



Boys Town 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.

Research indicates that initiatives focused on improving aspects of students' well-being in schools—such as addressing childhood obesity, preventing bullying and supporting students' mental health 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.

Triennial Wellness Policy Assessment Results:

Primary Wellness Policy Goals

Promote nutritional education on a weekly basis.

Promote and encourage all students to partake in physical activities.

Support students and staff's well-being by encouraging mental health awareness.

To meet our primary goal of promoting nutritional education on a weekly basis a newsletter is sent to parents email at our Wegner site, digital signage for Campus school sites promoting variety of food and food groups, nutritional information, and menus, residential treatment centers are hosting weekly meetings and discussion on health and wellness topics.

To meet our primary goal of promoting all students to partake in physical activities we encourage sports activities, recess, gym activities, walking to school from homes and to classes, and Campus Wellness events.

To meet our primary goal of supporting students and staff's well-being guidance counselors and healthcare professionals are available to meet whenever necessary.

We utilized the WellSAT Assessment Tool with an overall district policy score of 64 for





comprehensiveness and a strength score of 21. Areas of improvement include increase participation in extracurricular activities, increasing marketing nutrition education, community outreach of where to find resources, and improve staff wellness. These were updated in our USDA Youth Health and Wellness Policy.

[WellSAT Assessment Tool](#)

[Updated School Wellness Policy](#)

Triennial Wellness Assessment was made available on School Website, Boys Town Intranet, and this email notification sent out to community.

If you have any questions, please contact Chelsea Trofholz at Chelsea.Trofholz@boystown.org