

St. Thomas More School Omaha, NE

2026-2027 Wellness Plan

Public Involvement:

School Wellness Committee:

Students: Franny Kuiper, Isa Martinez, Molly Moore,
Pope Oscar

Parents: Jenny Keller, Nick Pitsch

School food service personnel: Jane Annin

School Administrators: Gary Davis

School health professionals: Deb Hart (VNA)

Teachers: Katie Elsasser, Steven Faulkner, Sheila Vomacka

Community members: Robin Dworak (Grandparent), Ashley Sandoval (Home and School), Woody Diedrich (Men's Club), Mike McDonnel (Knights of Columbus), Vanesa Urbach (STM Athletics).

- Goals

- Expand Wellness Committee membership to include additional members of the larger school and parish community. Encourage members to recruit additional participants. Increase number of meeting opportunities.

Nutrition Guidelines:

- Participates in the school lunch program
- Follow USDA Nutrient standard guidelines for Lunch and Smart Snacks
- Attempted to add breakfast program for 2026.

- Did not proceed due to lack of interest
- 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

- Goals:

- Add self-serve fruit and vegetable / salad bar
- Secure funding for fruit and vegetable / salad bar
- Increase student participation in student lunch program
- Allow students to help choose menu items
- Create student lead menu planning team

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
- Implement Creighton School of Nursing wellness education program

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
- Create Student Nutrition Team

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 throughout 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
- School Field Day
- Twice a week P.E. classes for KDG – 8th Grade
- Outdoor Learning Classroom

- **Goals**

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

Public Notification:

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

- **Goal**

- Increase communication about P.E., physical activities, and Student Nutrition Team in the Bengal News Newsletter and in morning announcements.

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, Education 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, 2027.

