



DC WEST
COMMUNITY SCHOOLS

401 S Pine Street

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



TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

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:

Physical Education 100%



School Meal Standards 90%



Physical Activity 100%



Nutrition Education 63%



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.



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