutrition education is to influence students' eating behaviors. Schools will promote nutrition education throughout a student's K-12 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.
2. The primary goals are to offer opportunities for students to experience a variety of physical activities and to educate the value of a consistent fitness program for better health, academic success, and general social-emotional well-being. Schools will promote opportunities for physical activity throughout the school day and during after-school programs. Physical activity, health, and fitness education are incorporated throughout a student's K-12 educational program.

To meet the primary goal of nutrition education, Schools promote nutrition by introducing new fruits and vegetables during the meal period. Information specific to the individual fruit or vegetable is available to students so that they can learn about where it originated from, the nutritional benefits, and recipes. Additionally, over 30 schools participated in the Fresh Fruits and Vegetables Program. We also participated in Nebraska Thursdays and Taste It, Try It.

To meet the primary goal of physical education. All elementary school students receive a 50-minute physical education class twice every ten cycle days. Elementary schools also offer after-school sports programs to 4th, 5th & 6th grades called "Play Days." The sports include boys' and girls' soccer, boys' and girls' basketball, and co-ed flag football and girls' volleyball. All middle school students, 6th, 7th & 8th graders, are enrolled in a yearly physical education class. Each class focuses on lifelong health and wellness by providing physical activity choices and nutritional information. Specific elementary and middle school schools participated in the UNO Maverick Run - Virtual School Race and American Heart Association - Kids Heart Challenge. All high school students must have four credit hours (2 years) of physical education instruction.

We utilize the WellSAT Assessment Tool with an overall district policy score of 68 for comprehensiveness and a strength score of 45. Areas of improvement include staff wellness, supporting student wellbeing, and specific student goals outlined for physical education and physical activity requirements.

As we are actively implementing resources and services in the improvement areas, they need to be outlined in our School Wellness Policy.

For example:

- All Full-time staff are eligible to enroll in the EHA Wellness Program.

- The RULER (recognizing, understanding, labeling, expressing, and regulating emotion) programming for social-emotional learning has been adopted by 30 schools, with 30 more to be onboarded.
- We have outlined physical education requirements for elementary, middle, and high schools.
- Installed water bottle filling stations in all schools and the main district office.

Moving forward, we plan to update the School Wellness Policy to include the improvement areas, add additional goals and track our progress to ensure we are aligned with USDA requirements.

[Link to WellSAT Assessment Tool](#)

[Link to School Wellness Policy](#)

Once we have updated the School Wellness Policy, the policy will be reviewed and approved by the Omaha Public Schools Board of Education. After approval, the new policy will be shared with the public via social media, website, and school newsletters.

If you have any questions, please contact Ciera Mosley by email at ciera.mosley@ops.org.