

Triennial assessment results 2026

Meet our team

- Casey Hurner, SPED Director – Committee Chair
- Chantelle Nelson, Program Coordinator
- Jessica Henrich, Special Education Teacher and Community Member
- Amber Daffer, Special Education Teacher
- Arianne Conley, School Nurse
- Monica Warner, Dietary Services and Secretary
- Student Representative
- Parent/Community Member Representative

Policy compliance results

Please find a link to ESU #1 Tower School's completed Triennial Assessment by clicking here:

https://www.esu1.org/file_download/inline/1ac98c4c-90b2-4410-925b-5a65b6aec692

Wellness policy goals

1. Nutrition education/promotion:
 - Meals meet USDA standards through participation in the National School Lunch Program.
 - Students have access to free drinking water throughout the school day.
 - Competitive foods meet Smart Snack standards.
 - Healthy celebrations and non-food rewards are encouraged.
 - Non-food fundraising is promoted.
2. Physical activity opportunities throughout each day:
 - Students receive daily movement opportunities through recess, sensory activities, yoga, team building, and classroom movement breaks.
 - Physical activity is never withheld as punishment.
 - Activities are adapted to meet individual student needs and abilities.
 - Indoor and outdoor physical activity opportunities are available.

3. Staff education and wellness promotion:
 - Stress management resources.
 - Employee fitness challenges.
 - Mental health supports.
 - Staff wellness education.

***ESU #1 Tower School is very proud of our commitment to student and staff wellness. We are excited to share the wellness-focused learning opportunities and activities provided to students and staff. Please click on the link below to view some examples.**

https://www.esu1.org/file_download/inline/9c54fb59-8c7e-4e42-b8ed-0870216881ac

Key achievements

- Expanded physical activity offerings to include more comprehensive activity choices for students to participate in throughout the day.
- Implemented Restorative Practices to enhance social-emotional-behavioral learning.
- Continued UNL extension partnerships (provided at least 1x monthly wellness activities for students and staff.
- Continued twice monthly meal prep and cooking classes.
- Strengthened partnership with Wayne State College FCS students. WSC students presented on healthy, low-sugar food and snack options as a result of needs and interests identified in wellness assessments completed by students during the 25/26 school year.
- Student Wellness Assessments completed 25/26. Assessments data was reviewed by the wellness committee and all students/staff. We are excited to continue to use this student wellness information and insights to drive our future wellness efforts.

Next Steps

Looking ahead, the Wellness Committee's next steps include expanding parent and community engagement opportunities through initiatives such as a community health fair at the annual Back-to-School Open House, strengthening partnerships with local organizations, increasing participation in wellness activities, enhancing nutrition education with a greater emphasis on functional life skills, further expanding physical activity opportunities, and developing a parent and community wellness engagement assessment to ensure future wellness programming continues to meet the needs of students, families, staff, and the broader community.