

The Local Wellness Policy of GACC was updated on 1/13/2026 to meet the new guidelines and goals of the Nebraska Department of Education's Lunch Program.

Daily the students are offered a variety of fruits and vegetables as required by the program. The serving sizes recommended by the program also meets the guidelines. A copy of these guidelines is available for viewing. The guidelines are stored in the office next to the kitchen.

There is a water station with a water jug and cups for anyone that would like water in addition to the water fountain that was installed during the summer of 2025.

GACC does not offer breakfast but they do offer the vegetable and fruit bar at every lunch period. There is no additional charge for seconds at the vegetable and fruit bar.

Students in Grades Prek-6 attend Physical Education classes twice a week. Students in Grades 7-8 attend Physical Education classes daily. Their parents are given a syllabus at the beginning of the year explaining what the students will be learning and the expectations in the class. Students in Grade 9 attend Physical Education and Health class daily. They also receive a syllabus at the beginning of the year explaining what they will be learning and the expectations. Both the student and their parents sign the syllabus. A Food and Nutrition class is taught in the High School. It is offered every other year due to teacher availability.

Lower grade elementary students are offered the opportunity to learn how to play football, volleyball, basketball, and wrestling. They compete with some other schools a few times during the season. About 85% of the students in those grades participate.

We also offer Lifetime Activities classes and Weightlifting classes to the upper grades. They receive and sign a syllabus as well. A large percentage of the students participate in athletic practices/competitions during the year also. Approximately 75% of the students in grades 9-12 participate in 1, 2, or all 3 sports during each of the sport seasons and 64% of grades 7-12 participate in the sports offered to Junior High students as well. There are a lot of summer sports and camps offered to the students who wish to participate in the summer months also.

The cooks decorate the lunchroom for holidays and other special occasions and offer food to celebrate different events or "decorate" edible items for the occasions. There are also posters hanging in the lunchroom and new items to try are posted on their bulletin board.

Students in Grades Prek-3 have a recess following their lunch and in the morning and afternoon where they are encouraged to participate in group or individual games and activities. Grades 4-6 have a recess following their lunch where they also are encouraged to participate in games or activities. In addition to the nutrition provided and the physical education classes, more classes are taught by the local extension office both in the school classrooms and in the community. The minutes of each recess vary according to grade level.

One of our new goals is to invite the local extension office to do a visual presentation at lunch with sugar content and other information, with both healthy and unhealthy options. This would be in addition to those classes visited in their classroom as these would include everyone and have more hands on information and demonstrations.

There are numerous events that are school sponsored in which students participate in. Some of those events include the JayRun where all students participate. All students walk to the park broken into supervised groups by grade level. The students can walk or run in the event. There are school plays, speakers, and other events that students walk to when they attend those. Some students walk to local businesses as a class and learn about their jobs. Another of our goals for this year is to walk to more of these local events when possible. Most events are held within several blocks of the school buildings. We also encourage classes that could incorporate weather, science, or other learning classes to walk outside for research. On warmer days classes are encouraged to take some time to walk around the buildings and the church to pick up trash as they walk.

The youngest students take walks on nice days where they observe nature, blow bubbles, and participate in other fun activities as they walk. They can even be seen stopping to count all the flags they can view from the point they are on their walk and other fun adventures.

We have fun days where they get into groups mixed with older and younger students and they play games. Many of the games are active and they don't sit for those games. Those are held at different times throughout the year, holidays, "Buddy Day", Catholic Schools Week events, etc.

We have numerous classes that have speakers that include talks on nutrition, calories, sugar content, protein content, how the body breaks down sugars, etc. We have a class for older students that additionally discusses the importance of healthy eating and students are also given suggestions to help deal with social media pressures to be too thin as well.

Additionally a goal of the School Wellness Program is to continue to promote healthy lifestyles in the schools. The school follows the guidelines and updates from the Nebraska Department of Education National School Lunch Program. We ask the faculty and staff to model positive eating and activity. We are adding a list of healthier acceptable classroom treats as some still try to bring items with more sugar than allowed and we need to reinforce those rules.

The School Wellness Program will be enclosed in the family envelopes that are sent home at the start of the school year. Any new information and/or updates will be sent home to each family when additional family envelopes are sent home. The elementary school electronically sends family envelopes home on the 1st and 3rd Tuesday of each month. The junior high and high school family envelopes are posted on the school site each month along with daily announcements posted and read daily on all school days.

The updates and revisions to the wellness policy are made before each school year; any changes are implemented at the beginning of each school year whenever possible but can be updated at any time deemed necessary to inform the public of changes.

When updating the policy, the public can view the meal patterns, rules for vending, the nutritional information on snacks served and list of approved snacks for the smart snack list.

The Local Wellness Policy is currently posted on the school SIS and the school website. The school is switching to a new SIS this fall and it doesn't appear that it will be posted there any longer, only on the school website in the future. That is still to be determined which still meets the requirements of the NDE lunch program.

All fundraising must be approved by the administration, whether they are edible or non-edible items. There are posters hung in the lunchroom promoting healthy choices. They are replaced as new ones are made available.

The wellness policy is available to anyone upon request; it is also posted for viewing in both schools and in the lunchroom, next to the Civil Rights Statement. The school board, parents, students, teachers, and stakeholders can view the policy at any time in either the posted areas or request a copy from the administration.

The wellness committee isn't as large as some as we are a small school and do not have a school nurse, multiple administrators, etc. but we have a wide variety of area members. They include our administrator in the elementary school, Mrs. Paula Peatrowsky, the head cook, Mrs. Katie Strehle, the Authorized Representative for the Lunch Program, Mrs. Tami Bracht, and several parents and teachers. Those are Mrs. Jenna Vonnahme, Mrs. Krista Batenhorst, Mrs. Lindsey Marr, and Mrs. Kim Knobbe. Mr. Josh Batenhorst is our A.D. and he also provided some data used in the Wellness Policy. We have three students on the committee as well. They represent a variety of grade levels.

The latest revisions of the policy are available to the public where they will be able to see the revision and the families will receive it in the first fall family envelope sent home in August of 2017 and every August thereafter. The policy will continue to be revised as needed or as any changes are made to improve the wellness and activity of the students. School Wellness Policy adopted 8/1/2015. Last reviewed 3/13/2026 with multiple updates made.

Updated and Revised 3/13/2026 as there were multiple updates made and some items deleted.