

StudentsSchool Wellness Policy

A mission of St. Edward Public Schools is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health. Therefore, the Board adopts the following School Wellness Policy.

1. District Wellness Committee**Committee Role and Membership**

The District will convene a representative District Wellness Committee (“DWC”) or work within an existing school health committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this District wellness policy.

The DWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals or staff; mental health and social services staff; school administrators; school board members; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

2. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at the District’s website.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Superintendent’s office and/or on the District’s computer network. Documentation maintained in this

location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and/or district-wide communications. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District's schools are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Superintendent or the Superintendent's designee.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart

Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District and individual schools are communicating important school information with parents.

The District will notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

3. Nutrition

School Meals

All schools within the District that participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional Federal child nutrition programs will meet the nutrition requirements of such programs.

Competitive Foods and Beverages

The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

The District will provide a list of healthy snacks, party ideas, and alternative ways to reward children to parents and teachers, including non-food ideas.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

Nutrition Education may be integrated into other subjects to complement the Rule 10 health and nutrition

education curriculum that is provided in accordance with NDE Rule 10.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards or, if stronger, state nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that it is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/School Nutrition Services/Acivities Department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

4. Physical Activity

A goal is for children and adolescents to participate in physical activity every day. Physical activity during the school day may include but is not limited to recess, classroom physical activity breaks or physical education. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

5. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.

Community Partnerships

The District will develop, enhance, or continue relationships with community partners in support of this wellness policy's implementation.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Amended: June 10, 2013, July 10, 2023

St. Edward, Nebraska

Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool
(make a copy for your own use)

Component	Description
Select Tool used for model LSWP comparison: If another tool was used, list it here.	<div style="border: 1px solid #0070C0; padding: 5px;"> <ol style="list-style-type: none"> 1. Alliance for a Healthier Generation 10-step Checklist 2. The WellSAT 3.0 School Assessment Tool </div>
Areas of Strength:	<ol style="list-style-type: none"> 1. Our policy covers all components necessary to meet the requirements 2. 3.
Opportunities for Improvement	<ol style="list-style-type: none"> 1. Continue to evaluate the policy and ensure that the policy is being enforced district wide. 2. Be more diligent with our quarterly meeting regarding the policy review and implementation 3. Ensure new staff are given an opportunity to serve as a part of the wellness plan
As a result of the comparison, was new language adopted in the LSWP?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
If yes, briefly describe what was adopted (include page numbers for new language if possible), Have the changes been approved by the school board?	<p>We basically did a complete renovation of the policy in order to meet all necessary standards and to best serve our students.</p> <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <p>The amended policy is on the Jul 10, 2023BOE Agenda for approval,</p>

Component	Description
Describe the next steps for strengthening your LSWP.	Be more deliberate and resourceful in sharing and communicating LSWP with all stakeholders

[Return to triennial assessment document](#)



Discussion/Notes:

Step #2: Progress in Reaching LSWP Goals Template

(make a copy for your own use)

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u>			
Nutrition Education Goal(s)- record goal OR Nutrition Promotion Goal(s)- record goal	Yes	We followed the guidelines for the Federal Hot Lunch Program and served meals with appropriate food groups and portions.	
Physical Activity Goal(s)- record goal	Yes	Daily physical activity including but not limited to recess and organized physical Education class. We also incorporated and after school activity program (Traffic Tuesday)	
Other student wellness Goal(s)- record goal, this is often where goals to support SEL and Mental health or staff wellness could be included	Yes	We were part of a mental health grant opportunity through ESU 7. The Mental Health Committee met on a regular basis throughout the 22-23 school year. We screened student in grades 3-12 using the SAEBERS screening tool and implemented interventions as necessary and appropriate	
Additional Goal(s) Add more rows as needed			

[To return to the overview document, click this link](#)

Questions, contact: jessie.coffey@nebraska.gov

Step #3- Extent of Compliance for All Schools with the LSWP

(Make a copy for your use)

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)			3) PK, Elementary K-6, Secondary 7-12
Physical Activity Goal(s)			3) PK, Elementary K-6, Secondary 7-12
Other Student Wellness Goal(s)		2) Elementary-Grades 3-6 (K-2 were not included in the Mental Health Screening), Secondary 7-12	2
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance			
<u>Federal/State Meal Standards</u>			3) PK, Elementary K-6, Secondary 7-12
Foods Offered but Not Sold Standards			3) PK, Elementary K-6, Secondary 7-12 (meeting "Smart Snack" requirements)
Food and Beverage Marketing (<u>SMART Snacks regulations</u>- ala carte and vending, food sales during the school day)			No vending of food items during the school day. Vending of water during the school day excluding 30 minutes before and after

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
			breakfast and lunch

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement- how was the public included in LWP development?	<input checked="" type="checkbox"/> Yes Parents were included as part of the Wellness Committee <input type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input checked="" type="checkbox"/> Yes On our District Website <input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input checked="" type="checkbox"/> Yes https://www.stedpublicschool.org/ Posted in school building. <input type="checkbox"/> No

[To return to the overview document, click this link](#)

Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing your Success- You have accomplished a lot!

Triennial Assessment Report to the Public (make a copy for your own use)

Step #1- Post results of the wellness policy assessment

Step #2-Post results on progress made in meeting your 3 district wellness policy goals at BOTH:

- 1) **District**
- 2) **Each building**

Identify steps taken to meet unmet goal or policy elements that are not currently met and how you will update Wellness policy goals (likely from 2017) if needed.

Document how you updating the public below

Example) of updating the public

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, Community partners	School Website	5/29/2023
District School Board	Presentation during School Board Meeting	7-10-2023
Parents/Caregivers	Information during open house	8/15/2023
Parents/Caregivers, teachers, Community partners	Newsletter	8-1-2023

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, community partners	School Newsletter	5/30/2022
District School Board	Presentation during School Board meeting	6/1/2022
Community Partners	Presentation during District Wellness Committee meeting	5/25/2022
Parents/Caregivers	Presentation during Open House event	5/25/2022

When updating the public, include a link to your wellness policy with an email for the contact the public can ask questions of.

Post to one of your district's main pages so patrons can easily see your updates, consider posting pictures of students and staff participating in activities that support your wellness policy goals. To return to the Triennial Assessment overview document, [click this link](#)



We thank you for your time spent taking this survey.
Your response has been recorded.

Below is a summary of your
responses

[Download PDF](#)

According to 7 CFR 210.31(e)(2), all schools are required to complete an assessment of their school's compliance with their local school wellness policy (SWP) at least once every three years and make this assessment available to the public by posting assessment responses to your school's website. You will have the option to download a pdf of your assessment at the conclusion of the survey.

The school wellness policy (SWP) triennial assessment must be completed by June 30, 2021. Non-compliance with this requirement will result in a holding of the school's claim until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's SWP assessment. Please provide your school's information and then answer each of the 10 questions below. Click "Submit" at the end of the survey to have your assessment recorded.

This survey outlines the ten required components of the SWP as defined by the USDA final rule of 2016. Districts can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their SWP to ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

For each component identified below, select the rating that applies to your SWP. The rating scale is:

2 = Includes **all** required language

1 = Includes **some** of the required language

0 = Includes **none** of the required language

Please provide your school's information in the space provided below.

School Name

St. Edward Public Schools

Agreement Number (6 digits, no dashes)

060017

School Wellness Policy Contact Name

Stephen

School Wellness Policy Contact Email

sosborn@sted.esu7.org

The policy identifies one or more school district and/or official(s) who have the authority and responsibility for ensuring that each school complies with the policy.

Rating

2 ▼

The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the SWP.

Rating

2 ▼

The policy includes language describing the methods for informing the public (including parents, students, and other in the community) about the SWP, and updates this information on an annual basis.

Rating

2 ▼

The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

- the extent to which the school(s) comply with SWP;
- the extent to which the SWP compares to model local school wellness policies;
- the progress made in attaining the goals of the SWP

Rating

2 ▼

The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in School nutrition standards.

Rating

2 

The policy includes standards for foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties or classroom snacks brought by parents).

Rating

2 

The policy includes specific goals for nutrition education and promotion activities.

Rating

2 

The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.

Rating

2 

The policy includes specific goals for physical activity opportunities.

Rating

2 

The policy includes specific goals for other school-based activities that promote student wellness.

Rating

2 

Thank you for completing the SWP triennial assessment.
Your assessment has been recorded and no further action is needed at this time.

#NDE 01-4652

For more information about this survey, please contact:
Kayte Partch | Nutrition Services | kayte.partch@nebraska.gov | 402-471-2945

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