

ESU #1 Tower School Wellness Promotion Activities:

UNL/Extension Partnerships:

Ann Fenton from the Pierce Co. Extension Office met with students from Classroom B and Classroom S and provided instruction and activities on the following dates/topics:

9/24/25 - MyPlate
10/30/25 - Protein
12/17/25 - Edible Cell
1/28/26 - Sugar Content in foods
2/25/26 - Dinosaurs
3/25/26 - Healthy Snacks
4/29/26- Movement Moments

Ann Fenton from the Pierce Co. Extension Office, met with Tower School staff to promote wellness skills and provided instruction on the following dates/topics:

9/24/25 - Tai Chi
10/30/25 - Stress Reduction
11/26/25 - What's in Your Thanksgiving Meal
12/17/25 - Healthy Over the Holidays
1/28/26 - Food Safety Bingo
2/25/26- Meditation
3/25/26 - Healthy Seeds
4/29/26- Movement Moments

Weekly Cooking Classes and Grocery Shopping- (includes meal prep, budgeting, safe food prep, and portioning)

Julie Schultz from the Wayne Co. Extension Office met with students from Classroom B and Classroom S and provided instruction on the following dates/topics:

9/17/25 - Cell Models and Development
10/30/25 - Engineering Design Model
2/12/26 - Paleontology
2/17/26 - Earth's Layers

WSC Partnership with FCS Students:

4/9/26 - FCS presentation- Low sugar meal and snack ideas

4/23/26 - FCS presentation- Low sugar meal and snack ideas

Physical Activity:

Daily Class Schedules:

Class S

8:15/8:45 - check in student arrival break

8:45/10 - Academics

10/10:15 - honors time

10:15 - 11:00 Academics

11:00-11:15 - Recess

11:15/11:45 - Lunch

11:45/ 12:00 - break

12:00/12:15 - honors

12:15- 12:45 - academics

12:45 - 1:00 - recess

1:00 - 1:30 - circle/ class activity

1:30 - 2:00 wrap up finish activities/academics

Class B

 **Daily Schedule 25-26**

Dreamers Activity Information- Equine Therapy

Trips/Activities promoting health of students and staff:

9/19/25 - Missouri River Outdoor Expo - Ponca State Park

10/14/25 - Graf Bees

Nov- mobile Beef Lab

Dec - His Bakery cookie decorating

Feb- 4 students attended Job Fair Expo @ college

SEBL/MH Student Wellness Goal:

AIM Lesson Plan examples

 **AIM Lesson Plan**

 **AIM**

Be Good People Lesson Plan example

 **Be Good People: Using a Growth Mindset - Lesson Plan (6-8)**

Social Stories examples:

 **Social Story Examples.pdf**

 **Social Story Examples 2.pdf**

ESU #1 Tower School MTSS Blueprint:

 **ESU #1 Tower School Support Blueprint (MTSS).docx**

NeMTSS SlideDecks

 **NeMTSS Welcoming Slide Deck 2025-2026 (W/Dates)**

 **NeMTSS Welcoming Slide Deck Spring 2026 (w/ Dates)**

Foundational Restorative Practices Training - All Staff

Advanced Restorative Practices Training - Leadership Team

WSCSCEC Pen Pals

Non-Food Rewards (include Schoolwide Student Acknowledgement System rewards)

Technology

Escape card (extra recess, time with peer, time with adult)

Nex game cube- movement and agility

Health Celebrations:

Class S - Completed health assessment. Results were accurate to what we see kids eating from day to day at school and what is communicated from home.

Class B- Completed health assessment. Results seemed accurate for the majority and proud of students for being accountable and honest.

*Health assessment results shared with students, staff, parents, and wellness committee members. Data used to identify topics for WSC presentations and will drive upcoming educational offerings and wellness-based activities.

Store Contents (Smart Snacks):

Pretzels

Popcorn

Varied fruit

Granola Bars

Fruit Snacks