

## Triennial assessment results 2026

### Meet our team

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### Policy compliance results

Areas of Strength: Number of physical activity opportunities that are available to students and staff. Staff participation in EHA Wellness. Food and beverages sold during the school day all meet federal regulations and Smart Snacks in Schools Nutrition Standards

Opportunities for Improvement: Policy language that is clear and communicated about foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties or classroom snacks brought by parents). A specific goal for student based activity.

Click the link to view our Alliance For A Healthier Generation Checklist [Sargent Public Schools Step 1](#)

## Wellness policy goals

1. Nutrition education/promotion: Taste tests are offered quarterly or more frequently and monthly Wellness Newsletter is posted in school. Multiple classes incorporate cooking skills into lesson plans and nutritional information is shared with students as appropriate during class.
2. Physical activity: PE education curriculum includes instruction on physical activity and healthy living, recess is everyday for Pre-K-6th grades, 7-12 have lunch free time with open gym and outdoor activity options. Just Move It walking program promoted across the school.
3. Other goals for student well-being: EHA Wellness plan encouraged for all staff with 70% participation. The weight room is available for staff use, staff also walk in the halls before and after school.

### Goal One: partially met

- **Elementary School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. Classes get the opportunity to learn about nutrition and meal planning as part of Student Led Menu Days. A new goal of class snack guidelines will be implemented in the next school year.
- **Middle School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. Basic Sports Nutrition taught in the spring to all students 7-8. A new goal of class snack guidelines will be implemented in the next school year.
- **High School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. Cooking skills incorporated in Transitions Class. Units on nutrition taught in multiple classes such as ADV PE and Freshman PE and Health.

### Goal Two: fully met

- **Elementary School:** Recess time of a minimum of 45 minutes was provided daily, elementary walking program was done on a daily basis, elementary students were provided an average of 30 minutes of PE time daily
- **Middle School & High School:** Open gym was provided on all but competition days for students 7-12 during the lunch hour, all student in 9th grade complete a PE & Health class requirement, student 10-12 are given the opportunity to take additional Health and PE classes focused on lifetime health and fitness, high school students are encouraged to lead by example with the elementary as part of the Just Move It in the mornings before school, students 7-12 are encouraged to participate in after school sports programs

Goal Three: fully met

- EHA continues to be a driving force behind staff wellness, with great staff participation in EHA programming largely due to the incentives. Elementary staff participation in Just Move It has been consistent. In place of a massage chair staff has been encouraged to participate in yoga led by a certified yoga instructor on Wednesdays after school.

## **Key achievements**

1. Student led menu dates are a big success leading to excitement about lunch time. Each elementary grade helps create Student Led Menu Days, while the senior class plans an entire week in the spring
2. Opportunities for physical activity continue to be a strong spot for our school. New during this cycle is the opening of the weight room in the mornings before school during the fall and spring for all students and staff. New as well this year a staff member received their yoga instructor certification and leads classes in the library after school as part of Wellness Wednesday.
3. Several community wide events promoting physical activity have been hosted and promoted by several different school organizations.

## **Next Steps**

Currently our LWP (Local Wellness Policy) only has standards for foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties or classroom snacks brought by parents) hyperlinked to the policy. Moving forward the HWC (Health, Wellness, & Climate Committee) will review and revise this hyperlinked information. During this process we will move away from it being hyperlinked into the policy to it being fully written into the policy for easier access. It is our hope that by doing this it will help bring greater awareness school wide to the standards for foods and beverages that are provided and not sold. As part of this process we will be asking for public input as part of one of our regularly scheduled school board meetings.