

Conestoga Public Schools

Triennial Wellness Assessment Results 2026

Preparing Students for Healthy, Successful Futures

Our Commitment to Student Wellness

Conestoga Public Schools remains committed to promoting:

- Student health and wellness
- Daily physical activity
- Positive learning environments
- Healthy lifestyle habits for all students
- Mental health awareness and support

Wellness Focus Areas

- Nutrition Education
 - Physical Activity
 - Mental Health Support
 - Healthy School Environment
 - Staff Wellness Initiatives
-

Areas of Excellence

Increased Physical Activity Opportunities

Conestoga Public Schools has expanded physical activity opportunities throughout the student day across the district, exceeding Nebraska state physical activity requirements.

Highlights Include:

- Added walking time for elementary students prior to the start of the school day.
- Implemented a walking club for junior high and high school students after lunch.
- Increased opportunities for movement and activity throughout the school day.

Increased Mental Health Services

Conestoga Public Schools continues to expand access to mental health services and student support systems to help students succeed socially, emotionally, and academically.

Areas for Improvement & Next Steps

Healthier Celebration & Reward Options

Conestoga Public Schools is encouraging staff, families, and community members to provide healthier food choices or non-food treats during classroom celebrations and student recognition activities.

Planned Action Steps:

- Share healthier celebration ideas with staff throughout the school year.
- Provide parents and community members with non-food reward suggestions.
- Promote classroom celebrations that support lifelong healthy habits.

Staff Wellness Initiative

Conestoga Public Schools plans to establish a formal district-wide staff wellness committee with student representation.

The committee will:

- Encourage healthy lifestyles
- Promote positive wellness habits
- Support staff and student wellness activities
- Model healthy behaviors for students

Triennial Wellness Assessment Information

Assessment Information	Details
Assessment Period	2023–2026
Designated Wellness Leader	Tracy Andersen, District Nurse tandersen@conestogacougars.org
School District	Conestoga Public Schools