

## Triennial assessment results 2026

### Meet our team:

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



### Policy compliance results

Link to ESU #1 Tower School Wellness Policy  
<https://www.esu1.org/services/tower-school/information.html>

### 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://docs.google.com/document/d/1Epz5jCVTKhFS1F59gtTSQPOjDmqgxsd0E9m41qNILw/edit?usp=sharing>

## **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 nutrition promotion topics such as healthy, low-sugar meal and snack options.
- 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 insight 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.