



Friday, May 28, 2010 4:23 PM CDT

Pair of Plattsmouth schools honored at statewide wellness summit

By Brent Hardin

LINCOLN – Two Plattsmouth schools were among 41 Nebraska schools recently honored at a statewide summit for their efforts to improve wellness during the 2009-10 academic year.

Plattsmouth Middle School received a Bronze Action Award and Plattsmouth Elementary School earned an Honorable Mention Action Award at the 2010 Nebraska Action for Healthy Kids Summit in Lincoln. Nebraska Action for Healthy Kids is a nonprofit organization addressing the epidemic of overweight, sedentary and undernourished youth by improving nutrition and increasing physical activity in Nebraska schools.

The group gives awards in four distinctions: gold, silver, bronze and honorable mention. The award level is based on total application scores. Applications include information on school and community wellness activities, nutrition services, nutrition education, physical education programs, schoolwide physical activity and community involvement.

The organization gave Plattsmouth Middle School a bronze honor because of wellness initiatives such as Healthy University and the Student Health Action Council. Those initiatives impacted 485 students this school year.

Plattsmouth Elementary School earned an honorable mention honor for its activities that affected 610 students this year. Those activities included offering only healthy snacks and providing “Sports, Play and Active Recreation Training for Kids” program training for physical education teachers.

Bronze Award Schools

Ansley Elementary, Campbell Elementary (Lincoln), Clay Center Elementary, Clay Center High, Dundee Elementary (Omaha), Ezra Millard Elementary, Fredstrom Elementary (Lincoln), Fullerton Elementary (Omaha), Glenwood Elementary (Kearney),

Horizon Middle (Kearney), Kearney Senior High, Medicine Valley Elementary (Curtis), **Plattsmouth Middle**, Sandy Creek Elementary (Fairfield), Sandy Creek Junior/Senior High (Fairfield), Superior North Ward Elementary, Walnut Hill Elementary (Omaha)

Honorable Mention Schools

Bishop Neumann Central High (Wahoo), Central Elementary (Fairbury), Jefferson Intermediate (Fairbury), **Plattsmouth Elementary**, St. Wenceslaus (Wahoo), St. Patrick's (Elkhorn), Sutton Elementary