Elmwood-Murdock Public Schools
300 Wyoming St
Murdock, NE 68407
(402) 867-2341

May 7, 2026

Dear Elmwood-Murdock Community Members,

Elmwood-Murdock Public Schools 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.

Our District continues to meet all Federal, State, and Local requirements for food administration, nutrition education, physical education and physical activity, employee wellness, and integration and coordination throughout the District and community. At the time of this assessment, no new language was adopted into the policy; however, areas of improvement were listed, such as: look for farm to table opportunities, continue to incorporate community and student opportunities, and ensuring the policy is being followed in the classroom.

Continued effort and progress are made each year to meet our Wellness Policy goals across all levels of our district. Four goals were set, one in each category, for Nutrition Education and Promotion, Physical Activity, Student/School Wellness, and an additional optional goal for Staff Support. Each goal was met with the integration and application of wording and direction from our current Wellness Policy. The goals and met expectations were as follows:

1. Food and beverages are not used as rewards for student performance or behavior. Teachers and staff are provided a list of alternative ways to reward children each year (i.e. extra recess, free time, a prize box with items other than food).
2. The District will provide students with physical education curriculum, along with scheduled (and unscheduled) physical activity. All elementary students receive PE for at least 60 minutes per week, with a minimum of at least one 20 minutes recess per day. All middle and high school students are required to take 10 credits of PE in order to graduate.
3. Water is available (free) to all students throughout the school day, and is also available where school meals are served during mealtimes. Students are allowed to carry water bottles throughout the day, and in their classrooms. Drinking fountains and bottle fill stations are available in several locations throughout the school. Fresh water and cups are available in the cafeteria when breakfast and lunch are served.
4. The District will implement strategies to support staff in actively promoting healthy eating and physical activity. All staff are signed up and eligible to participate in the EHA Wellness Program. There are also several wellness challenges offered throughout the school year. During food days, a minimum of one healthy snack is encouraged in each food category.

Part of the Wellness Committee Policy includes public involvement and notification. Upon completion of the Triennial Assessment, the results will first be shared at the following board meeting for approval. The results will then be posted on our Facebook Page (Elmwood-Murdock Public School Wellness Group) and our school website (https://www.emknights.org/article/957767). The Triennial Assessment results will also be shared in our District News Letter that comes out annually in the winter.

If you have any questions, please contact Cortney Sorensen at csorensen@emknights.org.

Respectfully,

Cortney Sorensen, RN
Wellness Leader; School Nurse