



Conestoga Wellness Summary

The purpose of the policy is to provide curriculum, instruction and experiences in a health promoting school environment to instill habits of lifelong learning and health.

Triennial Assessment Summary

The district completed the triennial assessment in the spring of 2023. A summary of the results includes, that as a district all indicators were believed that our current policy includes some of the required language. Strengths of the policy is that it contains goals and physical activity opportunities. The wellness committee met several times throughout the 22-23 school year.

District Goals

The main goal is to follow or exceed the health and nutrition objective established by the NDE. The action to support these goals are curriculum, education materials, health events and to encourage staff to promote physical activity and student wellness.

For additional information about the policy or the wellness program contact our district nurse, Mrs. Andersen 402-235-2271