



Triennial assessment results 2026

Step 3: Public Report

Meet our team

- Sarah Valasek - Principal
- Barb Gehringer- Food Service Director
- Lindsey Ridley- Administrative Assistant
- Kristen Muldoon- Library Teacher
- Theresa Hays - Health Aide & Parent

Policy compliance results

Our school's wellness policy assessment found that we are succeeding in limiting sugar, sodium, and fats in the meals served, but we need to work with students to reduce food waste and encourage taste testing. We also found that we were making a concerted effort to share a wider variety of fruits and vegetables while closely monitoring fruits and vegetables that students may have an allergic reaction to.

At the same time, the wellness policy helped us to become aware of times within the school day when the school may lead the students in more physical activities, like our morning walking club, rather than having students remain stationary on the floor as they assemble to begin classes.

Staff are equally encouraged to share in activities with students as they monitor recess and walk the supervised areas in our extended recess times.

Our health education goals have extended instruction from physical education classes to include nutrition instruction in science classes along with efforts to promote personal hygiene. Students are taking brain breaks and stretching throughout the day.



St. Bernard Catholic School

Wellness policy goals

1. Nutrition Goals

There are 6 nutrition goals for kindergarten through eighth grade:

1. To serve meals lower in sugar, sodium, and fats,
2. To increase consumption of whole grains,
3. To decrease food waste and encourage taste testing,
4. To increase consumption of healthy foods reinforce healthy eating,
5. To teach, model and support healthy eating
6. To establish food environments which promote healthy nutrition choices.

2. Physical activity

There are 6 physical activity goals for kindergarten through eighth grade:

1. To teach and model healthy exercise habits,
2. To educate students on different ways to exercise,
3. To give students 60 minutes of physical activity per day for K-5 and at least 50 minutes 2xs weekly 6th-8th grades,
4. Students will follow developmentally appropriate standards for physical education with lessons on activity, health, and wellness,
5. P.E. teacher holds a BS and a certification in physical education,
6. Provide opportunities for curriculum development in behavior, wellness, and mental health.

3. Other goals for student well-being

Other Health Education Goals include

1. Supplemental physical activity before school daily
2. Offer periodic opportunities to be active and stretch
3. To offer optional weekly before and after school program activities

Progress on these goals includes planned hygiene and health with instruction from Creighton Nurses, and support from the school counselor. Additional time 30 min/day is given to middle school students in grades 5-8 for recess. Health instruction included in science classes.



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Key achievements

1. A key wellness effort has been the participation of students in a morning walking club each day for up to 25 minutes as they arrive and move to the gym. Teachers supervising often join students to help with the motivation of the group.
2. Meals are now provided by Westside Nutrition and are prepared using all approved nutrition guidelines following USDA standards administered by NDE. These lunches meet the five meal components of fruits, vegetables, grains, meats/meat alternatives, and fluid milk.
3. In an effort to reduce food waste students are allowed to decline a portion of items in the offer versus serve initiative to taste test. Water is also made available to students during lunch periods. Students consistently have 30 minutes lunch periods to give them ample time to eat and enjoy their food.

Next Steps

In this introductory phase of implementing the Westside Nutrition lunch program, students are making their lunch selecting from a hot and cold option based upon a menu without having had a chance to taste it to determine their preferences. As students become more familiar with their preference and have the chance to taste test their selection, it is expected that food waste will be reduced.

Middle School students are responding well to having a 30 minute recess daily when they previously did not have this opportunity for physical activity. With the recent installation a new basketball hoop the students have greater opportunity for even more rigorous physical activity during outdoor recess than before. The school has plans to continue to increase the number of outside recess activities.