



Theford High School
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Theford Elementary School
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Blake Dahlberg, Superintendent/Principal

Triennial Wellness Assessment Results:

Every three years, we do a review of our Wellness Policy to determine whether or not we are in compliance with the policy, how it compares to NDE's model policies, and the progress that we have made in attaining these goals. Below is our overview of this year's assessment:

Areas of Strength:	1. Our wellness policy is in place and has all of the required components included.
	2. Nutrition education is provided throughout our K-12 curriculum.
	3. We have strong activity programs during the school day and outside of the school day. These include elementary running club and youth basketball, volleyball, football, and wrestling.
Opportunities for Improvement	1. We need to provide more opportunities for stakeholder input into our lunch program.
	2. We need to update and adjust our K-12 PE curriculum.
	3. We need to do a better job of offering healthy options in the concession stands during activities.

Our policy and goals can be found on the front page of our website:

<https://www.thedfordschools.org>

Any further questions, input, or comments can be sent to Mr. Dahlberg at 308-645-2614 or via email at blake.dahlberg@thedfordschools.org

"Theford Public Schools will prepare students for challenges of life with an environment that fosters positive educational growth."