

## Leyton Public Schools

504 Main St  
Dalton, NE 69131  
(308)-377-2301



April 13, 2026

### Leyton Public Schools Community,

Our district takes pride in supporting the needs of the whole child, and to ensure 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.

**Step #1- After a review of policy #5052 School Wellness our committee found several areas of strength within the policy. Our policy offers students plenty of opportunities for exercise during the school day, it promotes healthy long-term habits and also ensures students have what they need in order to live a healthy life at school (ex: plenty of water, space and time to eat, etc.)**

**Step #2- Our 3 goals according to our wellness policy are 1: Nutrition Promotion and Education 2: Physical Activities, and 3: School-based activities designed to promote wellness. When our committee looked at these goals, it was evident that a lot of areas are functioning well within our school in terms of wellness. For Goal 1: Our students are exposed to healthy choices and have a balanced meal option at all grade levels. We participate in the fruits and veggies program K-8, and our courses offered in grades K-12 have areas where healthy living and nutrition are directly taught to students. For Goal 2, we prioritize PE and recess in grades PreK-8 and have multiple courses at the High School level for PE. Extracurricular offerings are diverse and fit our students' needs as far as physical activities across all grade levels. For Goal 3: we have well-lit, attractive cafeterias, students are given plenty of time to eat, the meals are complete and often freshly made by our cooks, water is always available, and there are opportunities for the outside world to come into our school for health-related services: vision and dental screenings, and blood drive.**

**We won't be updating the Wellness policy as a result of the committee's review. The main items we want to focus on are ensuring that our entire community is aware of the policy at all times.**

**We will inform the community and all stakeholder groups in three ways through the May 2026 newsletter mailed to all staff, via Facebook, and finally on our website [www.leytonwarriors.org](http://www.leytonwarriors.org).**

If you have any questions, please contact **Matt McLaughlin** at [matt.mclaughlin@leytonwarriors.org](mailto:matt.mclaughlin@leytonwarriors.org).

Respectfully,

A handwritten signature in blue ink, appearing to read 'Matt McLaughlin', is written over a white background. The signature is fluid and cursive, with the first name 'Matt' being particularly prominent.

**Matt McLaughlin**

Superintendent/Wellness Committee Member