

# Hitchcock County Schools

312 West 3rd, PO Box 368

Trenton, NE 69044

Robert Sattler, Superintendent & Secondary Principal

Cherie Wallace, Elementary School Principal

Deb McCarter, Assistant Secondary Principal & School Counselor

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

## TRIENNIAL WELLNESS POLICY REPORT

May 1, 2026

Hitchcock County School Community,

Our Hitchcock County School takes pride in supporting the needs of the whole child, and ensures 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.

To develop a strong wellness policy, school wellness teams use the WellSAT assessment to compare local policies with 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.

The updated 2026 Local Wellness Policy was presented at the April 2026 School Board Meeting and then posted on the Hitchcock County School website.

### **Key Achievements**

Strengths in the wellness policy:

- a. Federal Requirements
- b. Physical Education and Physical Activity
- c. Integration and Coordination

Opportunities for improvement in the wellness policy:

- a. Physical activity not being used as a punishment or being withheld as a punishment.
- b. Nutrition Education
- c. Employee Wellness

### **Goals:**

**Nutrition Education Goal** - All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula through verbal reports. The District will also promote healthy food and beverage choices for all students through the school campus, as well as encourage participation in the school meal programs through posters, healthy salad bar choices, encouragement to eat healthy for sports, closed campus. The 4-H extension agents will provide nutrition education at the elementary. Our school cooks follow the USDA Nutrition Standards and cook healthy meals. A minimum of 10 minutes for breakfast and 20 minutes for lunch has been added to our daily schedule and is enforced. We have a USDA School Breakfast and Lunch Program. We also have a closed campus, so everyone has to eat in the lunchroom.

**Physical Activity Goal** - Physical activity has been encouraged not to be used or withheld as punishment. Opportunities for physical activity will be regularly incorporated into other subject areas. Our PBIS School Improvement Goal for the next cycle will be to encourage engagement. Movement will be incorporated into this goal. Staff will be encouraged to serve as role models

by being physically active alongside the students whenever feasible. All junior high students will participate in the junior high sports practices.

**Staff Wellness** - A "Sunshine Committee"- small team that plans monthly morale boosters (treats, notes, themed days) will be created and implemented. "Permission to Pause" Days – optional jeans day, relaxed expectations during high-stress times (testing, end of quarter) will be utilized. Walking challenges or step competitions, and before/after school fitness groups, will be encouraged. Birthday/Personal Milestone Recognitions will occur for all staff.

Our students are at the heart of everything we do, and their well-being remains our top priority. Thank you for trusting us to support not only their academic growth, but their physical and emotional wellness as well. Together, we will continue to create a positive and caring school environment for our students and staff.

If you have any questions, please contact  
Mrs. Kelly Erickson, Team Wellness Leader  
308-334-5575

### **School Wellness Committee**

Robert Sattler-Superintendent  
Jessica Teeter—Head Cook at the Jr./Sr. High School  
Becky Ebert—Head Cook at the Elementary School  
Nicole Springer—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  
Cherie Wallace—K-6 Principal  
Kelly Erickson—K-6 School Counselor and K-12 Asst. Principal  
Thomas Lewis—Parent  
Megan Kollmorgen—Parent