Cedar Bluffs Public School



School Wellness Policy
Triennial Report

Cedar Bluffs Public School Community:

Our district takes pride in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building.

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 schools' use of exclusionary discipline—have been found to be successful in improving student success, and academic excellence.

To advance the common goal of improving social, health, and academic outcomes for all students, coordinated efforts that integrate multiple components of a healthy school environments are being harnessed to supporting the wellbeing needs of staff and students. We hope that the results of the triennial assessment help to outline the efforts underway in our district and the emphasis we put on whole child supports.

If you have any questions, please contact Superintendent Ptomey at harlan.ptomey@cbwildcats.org.

Respectfully,

Harlan Ptomey

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Cedar Bluffs Public School

School Wellness Policy Triennial Report



Meet our Team

Harlan Ptomey – Superintendent
Curtis Carlson – Elementary Principal & Parent
Tina Headid – Secondary Principal & Parent
Jenni Kiefer – Afterschool Program Director
Caren Clark – Cafeteria Manager & Parent
Jeremey Larsen – PE &Health Teacher & Parent
Alyssa Pyle – FCS Teacher
Kaylee Benne – School Health Aide
Samantha Fitzgerald– Licensed Mental Health Counselor
Keri Frederickson – EHA Wellness Chair & Parent
Chris Lichtenberg – Police Officer & Community Member
www.cedarbluffsschools.org
Contact: Harlan Ptomey at harlan.ptomey@cbwildcats.org

Policy Compliance Results

Cedar Bluffs Public School has met all School Wellness requirements through its board policy 5417 and accompanying regulations associated with school wellness. That policy can be found at:

Board Policies

Wellness Metrics: Nutrition Education, Physical Activity, Nutrition Promotion and Other School Wellness Activities for Student Wellbeing.

New Goals for 2026	
Goal Area	Outline the Plan for Measuring LSWP Implementation
Nutrition Education Requirement(s): The District will teach, model, encourage and support healthy eating by all students.	Lesson Plan Examples from the Family Consumer Science Teacher
	Lesson Plan Examples from the Physical Education and Health Teacher
	Newsletters from District Administrators and the Health Aide outlining Healthy Snacks and Healthy Activities
	Pictures of Posters in our school building outlining Health/PE class, FCS Class and in our Cafeteria
	When the grant can be obtained, the district will participate in the Fresh Fruits and Vegetable Grant Program (GAN)
	Cross-Country Coach has a Dietitian speak to his team each year (Pictures)
Physical Activity Requirement(s): Children and adolescents should participate in at least 40 minutes of physical activity every day.	Communications from our Afterschool Director for Physical Activities that students can participate in
	Class Schedule showing PE classes and Recess times
	PE classes participate in the Presidential Fitness Challenge
	List of Middle and High School athletic activities available to all students
Other Student Wellness Requirement(s): Cedar Bluffs Staff will model and support a healthy lifestyle. Cedar Bluffs Public School will provide opportunity for community engagement centered on healthy lifestyles and mental health.	Cedar Bluffs Staff started a walking club and Wildcat Wellness Challenge for all Staff (share documents)
	Cedar Bluffs Public School participates in the Banister Program that provides healthy meals to families (shared on Facebook)
	Cedar Bluffs Public School will continue to participate in the Farm to School program (Documents)
	Cedar Bluffs Staff participates in the EHA Wellness Program (Certificate)
	Cedar Bluffs participates in a backpack program (Announcement Posting)
	UNL Extension Office speaks in our after-school program about Healthy Choices (Flyers)
	Every student has access to 2 school counselors daily and 3 licensed mental health practitioners weekly (Contract with ESU & Counselors)

Key Accomplishments 2023-2026

1. Staff Joined the EHA Wellness Program
2. The ASP provides a plethora of physical activities for students and community members.
3. Farm to School