

Triennial Assessment Report to the Public

Educational Service Unit 8

Step #1- Post results of the wellness policy assessment

The ESU 8 Wellness Policy was compared to the Alliance for a Healthier Generation 10 Step Checklist.

Areas of strength are:

1.) The policy is easy to read. 2.) All components of the Alliance for Healthier Generation Checklist are included in the policy. 3.) Clear expectations for health, nutrition and physical activity education are included in the policy.

Opportunities for improvement:

1. We need to communicate the wellness policy in Spanish for our parents who do not speak English.

2. We need to include the complete wellness policy in our student handbooks. Not all parents can utilize links.

3. Engaging parents in healthy eating practices such as eliminating sugary drinks is a challenge! We'll continue to provide materials and to have one to one conversations with parents about these practices.

4. We need to educate new staff on the Wellness Policy during their orientation when they are hired.

5. Continue to encourage and support staff wellness through our participation in the EHA Wellness Program.

Step #2-Post results on progress made in meeting your 3 district wellness policy goals at BOTH:

- 1) Non food items will be used for rewards or incentives to encourage healthy eating habits. This goal has been implemented and met in both our CLC and ELC sites.**
- 2) Teach, model, encourage, and support healthy eating by all students. This goal has been implemented and met in both our CLC and ELC sites.**
- 3) In order to increase physical activity, our students participate in at least 60 minutes of physical activity each day. This goal has been implemented and met in both our CLC and ELC sites.**
- 4) Our staff wellness goal has been to have at least 50% of our staff complete all of the requirements of the EHA Wellness/Elevate program. We have met that goal each year.**

Here's a link to our Wellness Policy

<https://www.esu8.org/wp-content/uploads/2023/06/5-EquityLegal-Compliance.pdf> Pages 51-63

Nebraska Department of Education, Office of Coordinated Student Support Services

Adapted from the Let's Eat Healthy Program resources Questions? jessie.coffey@nebraska.gov