

St. Agnes Catholic School

205 E. 23rd St.
Scottsbluff, NE. 69361



Triennial Assessment Results 2026

Meet our team

- Julie Brown ~ Administrator & Physical Education Teacher
- Patrick Brown, MD ~ School Physician
- Teresa Swank, RN ~ School Nurse (volunteer)
- Teresa Johnson ~ School Lunch Coordinator
- Mary Skiles ~ Registered Dietitian (retired)
- Beth Merrigan ~ Parent Representative
- Elise Gurrola ~ School Advisory Council Representative
- Luiza Guzman ~ Community Representative



Policy compliance results

St. Agnes School utilized the WellSat Assessment as a tool to measure the strength and comprehensiveness of our Wellness Policy. We are required to complete this assessment every three years.

The Following areas are reviewed:

- Federal Requirements
- Nutrition Environment and Services
- Nutrition Education
- Physical Education and Physical Activity
- Employee Wellness
- Integration and Coordination of Policies

Food & Nutrition is very important to St. Agnes School. In January, 2024 we contracted with Scottsbluff Hampton Inn to prepare delicious, high quality, nutrient-rich meals to support learning. All meals meet the daily requirements for nutrient standards for each age group as required by USDA. Education and training is on-going with the Hampton Inn Staff. An area identified that requires improvement is nutrition education on healthy lunch box choices.

Education has been provided to parents on providing healthy food choices for school parties. In the past, the food and treats brought to parties were very high in sugar and fat. In order to be in compliance with our Wellness Policy, education has been provided to staff, parents and children about the importance of healthier choices for these parties. The St. Agnes community has embraced this change and has done a very admirable job at providing foods that align with the Smart Snack Guidelines for parties.

Based on our WellSat Assessment, The Wellness Committee has indicated a need to develop a more specific sequential health, wellness and nutrition curriculum at St. Agnes School. A health, wellness, and nutrition curriculum will provide important long-term benefits by fostering lifelong healthy eating habits, preventing chronic diseases like obesity, and enhancing cognitive function. It will empower children to make informed food choices, boost immunity, and improve mental health, emotional regulation, and self-esteem. Goal for this integration is Fall, 2026.

An additional opportunity for improvement has been identified regarding programs for families and community members to engage in physical activity at school. Examples suggested included a "Walk to School Program."

Wellness policy goals for 2026/2027

1. St. Agnes School will provide parent education on Healthy Lunch Box Choices.
2. Sequential health, wellness and nutrition education will be included in the St. Agnes School curriculum at all grade levels.
3. St. Agnes School will incorporate opportunities for families and community members to engage in physical activity at school.

Key achievements

1. St Agnes continues to improve on successful alignment of our School Wellness Policy with Federal Guidelines.
2. St. Agnes School uses a representative committee to oversee Wellness policy implementation and assessments.
3. Integrated Snack/Celebration Policy to promote overall compliance with Smart Snack Guidelines into the classroom during School Parties.
4. St. Agnes incorporates a standards-based physical education curriculum that maximizes active, enjoyable movement for all students. It focuses on building fundamental motor skills, improving fitness, and fostering confidence, cooperation, and positive social behavior. This was enhanced by having the St. Agnes 2026 Olympics, in which students participated in similar sports occurring in the Winter Olympics.
5. Hosted a Flu Shot Clinic provided by Safeway Pharmacy for School Staff, Families and Parishioners to promote wellness in our school and church community.
6. Participated in the American Heart Association Jump Rope for Heart. Raised \$5431.86 for the American Heart Association. During the event, education was provided on Heart Health, Nutrition, Exercise, and Hands-only CPR.
7. Utilized community assets to host Vision and Dental Screenings for all grades.
8. St. Agnes continues to promote mental well-being through techniques like mindfulness, breathing exercises, established social and emotional programs/ activities and by encouraging students to talk to trusted adult staff.

Next Steps

St. Agnes Wellness Committee will work to ensure that our goals for 2026/2027 school year are achieved:

- Research to identify sequential health, wellness, and nutrition curriculum that aligns with our students' age and developmental stage will be completed and integrated into the curriculum.
- Development of programs for families and community members to engage in increased opportunities for physical activity at school, ie: "Walk to School Wednesdays".
- Written education will be provided to parents and guardians on "Healthy Lunch Box Suggestions."
- The Wellness Committee will continue to evaluate Wellness Policy and support efforts to reach our 2026/2027 goals



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Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

