

Step 3

Triennial Assessment Reporting Template



This editable template helps your team easily and consistently share your School Food Authority's (SFA's) wellness policy assessment results. Input your SFA's specific information, then download and save the customized document to your computer.

Follow these instructions:

- Select a reporting template (template 1 on page 2 or template 2 on page 3) listed in Document tabs
 - Modify the document using the template specific instructions below:
 - ◆ **Template 1**
 - Add the School/District/RCCI name in the header and replace the LOGO placeholder with your school/district/RCCI's logo.
 - Replace the photo placeholder with a photo of wellness activities that your School/District/RCCI participated in (optional) or delete. Additional photos may be included on a second page but are not required.
 - Replace existing instructional text/placeholders under each header with the applicable information and the triennial assessment results summary.
 - ◆ **Template 2**
 - Add School/District/RCCI name, address, and phone number in the header and replace the LOGO placeholder with your school/district/RCCI's logo.
 - Replace existing instructional text/placeholders with the applicable information and the triennial assessment results summary.
 - Click File > Download > PDF
 - Print or save the customized document
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Triennial assessment results 2026

Meet our team

Wellness Committee

- *Christy Keenan – Principal
- *Tim Adamek – PE Teacher
- *Annie Osborne – Cafeteria Manager
- *Anna Dohm – Cafeteria Assistant Manager
- *Sarah Miller – Safety Committee Lead
- *SAB President

St. Gerald Catholic School works to support the needs of the whole child ensuring all students are safe, supported, engaged, and challenged each day. In reviewing our previous goals we determined new goals and better ways to support the whole child. We have worked within our next set of goals to include staff wellness.

Policy compliance results

See Step 1 Documentation on the school website.

Wellness policy goals 24-26

1. Be sure we are serving whole grains.
2. Involve a variety of movements to improve balance and agility. Other goals for student well-being
3. Inform parents and students of tools to assist with social emotional learning.

See Step 2 Documentation on the school website

Key achievements

1. Whole grains have become the primary offering for grains.



2. Balance and agility have been a focus in PE and will remain an important part of maintaining lifelong fitness habits.
3. Newsletters highlighted tools for social and emotional learning and development.

Next Steps

Wellness Goals for 2026-2029

1. Physical Wellness Goal

Goal:

- Increase student participation in physical activity by providing diverse opportunities that promote lifelong fitness, healthy habits, academic success, and overall well-being.

Implementation:

- Continue implementation and review of a standards-based PreK–8 physical education curriculum aligned with Archdiocesan and Nebraska standards, emphasizing skill development, personal fitness, and growth.
- Provide students with required physical education time, daily recess, and regular opportunities for movement and physical activity throughout the school day.
- Encourage family and community involvement in physical activity through wellness initiatives, clubs, sports, and extracurricular opportunities.
 - Support safe opportunities for students to walk or bike to school when appropriate.

Monitoring & Evaluation:

The School Wellness Committee will monitor progress toward this goal through ongoing review of wellness initiatives and the Nebraska Department of Education's Triennial Local Wellness Policy Assessment process.

2. Nutrition and Healthy Habits Goal

Goal:

- Promote healthy eating habits and wellness education by providing students with the knowledge and skills needed to make nutritious choices and develop lifelong healthy behaviors.

Implementation:

- Integrate nutrition education into the PreK–8 health, science, and physical education curriculum in alignment with Archdiocesan and Nebraska standards.
- Provide students with age-appropriate instruction on nutrition, healthy choices, and the connection between food, fitness, and overall well-being.
- Expand opportunities for hands-on learning through activities such as school gardens, cafeteria-based learning, wellness initiatives, and educational experiences connected to healthy living.

Monitoring & Evaluation:

The School Wellness Committee will monitor progress toward this goal through ongoing review

of wellness initiatives and the Nebraska Department of Education's Triennial Local Wellness Policy Assessment process.

3. Staff and Family Wellness Goal

Goal:

- Build a culture of wellness throughout the school community by providing resources, education, and opportunities that support the physical, mental, and overall well-being of students, staff, and families.

Implementation:

- Share wellness resources and education through school communications, including newsletters, family updates, and staff communications. Topics may include healthy habits, stress management, physical activity, nutrition, sleep, and strategies for supporting overall wellness.
- Provide opportunities for staff and families to participate in wellness activities, challenges, and events that promote healthy lifestyles and community engagement.
- Offer wellness-focused events and educational opportunities, including guest speakers and presentations on topics such as nutrition, mental health, mindfulness, fitness, and healthy living.
- Encourage partnerships with community organizations and wellness professionals to provide additional resources and support for staff and families.
- Promote a school culture that values balance, self-care, and healthy choices as essential components of personal and community well-being.

Monitoring & Evaluation:

The School Wellness Committee will monitor progress toward this goal through participation feedback, review of wellness initiatives, and the Nebraska Department of Education's Triennial Local Wellness Policy Assessment process.

June 2026

St. Gerald Catholic School Community,

St. Gerald Catholic School takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. 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 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. Our assessment is complete. You can find the results on our website <https://stgeraldschool.org/school> in the Wellness Policy listed under Current Families.

Step #1- add link to completed Step 1 documentation template.

Step #2- add link to completed Step 2 documentation template.

Step #3- updated the public by on our website <https://stgeraldschool.org/school> in the Wellness Policy listed under Current Families.

If you have any questions, please contact Christy Keenan at ckeenan@stgerald.org.

**Respectfully,
Christy Keenan
School Principal**