



Kayla Hinrichs from UNL Extension was a guest at Burwell Public Schools on Tuesday, March 5th for the start of a 6 week nutrition program in conjunction with the Farm to School program. Students experienced taste testing, how to read a recipe, a new recipe, and general measuring tools. White beans were on the taste test along with a white bean ranch dip. Students are looking forward to the next lesson with Kayla on March 14, 2024.

Triennial Wellness Assessment Results

Areas of Strength:	1. District has strong nutritional program with local grown items on salad bar monthly.
	2. Physical activity and education is a high focus throughout K thru 12.
	3. Strong resources for mental health.
Opportunities for Improvement	1. Work with Farm to School group on greenhouse(starting 2024) and possible salad bar options for cafeteria.
	2. Staff lead by example of increased physical activity and importance.
	3. Continual mental health resources for staff and students –additions and improvement.

BPS Wellness Policy Goals:



Burwell Public Schools

Home of the Longhorns

Superintendent – Mr. Dale

Maynard

K-6 Principal – Mr. Darrin Max

The district aims to provide curriculum and opportunities that incorporate healthy lifestyle choices and habits through good nutrition and physical activity curriculum and opportunities.. Our school environment strives to use evidence-based strategies to develop, structure, and support student wellness.

MOVING FORWARD:

Our district will keep further expanding on collaborating with other groups to ensure all students, staff and the community are informed, engaged and involved in the goal of lifelong wellness.

Details of the Wellness Policy can be found at www.burwellpublicschools.org.

If you have any questions, please contact Dale Maynard at dale.maynard@burwellpublicschools.com

Respectfully submitted, Linda Finney RN/ Dale Maynard
School Wellness Leaders