

Triennial assessment results 2026



Meet our team

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Policy compliance results - [WellSAT Policy Assessment](#)

Strengths noted in the wellness policy assessment include the sections on employee wellness and on the integration and coordination of the wellness committee, as well as the USDA child nutrition program and school meal standards.

Wellness policy goals

1. Nutrition education/promotion - Increase nutrition education to all grade levels and link the provided education to the school food environment.
2. Physical activity - Build time blocks into every student's schedule to ensure students receive the minimum number of minutes for physical education per week.
3. Other goals for student well-being - Create a more purposeful wellness committee for both NCECBVI and ESU 4.

The goals for nutrition education/promotion and physical activity were partially met, and the goal for the wellness committee was met. Nutrition education has increased, but only basic information has been presented to students. Physical activity has increased, and time blocks have been built into student schedules, but we are not meeting the recommended minimum number of minutes for physical education.

Key achievements

1. During the second semester of the 2025-26 school year, weekly nutrition lessons were given to students. Information was presented at their level of understanding from MyPlate.gov and RealFood.gov
2. Physical education/activity has been added to the schedules for students without physical education exemptions or accommodations.
3. The wellness committee met several times throughout the year to review goals and action plans, as well as adding a few new members.

Next Steps

- Update the ESU 4 5052 Wellness Policy and have board approval for the updates.
- Provide sequential and comprehensive nutrition education to all students.
- Reevaluate student schedules to increase the number of minutes of physical activity per week.
- Invite parents to join the wellness committee.