
Triennial assessment results 2026

Meet our team

- Paula Wagner – Food Service Manager
- Tony Arens - Principal
- Travis Ohnoutka – Health & Physical Education
- Lynn Sweeney – Parent Representative

Policy compliance results

As part of our ongoing commitment to student wellness, St. John the Apostle School recently completed a review of our Local Wellness Policy (LWP) using the Alliance for a Healthier Generation assessment tool.

The review identified several strengths in our current policy, including nutrition education that is interactive and skill-based, clear communication to families regarding eligibility for free and reduced-price meals, and connections between nutrition education and the school food environment.

The assessment also highlighted opportunities for future growth, including exploring access to the School Breakfast Program, evaluating student mealtime, and considering opportunities to incorporate locally sourced foods into our meal program.

Wellness policy goals

1. To provide nutrition education in the classroom
2. Physical Education class will provide and promote active lifestyle opportunities
3. To provide healthy alternative for classroom snacks and treats during celebrations

St. John the Apostle School successfully met all three Local Wellness Policy goals during the school year. Nutrition education was provided in grades K–8 through health and science curriculum standards that taught healthy food choices, food groups, nutrition, exercise, and overall wellness. Physical activity opportunities were promoted through physical education classes and extracurricular programs such as the Pumpkin Run, Life Runners, and Archery. Additionally, the school implemented a handbook policy promoting healthier snack and treat options during classroom celebrations, helping support student wellness across all grade levels.

Key achievements

1. Nutrition education teaches skills that are behavior focused and interactive.
2. Specifies how families are provided information about determining eligibility for free/reduced priced meals.
3. Links nutrition education with the school food environment.

Next Steps

No changes to the Local Wellness Policy were required at this time. Moving forward, we will continue to review our wellness goals, gather feedback from students, families, and staff, and strengthen opportunities for physical activity, nutrition education, and social-emotional wellness to support the well-being of all students.