



Holy Family Elementary School

Triennial assessment results 2026

Meet Our Team:

- Andy Bishop
- Kristin Catterson
- Jenna Preister
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Policy compliance results

[Holy Family School - Step 1 - Model Wellness Policy Comparison Resul...](#)

Wellness policy goals

1. Nutrition education/promotion
2. Physical activity
3. Active Academics

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 OR add link to completed Step 2 documentation template using this chip:

[Holy Family School - Step 2 - Progress Toward LWP Goals/Compliance with LWP Tem...](#)

Key achievements

1. Holy Family teachers are continuing to incorporate body and brain break/movements throughout their normal classroom routines.
2. Holy Family's lunch program continues to promote healthy eating by providing fresh bread, fresh fruits and vegetables daily, with most meals prepared from scratch. Nutritious alternative options are consistently available to both students and staff, supporting a healthy school environment and encouraging positive lifelong eating habits.

3. Students participated in daily physical education activities that incorporate a variety of strength, fitness, balance, and movement-based exercises. They are encouraged to set personal physical education goals and monitor their progress throughout the school year. Through regular participation and goal setting, students work to improve their fitness levels, develop healthy habits, and build lifelong skills that support overall health and wellness.

Next Steps

Moving forward, Holy Family's LWP committee and staff will meet more regularly throughout the school year to review, reflect on, and assess the effectiveness of the current wellness policy. These meetings will provide opportunities to evaluate progress toward established goals, identify areas for improvement, and make adjustments based on the evolving needs of our students and school community. Regular assessment will also help ensure that Holy Family remains current with best practices in nutrition, physical activity, and health education. By continually reviewing our wellness initiatives, we can provide students with access to healthy food options, meaningful physical activity opportunities, and modern health education that supports their overall well-being and academic success.