



SOUTHWEST PUBLIC SCHOOLS

"Home of the Roughriders"

Southwest Public School Board Members and Community Members,

At Southwest Public School District, we are firmly committed to prioritizing the health and wellness needs of our students and staff above all else. Our exceptional teachers and staff not only educate and challenge our students to reach their full potential but also promote a culture of continuous growth and achievement. We are dedicated to creating an environment where every student feels secure, supported, and appreciated within our school community.

As per our current school wellness policy 5052, the school district is dedicated to fostering a school environment that promotes and supports the cultivation of lifelong wellness. The goals outlined in this policy were carefully determined and selected following a thorough review and consideration of evidence-based strategies. Our wellness team believes that a focus on healthful nutrition and daily physical activity sets students up for success by providing them with the energy needed to navigate their day effectively. Additionally, these practices help students remain focused and attentive during their academic classes, enhancing their overall learning experience.

We have reviewed our wellness policy as part of the USDA Local Wellness Triennial Assessment requirements. Below are the results of that assessment.

Post results of the wellness policy assessment.

Step #1 – Post results of wellness policy assessment.

The areas of strength for SWPS include, but are not limited to, nutritious school meals, encouragement and promotion of physical activity, and a staff wellness program.

1. Our school excels in promoting wellness through our school lunch program, which offers a diverse range of nutritious meals for our students. Both school buildings provide students with daily access to a fresh fruit and salad bar during lunchtime. Moreover, we are committed to ensuring that all elementary students in grades PK-5 have ample access to fresh fruits and vegetables. The consistent availability of nutritious lunches is an enormous advantage that benefits both our school and our students.
2. The high school and elementary school offer a wide array of classes and courses that emphasize physical activity. At the elementary school level, our students engage in daily physical education classes. Junior high students participate in a week-long program focused on health education. High school students benefit from a diverse range of physical activities, such as physical education, weight training, and lifetime fitness programs.
3. Our final strength lies in the active participation of our staff in the Educators Health Alliance (EHA) wellness program. This initiative is dedicated to fostering health and wellness within our workplace. Through this program, our team receives informative emails containing nutrition tips, recipes, physical challenges to promote activity, and more. The commitment of our staff and teachers to prioritize the well-being of our students is unmistakable, as they consistently demonstrate a genuine dedication to nurturing and encouraging them on a daily basis.

Upon reviewing the district's wellness policy, we identified areas for improvement. Our focus includes ensuring all students can access PE or weights classes, increasing wellness committee membership, and promoting the

fresh fruits and vegetables program on social media. We also aim to enhance the visibility of educational projects on our social media platforms. Our goal is to create a healthier environment by eliminating sugary drinks, providing equitable access to physical education, expanding committee membership, and boosting awareness of healthy eating and educational initiatives through social media.

Step #2 Post results on progress made in meeting with your 3 district wellness policy goals both as a district and as a building/grade group – k-5, 6-12.

One of the nutrition education goals outlined in the School Wellness Policy is to ensure that water is readily available to students throughout the school day. This objective has been successfully achieved; students can now carry water bottles or Stanley flasks with them at all times. Additionally, water fountains equipped with filling stations have been strategically placed across the school premises. During lunchtime, a 5-gallon water cooler is provided for students to refill their cups. Teachers and staff actively encourage all students to stay hydrated by drinking water consistently throughout the day.



The School Wellness Policy outlines our physical activity goal, which mandates that our school district's curricula incorporate instruction on physical activity and promote healthy living habits. This objective has been achieved through the implementation of various opportunities for student engagement in recreational physical education, weight training, and health education. Elementary students benefit from daily 25-minute physical education classes, supplemented by a range of health and wellness lessons and activities designed to educate them on the importance of physical activity and healthy habits. Our schedules are listed below.

MASTER SCHEDULE 25-26

	8:00 8:20	8:20 8:50	8:50 9:20	9:20 9:45	9:45 10:10	10:10 10:35	10:35 11:00	11:00 11:25	11:35 11:50	11:50 12:15	12:15 12:50	12:50 1:00	1:00 1:25	1:25 1:50	1:55 2:20	2:20 2:45	2:45 3:25	3:25 3:40
PreK May			K-3 WIN						Lunch 11:35 12:00				Special				Recess 3:00 - 3:25	
PreK Ryan							Recess 10:30 - 10:50	Special										
PreK Moore								Reces 10:50 11:30										
Kinder. Keenportz			K-3 WIN	SPEC	SPEC				Lunch 11:50 12:15	Recess 12:15 12:40				M/W ART				
1st Billeter			K-3 WIN		SPEC	SPEC			Lunch 11:55 12:20	Recess 12:20 12:45				M/W MUS				
2nd Ruggles			K-3 WIN		SPEC	SPEC			Lunch 12:00 12:25	Recess 12:25 12:50				T/TH MUS				
2nd Lovin			K-3 WIN		SPEC	SPEC			Lunch 12:00 12:25	Recess 12:25 12:50				T/TH CSLR				
3rd Santana			K-3 WIN				SPEC	SPEC	Recess 11:55 12:15	Lunch 12:15 12:40			T ART	T TECH				
3rd Kennedy			K-3 WIN				SPEC	SPEC	Recess 11:55 12:20	Lunch 12:20 12:45			T TECH	T ART				
4th Burton		SPEC	SPEC	4-5 WIN					Recess 12:00 12:25	Lunch 12:25 12:50						T-ART TH- ART		
5th Wilcox		SPEC	SPEC	4-5 WIN					Recess 12:00 12:25	Lunch 12:25 12:50					M-ART T-TEC W-ART			

The final goal set by our district was to ensure ample time for students to enjoy their school-provided meals. This objective was successfully achieved by granting all students a minimum of 30 minutes for lunch. The attached bell schedule above clearly illustrates the allocated time for students to have their lunch.

Monday-Thursday	8:02-8:54	8:56-9:48	9:50-10:42	10:44-11:36	11:36-12:06	11:38-12:30 06-12:58	12:30-1:00	1:00-1:52	1:54-2:46	2:48-3:40
As of 8/12/2025	1	2	3	4	LUNCH A	5	LUNCH B	6	7	8
Alarcon, Carissa	Art 2	Art 1	Art 1	6TH GRADE ART		7TH GRADE ART	Lunch B	PLAN	8th GRADE ART	Art 2
Alarcon, Sergio	MATH 7	PLAN	Applied Alg.	Applied Geo		MATH 8	Lunch B	MATH 8	MATH 6	MATH 6
Arnold, Tersen	World Geography	Intro Comp.	SS 7	World History		TECH	Lunch B	World History	PLAN/JH PE	JH PE
Arterburn, Christian	Elem	Elem	Elem	Elem		Elem		PLAN	Weights/JH PE	Weights/JH PE
Barnett, Kim	Strength	PE/Health	Intro to Strength	PLAN		REC PE	Lunch B	Strength	Strength	Strength
Chesterman, Caleb	LIT 6	LIT 6	Speech	LIT 7	Lunch A	Speech		Speech	Speech	PLAN
Harris, Kristen	Business Econ	Bus Comp Apps	Personal Finance	Personal Finance	Lunch A	Personal Finance		TECH 6	PLAN	Journalism
Harris, Lynn	ENG 12	English 1010 (Proctor)	LIT 8	PLAN	Lunch A	Spanish 2		Spanish 2	Spanish 1	Spanish 1
Helberg, Jay	SCIENCE 8	SCIENCE 8	Chemistry	Physical Science	Lunch A	Physics		PLAN	JH PE/STUDY HALL	JH PE
Kennedy, Rudy	PLAN	Woods	Metals	Gen Maintenance	Lunch A	Woods		Woods	Gen Maintenance	JH PE
Lashley, Emily	Integrated Math	Algebra 2	Algebra 1	Consumer Math	Lunch A	Algebra 1		Geometry	Algebra 2	PLAN
Rice, Peggy	AMER GOV	AMER GOV	CIVICS 8	SS 8		SSB	Lunch B	PLAN	American History	American History
Robinson, Jenna	PLAN	Study Skills	Independent Living	Social Studies	Lunch A	Applied Geom Basic Math		English 9 English 10	Applied Algebra JH Study Hall	Study Skills
Rodaway, Carly	Digital Media	Strength	PLAN	Strength		PE 6	Lunch B	College Alg	JH PE/STUDY HALL	JH PE
Roggenkamp, D	ELEM	ELEM	PLAN	MUSIC 6	Lunch A	VOCAL		JH BAND	JH VOCAL	HS BAND
Roggenkamp, Les	PLAN	Plant Science	Intro to Ag	Animal Science	Lunch A	Ag Business		Intro to Metals	AD	AD
Schake, Payton	Counseling	Counseling	Counseling	Counseling		Counseling	Lunch B	Counseling	Senior Sem	JH PE
Slaten, Mackenzie	ENG 8	ENG 8	ENG 11	ENG 11	Lunch A	ENG 9		ENG 9	ENG 10	PLAN
Thayer, Chelsie	Foods	PE/Health	Human Development	FCS8		PLAN	Lunch B	FCS 6	Intro to Health	Human Development
Vogel, Chelsea	Biology	SCIENCE 7	General Science	PLAN		TBD	Lunch B	Anatomy	SCIENCE 6	SCIENCE 6
Wilson, Stacy	ENG 6	ENG 6	SS 6	PLAN		ENG 7	Lunch B	ENG 7	JH PE/STUDY HALL	JH PE
Friday	8:02-8:46	8:48-9:32	9:34-10:18	10:20-11:04	11:04-11:34	11:06-11:50 36-12:22	11:52-12:22	12:24-1:08	1:10-1:54	1:56-2:40
10:00 Late Start	10:00-10:35	10:38-11:12	11:15-11:50	11:53-12:28	12:28-1:05	1:08-1:43		1:46-2:21	2:24-3:00	3:03-3:40
2:00 Dismissal	8:03-8:39	8:42-9:18	9:21-9:57	10:00-10:36		10:39-11:15	11:54-12:24	11:18-11:54	12:27-1:02	1:05-1:40

To enhance our school wellness policy, we aim to establish a 5-year cycle for the Continuous Improvement Process (CIP) team, incorporating a health and wellness committee catering to both students and staff. Staff members will be invited to volunteer for committee participation. The committee will schedule regular meetings throughout the year and diligently document the initiatives undertaken to achieve our objectives. This dedicated wellness team will consistently evaluate the policy, providing regular assessment updates to the Southwest Public School Board of Education.

The school and the public will be made aware of these updates by posting on our school website, presenting at regular scheduled school board meetings, posting on our social media sites, and placing in the local newspaper.

Respectfully,

School Wellness Committee