Heartland Community Schools
1501 Front St.
Henderson, NE 68371
(402) 723-4434

Triennial assessment results 2026

Meet our team

- Tim Carr, 7-12 Principal
- Sarah Goertzen, School Nurse
- Val Quiring, Nutrition Services Director
- Dana Reinke, PK-6 Principal
- Les Reinke, K-6 PE
- Erik Wetjen, 7-12 PE & Health

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Policy compliance results

Alliance for a Healthier Generation 10-step Checklist

The rating scale is:
2 = Current policy includes **all** required language for this component
1 = Current policy includes **some** of the required language for this component
0 = Current policy includes **none** of the required language for this component

1. The policy identifies one or more district/school/RCCI official(s) who have the authority and responsibility for ensuring that each site complies with the policy.

   Rating: 2

2. The policy includes language inviting parents, students, representatives of the school food authority (SFA), teachers of physical education, health professionals, the school/RCCI board, administrators, and the general public to participate in the development, implementation, review and update of the LWP.

   Rating: 2

3. The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP, and updates this information on an annual basis.

   Rating: 2

4. The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

   Rating: 2

5. The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in Schools nutrition standards.

   Rating: 1

6. The policy includes standards for foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents).

   Rating: 1

7. The policy includes specific goals for nutrition education and promotion activities.

   Rating: 1

8. The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.

   Rating: 2

9. The policy includes specific goals for physical activity opportunities.

   Rating: 1

10. The policy includes specific goals for other school-based activities that promote student wellness.

    Rating: 1

Extent of Compliance with Wellness Policy

1. Federal/State Meal Standards (e.g., School Meals and Smart Snacks)

Compliant

2. Foods/Beverages Offered but Not Sold Standards (e.g., classroom/school celebrations)

Compliant

3. Food/Beverage Marketing and Advertising Standards

Compliant

4. Describe how the public (parents, community members, etc.) were included and/or invited to participate in the LWP development, implementation, review, and update.

Such inclusion was limited as the policy was initially crafted largely through the guidance of legal counsel. Future updates will include more opportunities for public input.

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Wellness policy goals

1. Nutrition Education Goal/Nutrition Promotion Goal

Through the sequential Nutrition Education program the district will teach, model encourage, and support healthy eating by all students.

a. Was the goal met?
Yes

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #1: Nutrition Education Goal/Nutrition Promotion Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School**: These topics are comprehensively addressed in the sequential Health & Nutrition instruction provided to students in PE
- **Middle School**: These topics are comprehensively addressed in the sequential Health & Nutrition instruction provided to students in Family Consumer Science and Health classes.
- **High School**: These topics are comprehensively addressed in the sequential Health & Nutrition instruction provided to students in Family Consumer Science and Health classes.

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2. Physical Activity Goal

Children and adolescents should participate in at least 60 minutes of physical activity per day.

a. Was the goal met?
Partially

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #2: Physical Activity Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School**: Elementary students are provided at least 60 minutes of 'recess' time each day for the purpose of engaging in physical activity
- **Middle School**: Middle school students are provided 60 minutes of physical activity in PE classes every other day. Scheduling limitations preclude scheduling PE every day at this grade level.
- **High School**: Some high school students are provided 60 minutes of activity a day dependent upon their scheduling

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3. Other Student/School Wellness Goal

Focus on staff wellness issues, identify and disseminate wellness resources.

a. Was the goal met?
   Yes

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #3: Other Student/School Wellness Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.

   Elementary School: The staff of HCS actively participates in the EHA Wellness Program. Staff liaisons encourage participation and dissemination of information through and about the EHA Wellness Program.

   Middle School: The staff of HCS actively participates in the EHA Wellness Program. Staff liaisons encourage participation and dissemination of information through and about the EHA Wellness Program.

   High School: The staff of HCS actively participates in the EHA Wellness Program. Staff liaisons encourage participation and dissemination of information through and about the EHA Wellness Program.

Key achievements

A new K-6 playground was built by the district to provide expanded and equitable access to safe, all-weather playground and play-space areas for elementary students.

Next Steps

We'll examine consistent mechanisms for gathering public input on wellness initiatives.
We'll examine scheduling constraints that limit our ability to provide middle school students with 60 minutes of activity each day.