

St. Thomas More School Omaha, NE

2025-2026 Wellness Plan

Public Involvement:

School Wellness Committee:

Students: Nora Coniglio, Nolan Kocol, Molly Moore

Parents: Jenny Keller, Katie Elsasser

School food service personnel: Jane Annin

School Administrators: Gary Davis

School health professionals: Deb Hart

Teachers: Sheila Vomacka, Steven Faulkner

Community members: Robin Dworak (Grandparent), Ashley Sandoval (Home and School), Jason Sterba (Men's Club), Mike McDonnel (Knights of Columbus), Nick Pitsch (STM Athletics).

- Goals

- Expand Wellness Committee membership to include additional members of the larger school and parish community.

Nutrition Guidelines:

- Participates in the school lunch program
- Follow USDA Nutrient standard guidelines for Lunch and Smart Snacks
- Attempted breakfast program with free lunch and survey in May of 2016 and plan to revisit again 2026
- Working on planning in 2026 to see if it is viable
- Did not proceed due to lack of interest

- Evaluating in 2025 - 2026 School Year
- Provide free water with lunch
- Offer multiple menu choices
- Offer vs. serve
- All food sold a la carte / comply with smart snack requirements
- No vending machines
- Participation in the Nebraska Farm to School program

- Goals:

- Add self-serve fruit and vegetable / salad bar
- Participate in Nebraska Thursdays (NDE Local foods program)

Nutrition Education:

- School fruit and vegetable garden
- Cafeteria nutrition posters
- Lunch menu sign
- Publish monthly school menu
- Health curriculum as part of P.E. Class

- Goal

- Expand nutrition education program in science curriculum

Nutrition Promotion

- 20 minute lunch period PK - 3rd
- 20 minute lunch period 4th - 8th
- Team Nutrition School
- Annual evaluation of lunchroom environment by teachers and wellness committee
- Daily PK snacks are “healthy snacks only”
- Daily Extended Care snacks are “healthy snacks only” provided by STM Food Service

- Goals

- Encourage teachers to have healthy food when having celebrations involving food
- Encourage teachers to have healthy food when having celebrations involving food
- Consider expanding lunch times to 30 minutes PK – 3rd Grade
- Consider expanding lunch to 25 minutes for 4th – 8th Grade

Physical Activity

- 20 minute daily recess for K - 3
- 15 minute daily recess for 4 - 8
- Teachers encouraged to use outside recess as reward
- Morning Extended Care program uses gym for physical activity
- Afternoon Extended Care program takes students outside daily for physical activity
- Morning and Afternoon Extended Care programs uses gym for physical activity
- Recess participation is not withheld as punishment
- Classroom wiggle time throughout the day
- Specials classes located on every floor of building
- Students not allowed to use elevator unless there is physical need
- Safety Patrol assist students with safe walking areas to school
- Students participate in Soles Saving Souls fundraiser / run
- Students participate in Jump rope for Heart
- School Field Day
- Weekly P.E. classes for PK – 5th Grade
- Twice a week P.E. classes for 6th – 8th Grade
- Outdoor Learning Classroom

- **Goals**

- Find more time in schedule for additional recess time
- Continue expansion and usage of Outdoor Classroom
- Increase activities in Outdoor Classroom

Public Notification:

- School Wellness Program was on agenda for principal's address at annual Curriculum Night and communicated through school newsletter Bengal News and in school handbook.

- **Goal**

- Expand Wellness Committee membership to include additional members of the larger community (Sports Club, Ladies Guild, Men's Club, Knights of Columbus)

Monitoring and Evaluation:

- The Wellness Contact, Mr. Gary Davis, Principal ensures compliance with nutrition and physical activity policies of St. Thomas More School.
- The Executive Director, School Board and School Community will be sent an annual summary report summarizing compliance with nutrition and physical activity policies as part of our annual school report card by June 30, 2026.