

Diller-Odell JR/SR High School

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Odell, NE 68415
(402) 766-4210

Diller-Odell Elementary School

315 Smith Street
Diller, NE 68342
(402) 793-5570

June 30, 2026

Diller-Odell Public School Community,

Diller-Odell Public Schools takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools 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.

Step #1- Summarize results of the wellness policy assessment

After completing the Alliance for a Healthier Generation 10-step Checklist, Diller-Odell Public Schools Local Wellness Policy (LWP) includes all the required language for all components. Diller-Odell Public Schools LWP is required to include goals in different areas including nutrition promotion/education, physical activity, and other school-based activities that promote student wellness. Some goals were identified that we could improve on. These include continuing to promote healthy food/snack/drink choices, continuing to promote physical activity in and out of school, and continued support of mental health and wellness for all students.

Step #2- Summarize results on progress made in meeting your 3 district wellness policy goals across all grade groups (e.g., K-5, 6-8, 9-12) served

Steps highlighted to meet our nutrition goal were offering low-fat or fat-free milk and/or water options to all grades and also during a mid-day break for lower grades. Nutrition posters in the cafeteria promote healthier choices. We utilize the Local Food for Schools Program for fresh fruits/vegetables along with Fed From the Farm options.

To keep students physically active, we offer PE multiple times weekly for all grades along with a motor lab to work on fine and gross motor skills for lower grades and strength/conditioning classes for upper grades. We support the Youth Sports program by offering a place to hold practices and sending home flyers to promote staying active throughout the school year and summer. Summer strength/conditioning programs are offered to all upper grade students.

We promote mental health and wellness for all students through guidance classes with our counselor along with mental health professionals provided through the ESU. All students get dental/vision/health screenings along with opportunities for flu vaccinations.

Identify steps taken to meet unmet goal(s) or policy elements that are not currently met and how you will update Wellness policy goals, if needed.

Steps will continue to improve all aspects of the Local Wellness Policy.

This summary of our Triennial Assessment of our Local Wellness Policy is being posted on our school website to update the public.

If you have any questions, please contact Mike Meyerle at mmeyerle@dillerodell.org.

Respectfully,

Diller-Odell Wellness Committee