

Valley, NE 68064

402-359-2583

#### **DC West 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. The wellness assessment included but not limited to nutrition education, nutrition standards, standards for USDA meals, physical education and physical activity, and wellness promotion and marketing. The Triennial wellness assessment is required every three years.

DC West strives to offer every aspect of student and staff wellness to promote and create passionate learners.

If you have any questions, please contact Kelly Ellis at kellis@dcwest.org

Respectfully,

Kelly Ellis

School Wellness Leader

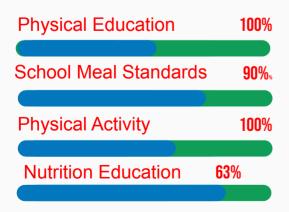
# DC West Community Schools



### **MEET OUR TEAM**

Kelly Ellis, Food Service Director Kristi Trost, Administrative Assistant Jenny Finck, HS Secretary Jeremy Travis, MS Principal Nathan Ter Beest, HS Principal/AD Dr. Jeffery Kerns, EL Principal Brant Loewe, HS PE Teacher

### **WELLNESS METRICS:**





## TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

### **1. POLICY COMPLIANCE RESULTS**

DC West Community Schools has met all the requirements of the school wellness triennial assessment.

• Wellness policy can be found on the school website

### 2. WELLNESS POLICY GOALS

- Implement the school wellness policy with fidelity.
- Track and increase physical activity for all
- Update the nutrition education curriculum through the adoption of health curriculum.

### **KEY ACHIEVEMENTS**

- DC West has a comprehensive and updated school wellness policy.
- DC West has completed the triennial assessment and shared results.
- DC West has utilized school health data to make informed decisions to support student well-being efforts.