



**February 28, 2026**

## **St. Mary's Community,**

Our 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. Below are the results of our assessment.

**St. Mary's Catholic School recently completed its annual review of the Local Wellness Policy as part of our commitment to supporting the whole child. We continue to demonstrate strong implementation of nutrition standards and physical activity requirements and have expanded student access to on-campus mental health services through our partnership with Catholic Charities. Additionally, we have increased the variety of fruits and vegetables offered in our lunch program and strengthened structured movement opportunities for students. We remain committed to ongoing improvement to ensure a healthy school environment that supports student well-being.**

**St. Mary's Catholic School made steady progress toward its three district wellness goals across all grade levels. The lunch program increased the variety of fruits and vegetables available to students. Physical activity opportunities were strengthened through enhanced indoor recess options at the elementary level and quarterly activity initiatives for grades 7–12. Additionally, access to weekly on-campus mental health services expanded, with increased student participation at both the elementary and secondary levels.**

**At this time, St. Mary's Catholic School does not have any unmet wellness goals, as all goals demonstrated measurable progress during the review cycle. Where minor logistical limitations existed, adjustments were made to continue advancing implementation. The Wellness Team will continue to monitor progress annually and update goals as needed to support continuous improvement and maintain compliance with wellness requirements.**

**The triennial assessment results and the updated Local Wellness Policy have been posted on the school's publicly accessible website at: <https://www.stmarysoneill.org/st-marys-wellness-policy>. Public access to both documents ensures transparency regarding policy implementation, progress toward goals, and compliance with federal and state wellness requirements. Families were also notified of the review through established school communication channels.**

If you have any questions, please contact the school office at 402-336-2664.

**Respectfully,**

**Jennie Schneider**