



St James School
525 E 14th St
Crete, NE 68333

St James 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. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

School Wellness Policy Assessment Survey Results

<p>1. Policy Compliance Results</p>	<p>Areas of Strength:</p>
<p>2. Wellness Policy Purpose St James</p>	<p>1. Nutrition Education and Promotion: Hoping to instill lifelong habits not only with the children but as well with the parents/guardians</p>
<p><input type="checkbox"/> The school will provide the education allowing the students to be active not only at recess, also during the school day. Physical Education is offered everyday but not to every class every day. The teachers use GoNoodle to give the students extra movement time, especially when the students are starting to get a little antsy.</p> <p><input type="checkbox"/> St James has been focusing on improving mental health</p>	<p>2. Physical Activity: Teachers incorporate movement in the classroom; understanding not everyone can sit for a solid 2 or so hours</p> <p>3. Parent Involvement: Parents can enjoy lunch with students, help in the classrooms, and join on field trips. Students love seeing people they love share the same experiences!</p>
<p><input type="checkbox"/> awareness for the students and their families. Therapists have been coming into the school two to three times a week to meet with students, when necessary, and the parents. Along with this positive encouragement, the teachers and staff are sure the students are getting along okay at home and at school.</p> <p><input type="checkbox"/> St James will continue and keep on improving informing the public on nutritional messages, changes, and nutrition related events. We want to make it a goal to take advantage of the local markets in the area.</p>	<p>Opportunities for Improvement</p> <p>1. Volunteers: College students are starting to come around and help; Grandparents as well; never hurts to always have more 😊</p> <p>2. Mental Health: Already have therapists coming; trying to get it out there more to parents how we can help with depression, anxiety, ADHD, ect.</p> <p>3. Nutrition: Always trying to make lunches as healthy, yet delicious as possible.</p>

Thus far, we have met all of our goals stated in our Wellness Policy, which was updated back in 2022. The plan, when we set our next committee meeting, is to add Emotional and Mental Wellness to the plan. Activities and nutrition is key to a healthy child, so is their mental health. We already have items in motion to ensure students know the district is looking out for them and to let parents know about resources.

To know more about the Wellness Policy and the Committee, please watch for our announcements in the weekly bulletins through Sacred Heart Church and the school website: [St. James Wellness Policy – St. James Catholic School \(st-james-crete.org\)](http://st-james-crete.org)

If you have any questions, please contact Beth Brahm, Parish Secretary, at Elizabeth-brahm@cdolinc.net or office phone (402)-826-2044.

Respectfully,
Beth Brahm/Sister Mary Alma (principal) – School Wellness leader



SAINT JAMES
CATHOLIC SCHOOL

FAITH + FAMILY + RESPONSIBILITY + RESPECT