



Southern School District
115 South 11th Street
Wymore, NE 68466

Southern School Community:

Our district takes pride in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building.

Research indicates that initiatives focused on improving aspects of students' well-being in schools—such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting schools' use of exclusionary discipline—have been found to be successful in improving student success, and academic excellence.

To advance the common goal of improving social, health, and academic outcomes for all students, coordinated efforts that integrate multiple components of a healthy school environments are being harnessed to supporting the wellbeing needs of staff and students. We hope that the results of the triennial assessment help to outline the efforts underway in our district and the emphasis we put on whole child supports.

If you have any questions, please contact Dr. Christopher Prososki, at cprososki@southernschools.org.

Respectfully,

School Wellness Team

Notice of Non-Discrimination: The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Southern School District



MEET OUR TEAM

Christopher Prososki, Jeff Murphy, Jerry Rempe, Dominique Clay, Stephanie Ware, Jolene Bartels, Kane Hookstra, Jeff Tunink, Josie Hulse, Kylie Betten, Joni Runge, Sheri Yockel, Dyan Allington, & Kim McMurray



Policy 5052: School Wellness Policy –
Link: <https://tinyurl.com/yy4xjja8>



Contact: Dr. Christopher Prososki

WELLNESS METRICS:

SOUTHERN SCHOOL DISTRICT – MEETING WELLNESS POLICY GOALS

GOAL 1 – NUTRITION PROMOTION & EDUCATION 100%



GOAL 2 – PHYSICAL ACTIVITY 100%



GOAL 3 – PROMOTE STUDENT WELLNESS 100%



TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

1. POLICY COMPLIANCE RESULTS

Southern registered a perfect score on the Alliance for a Healthier Generation 10-step Checklist!

2. WELLNESS POLICY GOALS

- Nutrition Promotion & Education
- Physical Activity
- Promote Student Wellness

KEY ACHIEVEMENTS:

- Aligned the local wellness policy goals with our School Improvement plans
- Completed the triennial assessment and shared results
- Utilized school health data to make informed decisions to support student wellbeing efforts