
Triennial assessment results 2026

Meet our team

- Chris Nelson-Principal
- Erin Leahy – Asst. Principal
- Lindsay Willis - School Counselor
- Michelle Behrens – Director of Food Services
- Dan Bartels – PE Instructor
- Megan Pietro – Parent/Staff Member
- TBD-Parent and TEB Member
- Student Council president and Vice Present

St. Robert Bellarmine Catholic School takes pride in supporting the needs of the whole child and ensuring that all children are safe, supported, engaged, and challenged each school day. 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 use of exclusionary discipline — have been found to be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

Policy compliance results

[See Step 1 Documentation on the school website](#)

Wellness policy goals 2024-2026

1. By May 2026, St. Robert Bellarmine School will implement the Friendly social-emotional learning curriculum in grades K–8 with fidelity, ensuring that 100% of classrooms provide weekly Friendly lessons and activities. As a result, students will demonstrate growth in social-emotional competencies, as measured by teacher observations, student surveys, and a reduction in behavioral referrals.
2. By May 2026, St. Robert Bellarmine School will increase opportunities for student movement throughout the school day by implementing intentional brain breaks in classrooms. Teachers will incorporate movement-based activities, physical resets, and active learning strategies to support student focus, engagement, and overall wellness.

3. By May 2027, St. Robert Bellarmine School will establish a Wellness Committee that promotes a comprehensive approach to student and staff wellness by developing, implementing, and evaluating initiatives that support physical, social-emotional, spiritual, and environmental well-being. The committee will create a sustainable structure for identifying wellness needs, coordinating schoolwide efforts, and fostering a culture of health and wellness throughout the school community.

[See Step 2 Documentation on the school website](#)

Key Achievements

1. Friendly was purchased and implemented by our school counselor in all grades K-6. It was implemented by our religion teacher in grades 7-8.
2. Go Noodle and other websites helped teachers be more intentional about providing brain breaks to their students. Language Arts teachers in grades 5-8 gave an intentional pause half-way through their 90 minute literacy block.
3. A wellness committee was formed, but it did not include the variety in membership we desired.

Next Steps

1. Continue to use Friendly in the classrooms. Increase the classroom teacher follow-up to the lessons introduced by the school counselor.
2. Include the TEB representative and students on the wellness committee moving forward.

Wellness Goals 2026 2029

1. Physical Wellness Goal

Increase student participation in physical activity.

By May 2029, 90% of students in grades K–8 will engage in at least 60 minutes of daily physical activity through physical education classes, recess, classroom movement breaks, and extracurricular opportunities, as measured by student surveys.

2. Nutrition and Healthy Habits Goal

Promote healthy eating and wellness education.

By May 2029, all students will participate in at least three age-appropriate nutrition and healthy lifestyle learning experiences annually, as measured by teacher lesson plans.

3. Social-Emotional Wellness Goal

Strengthen students' social-emotional competencies.

By May 2029, 85% of students will demonstrate growth in self-awareness, self-management, relationship skills, and responsible decision-making as measured through SEL assessments, behavior data, and teacher observations following implementation of a schoolwide SEL program.

4. Spiritual Wellness Goal

Foster students' spiritual growth and faith development.

By May 2029, students will participate in regular faith formation opportunities—including prayer, liturgical celebrations, service projects, and faith-based classroom activities—with 90% of students demonstrating an

increased understanding of how to live the school's Catholic mission and core values, as measured through reflections, surveys, and participation records.

5. Staff and Family Wellness Goal

Build a culture of wellness among the entire school community.

By May 2029, the school will provide at least two wellness-focused opportunities annually for staff and families (e.g., wellness nights, mental health workshops, fitness events, faith-based gatherings).

If you have any questions about the information contained in this document, please contact Chris Nelson, chris.nelson@stroberts.com.