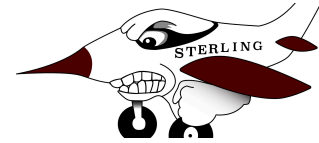


Sterling Public Schools

250 Main St.
Sterling, NE 68443
(402) 866-4761



June 19, 2026

Sterling Community,

Our school takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools — such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting use of exclusionary discipline — have been found to be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

In accordance with federal requirements, the Sterling Board of Education and Wellness Committee have completed the Triennial Assessment of the School Wellness Policy. The results of the assessment are available for public review at the following link: [Triennial Wellness Policy Assessment](#)

Results on progress made in meeting 3 district wellness policy goals across all grade groups (e.g., K-5, 6-8, 9-12) can be found at the following link: [Progress toward LWP Goals](#)

The assessment found that the district met its established wellness goals and policy requirements. The Wellness Committee will continue to monitor implementation and review the School Wellness Policy to ensure ongoing support for student health and wellness.

Document how you updated the public below (posted on a public facing website - include link, presented at board meeting, etc). [Wellness Policy Information](#)

If you have any questions, please contact **Riley Armes** at rarmes@sterlingpublicschools.com.

Respectfully,

Riley Armes
Superintendent
Sterling Public Schools