

Step 1

Extent To Which the Local Wellness Policy (LWP) Complies with USDA Requirements and Compares to a Model Policy Assessment Tool



Complete one of the LWP assessment tools listed below. Check the box next to the tool used. Retain a copy of the completed comparison assessment.

- Alliance for a Healthier Generation 10-step Checklist (see pages 2-5 of this document)
- [The WellSAT School Assessment Tool](#)

Open the completed comparison assessment and respond to the following questions based on the responses.

1. List areas of strength in the wellness policy:

1. Comprehensive Wellness Approach

- Addresses nutrition, physical activity, staff wellness, community engagement, and policy accountability.
- Recognizes the unique needs of students served in a Level III special education setting and provides accommodations for students with disabilities.

2. Strong Governance and Oversight

- Establishes a District Wellness Committee with representation from administration, nursing, dietary services, teachers, parents, students, and community members.
- The committee meets at least three times annually and oversees policy implementation and review.

3. Monitoring and Accountability

- Includes annual progress reports and triennial assessments.
- Specifies recordkeeping requirements and procedures for public notification and policy updates.

4. Strong Nutrition Standards

- School meals meet USDA requirements through the National School Lunch Program.
- Drinking water is readily available throughout the school day.
- Competitive foods and beverages must meet Smart Snacks standards.
- Healthy celebrations and non-food rewards are encouraged.

5. Physical Activity Opportunities

- Daily opportunities for movement are incorporated through recess, sensory rooms, yoga, team-building, classroom movement, and physical activity breaks.
- Physical activity is not withheld as punishment.
- Activities are adapted to meet the needs of all students regardless of functional impairments.

6. Staff Wellness Component

- Policy includes a staff wellness subcommittee and promotes employee health activities and wellness initiatives.

7. Family and Community Engagement

- Emphasizes communication with families and partnerships with community organizations.
- Uses multiple methods to disseminate wellness information and promote participation.

2. List opportunities for improvement in the wellness policy:

1. Community Representation Could Be Expanded

- Increasing parent and student participation would strengthen stakeholder engagement.

2. Need to Expand Mental Health and Social-Emotional Wellness Language in our Policy to accurately reflect current programming/practices such as:

- Social-emotional learning (SEL)- Restorative Practices
- Mental health promotion
- Trauma-informed practices
- Positive behavior supports
- Mindfulness or resilience-building

3. Staff Wellness Activities Could Be Defined More in Policy to reflect current professional and personal educational offerings.

- Staff wellness is addressed, but our policy doesn't accurately reflect the comprehensive offering provided for staff in efforts to promote wellness.
- Additional policy info could contain expanded language around:
 - Stress management resources.
 - Employee fitness challenges.
 - Mental health supports.
 - Staff wellness education.



4. Community Partnerships Could Be Better Defined

- The policy mentions partnerships but does not identify specific organizations or describe how those partnerships support wellness efforts.

3. As a result of the comparison, was new language adopted in the LWP?

- Yes (complete notes section & question 4)
 No (skip to question 5)

Notes: Language changes have not been adopted as opportunities for growth (community/parent engagement assessment tool development) were identified during triennial assessment, but edits are in progress for the wellness committee to evaluate and discuss during our first wellness meeting this fall. If changes are made, then will we have them approved by the board.

4. Have the changes been approved by the board?

- Yes
 No

5. Describe the next steps for strengthening your LWP.

Opportunities for continuous improvement include establishing measurable wellness goals and benchmarks, increasing parent and student representation on the District Wellness Committee, enhancing documentation and communication of wellness activities, and expanding initiatives related to social-emotional wellness, staff wellness, and community partnerships. Future revisions will focus on strengthening evaluation methods and increasing stakeholder involvement to further support student and staff well-being.

Skip & delete the following pages if utilizing the WellSAT tool to complete the model policy comparison.

Alliance for a Healthier Generation 10-step Checklist

According to 7 CFR 210.31(e)(2), all School Food Authorities (SFAs) are required to complete an assessment of their compliance with their local wellness policy (LWP) at least once every three years and make this assessment available to the public by posting assessment responses/documentation to your school/district/residential child care institution (RCCI) website.



The local wellness policy (LWP) triennial assessment must be completed by **June 30, 2026**. Non-compliance with this requirement will result in a hold of the SFAs Child Nutrition Program claims for reimbursement until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's LWP assessment.

This survey outlines the ten required components of the LWP as defined by the USDA final rule of 2016. SFAs can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their LWP 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.

Please provide your SFA's information and then select the rating that applies to your LWP for each of the 10 questions below.

The rating scale is:

2 = Current policy includes **all** required language for this component

1 = Current policy includes **some** of the required language for this component

0 = Current policy includes **none** of the required language for this component

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

School/District/RCCI name

ESU #1 Tower School

Agency ID Number/Agreement Number (6 digits, no dashes)

000001

Wellness policy contact name (first & last)

Arianne Conley

Wellness policy contact email address

aconley@esu1.org

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

Rating

2



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

Rating

2

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

Rating

2

4. 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 LWP;
- the extent to which the LWP compares to model local wellness policies;
- the progress made in attaining the goals of the LWP

Rating

2

5. 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 Schools nutrition standards.

Rating

2

6. 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



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

Rating

2

8. 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

9. The policy includes specific goals for physical activity opportunities.

Rating

2

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

Rating

2

Questions? Contact: lauren.christensen@nebraska.gov

