



Triennial assessment results 2026

Positive Environment Team

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Wellness Policy compliance results

Bergan Catholic's wellness policy demonstrates strength in promoting healthy nutrition choices, encouraging physical activity, and emphasizing the importance of making healthy choices to support lifelong wellness. Bergan Catholic will continue to develop and expand opportunities for students and families to be physically active together. Currently, Bergan Catholic is expanding its school garden to provide even greater educational opportunities and increase fresh produce available to students.

Wellness policy goals

1. Enhance offerings at both buildings lunch including new fruit and vegetables as well as new main course menu offerings.
2. Increase opportunities for students to be physically active after school for all students including those who might not be involved in athletics.
3. Create digital messaging on the importance of nutrition, physical activity, sleep and other topics related to student wellness to be displayed for students.
4. Work to start and use a farm to school program.
5. Increase more fresh fruit and vegetable choices especially in the fall and spring.
6. Continue to increase physical activity during the school day at both buildings.

This was the first-time measurable goals were established and documented in our wellness policy. Over the past three years, the goals listed above were either fully or partially achieved. We will continue working toward achieving each goal at an even higher level to ensure our students and staff have opportunities to live healthy, active lifestyles.



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Key achievements

1. We established a school garden, providing hands-on learning opportunities for students from preschool through high school.
2. We have increased the number of Farm to School menu items served throughout the district. Students at all grade levels have enjoyed fresh fruits and vegetables grown in our school garden and sourced from local producers with whom we have developed partnerships.
3. Bergan Catholic continues to promote physical activity and quality physical education. We strive to ensure every student has opportunities to be active throughout the school day through certified physical education classes, recess, classroom movement breaks, House activities, and after-school programs.

Next Steps

Bergan Catholic is committed to continuously improving its wellness policy to meet the evolving needs of our students. We welcome feedback and suggestions as we build on our current successes and continue advancing our goals over the next three years.

Bergan Catholic Wellness Policy Goals 2026-2029

- Continue to enhance offerings at both buildings lunch including new fruit and vegetables as well as new main course menu offerings.
- Increase the amount of Farm to School food served on the menu.
- Expand the Farm to School resources to be able to sustain long term growth and continued success of the program.
- Offer more fresh fruit and vegetable choices especially in the fall and spring.
- Continue to increase physical activity during the school day at both buildings.
- Increase opportunities for students to be physically active after school for all students including those who might not be involved in athletics.
- Create digital messaging on the importance of nutrition, physical activity, sleep and other topics related to student wellness to be displayed for students.



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