

STERLING PUBLIC SCHOOLS

WELLNESS TEAM

Adrian Allen
Jacob Davenport
Rena Kinney
Mason Pelchat
Nicole Hollman
Julie Saathoff
www.sterlingjets.org

MOVING FORWARD

Our district will expand nutrition and physical messaging on all digital platforms throughout the facility to continue our efforts to improve on our promotion of overall wellness.

For more information, please contact
Adrian Allen at 402-866-4761
aallen@sterlingpublicschools.com

AREAS OF STRENGTH

1. Sterling's School Wellness Policy meets all the state and federal requirements (All 6 sections represented in the policy ([Policy 5052](#))).
2. Drinking water is available to students throughout the school day.
3. Offering physical education for K-12 five days a week. Elementary receive 25 minutes of PE daily.

OPPORTUNITIES FOR IMPROVEMENT

1. Inform parents, students, and staff of the nutritional standards for all food and beverages sold on the school campus.
2. Physical education - Written curriculum, ensuring all grades receive at least the minimum minutes of physical education most weeks. Provide logs for tracking.
3. Develop goals for school-based activities to promote student wellness.

[Sterling Triennial Assessment Survey Results](#)

WELLNESS POLICY GOALS

1. The District will provide consistent nutrition messages throughout school, classrooms, cafeteria, and multimedia.
2. The district will integrate wellness activities across the entire school setting.
3. The district will provide students with physical education, using S.P.A.R.K. curriculum, which is age-appropriate and aligned with national and state standards.
4. The district will encourage students to track physical activity and nutrition through journaling to promote healthy lifestyle choices.