

# Hitchcock County Schools

312 West 3rd, PO Box 368

Trenton, NE 69044

Robert Sattler, Superintendent & Secondary Principal

Mike Tines, Elementary School Principal

Deb McCarter, Assistant Secondary Principal & School Counselor

Kelly Erickson, K-6 Counselor, K-12 assistant Principal

## TRIENNIAL WELLNESS POLICY REPORT FEBRUARY 2024

### Falcon Nation,

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. Below are the results of our assessment.

If you have any questions, please contact Mr. Robert Sattler at [rsattler@hcfalcons.org](mailto:rsattler@hcfalcons.org)

Respectfully, Mr. Robert Sattler, School Wellness leader

### Triennial Wellness Assessment Results 2023

In order to have a strong wellness policy, school wellness teams use the WellSAT assessment to compare local policy to a model school wellness policy. After receiving the results of the assessment, our District Wellness Team used the results to revise language in our district wellness policy. Revisions were presented to the school board on February, 12, 2024 and changes were made accordingly.

### School Wellness Committee

Robert Sattler-Superintendent

Jessica Teeter—Head Cook at the Jr./Sr. High School

Becky Ebert—Head Cook at the Elementary School

Scott Porter—K-8 Physical Education Teacher

LeeAnn Kollmorgen—School Nurse

Randal Rath—High School Health and PE Teacher

Deb McCarter—7-12 School Counselor and asst. Principal

Mike Tines—K-6 Principal

Kelly Erickson—K-6 School Counselor and K-12 Asst. Principal

Thomas Lewis–Parent  
Megan Kollmorgen–Parent

## **Wellness Policy Goals**

**Nutrition Education/Promotion**

**Physical Activity**

**Other goals for student wellbeing**

See school wellness policy and triennial assessment at the district website

<https://www.hcfalcons.org/vnews/display.v/SEC/Parents%20%26%20Students%7CHealth%20Info>

## **Key Achievements**

Secondary Health and Physical Education Classes offered at the High School. There are posters promoting health and nutrition in the cafeteria. The 4-H extension health classes are taught at the elementary school. The elementary school students participate in the Fruits and Vegetable program.

We received new fitness equipment for the playground at the elementary school through a grant. New weight room equipment for the high school weight room was purchased. There is daily outdoor activity time scheduled for all grades at the elementary school. Physical education classes are offered at all grade levels. The elementary students participate in Hoops for Hearts.

School Counselors are available at both the elementary and secondary school. The schools implement the Positive Behavior Support System (PBIS), The school has purchased WoodBurn Plus K-12 and Positive Action K-12 for Social Emotional Learning. The school hired Ambient Care Counselors to provide additional social emotional support for the elementary school.