

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)

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

1. List areas of strength in the wellness policy:

- a. Faith School has certified/qualified people on staff, in the correct positions, to ensure the items included in the Wellness Policy are upheld and followed (ie. PE/Health Educators, Kitchen Manager)
- b. Faith School provides ample minutes of PE class during the week for all grades (3x per week, plus 30 minutes of health instruction)
- c. Staff at Faith encourage students to participate in the hot lunch program by providing a variety of healthy options including a daily salad bar, offering Try it Tuesdays, and creating a positive environment in the school lunchroom

2. List opportunities for improvement in the wellness policy:

- a. Continuing to encourage a variety of parents and students to participate in the Wellness Policy Council.
- b. Regular feedback from parents regarding the School Lunch Program

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: Changes are highlighted

Page 1:

Curriculum will include both nutrition, health education, and physical education.

Nutrition and health education will be offered in the school lunch room as well as the classroom and is coordinated between teachers and food service staff. A qualified nutrition professional (ie. Kitchen Manager and/or PE teacher) will lead the efforts to implement nutrition education.

Page 2:

The marketing of products **sold during the school day** that do not meet Smart Snacks guidelines will be prohibited. This includes any/all signage and advertisements.

Students are offered a variety of **flavored and unflavored** milk including fat free, lowfat, ~~flavored and unflavored,,~~ on a daily basis.

Page 4:

PE and Health classes are taught by a trained professional who reviews standards and curriculum on a regular basis.

Students are provided with many choices of physical activity, **including but not limited to recess, Physical Education class, and classroom activities.** These activities facilitate a student's participation in at least 60 minutes of moderate to vigorous activity in accordance with nationally recommended guidelines.

Physical activities will be adapted as needed in order to make them accessible for students with injuries and/or disabilities

Faith will provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives **outside of the school day.**

All school-sponsored events will adhere to this policy and will include physical activity and healthy eating opportunities when appropriate.

Page 5:

The results of each triennial assessment will be made public via the school newsletter, **school website**, and shared with the Faith School Board.

4. Have the changes been approved by the board?

- Yes
 No

5. Describe the next steps for strengthening your LWP.

A survey will be developed and shared with K-5 families at Faith School, seeking their thoughts and input regarding the School Lunch Program, nutrition offerings, and physical education. Results will be shared with all families and incorporated into the daily life of Faith School and its Wellness Policy



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

Faith Lutheran School

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

550728

Wellness policy contact name (first & last)

Krista Barnhouse

Wellness policy contact email address

kbarnhouse@faithlincoln.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

- Faith Lutheran School will form a School Wellness Council including but not limited to:
 - Principal (responsible for ensuring school complies with the policy)
 - Kitchen Manager (responsible for ensuring Council meets a minimum of twice per school year)
 - PE Educator
 - Administrative Assistant
 - School Board members
 - Parents
 - Students
 - To satisfy the requirements of the Healthy, Hunger-Free Kids Act of 2010, the School Wellness Council will monitor the implementation of the wellness policy and evaluate student health and activities, gauging whether or not policies have been implemented, determine effectiveness of policies, and the overall impact on student health.
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

- Students, staff and the school community will be informed about the local wellness policy.
 - See - Wellness Communication Plan (part of Wellness Policy)
- All parents, students, and staff are invited to share feedback related to the development, implementation, review, and update of the Wellness Policy at any point during the school year



- 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

Wellness Communication Plan

- Students, staff and the school community will be informed about the local wellness policy through the weekly newsletter and school website.

The last week of each month (beginning in September), Faith Lutheran School will provide communication to parents regarding a wellness topic.

<u>Month</u>	<u>Topic</u>	<u>Person Responsible</u>
August	Student Handbook/Wellness policy with Acknowledgement Statement	Krista
September	Healthy Snacks	Danielle/Natalie Pinterest Board?
October	School Lunches	Jani
November	Staying Healthy Outside	Danielle
December	Movement Challenge for Break	Jena
January	Nutrition Pyramid	Jani/Jena
February	Kids' Heart Challenge	Jena
March	Movement	Natalie/Jena Youtube channel?
April	Education in Baking/Cooking	Krista
May	Healthy Recipes	Jani



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:

Rating

2

- Every three years, the Wellness Council will participate in a triennial assessment. This assessments will identify:
 - The extent to which Faith Lutheran School complies with the Wellness Policy
 - The extent to which Faith’s Wellness Policy compares to model wellness policies
 - The progress made in attaining the goals of the Wellness Policy (see attachment)
 - The results of each triennial assessment will be made public via the school newsletter, school website, and shared with the Faith School Board.
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

- Faith Lutheran School will draw upon qualified child nutrition professionals and provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students—including whole grain products and fiber-rich fruits and vegetables.
- All food and beverages sold during school between 12:00 am and 4:00 pm (30 minutes after dismissal) shall comply with Smart Snack guidelines.
- The marketing of products sold during the school day that do not meet Smart Snacks guidelines will be prohibited. This includes any/all signage and advertisements.
- Foods and beverages offered during the school day will minimize the use of trans and saturated fats, sodium and sugar—as defined by the Dietary Guidelines for Americans.



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

- Classroom snacks should encourage healthy choices and portion control. Parents and families will receive guidance from the school on foods that are appropriate for such celebrations.

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

Rating

2

- Students in all grades, Kindergarten through 5 will receive nutrition education that is interactive, age and ability appropriate, reinforcing the importance of physical activity and the health risks associated with a sedentary lifestyle.
- Curriculum will include both nutrition and physical education.
- Nutrition education will be offered in the school lunch room as well as the classroom and is coordinated between teachers and food service staff. A qualified nutrition professional (ie. Kitchen Manager and/or PE teacher) will lead the efforts to implement nutrition education.
- Nutrition education will be integrated into the core curriculum, including math, science and language arts.
- Nutrition education will provide instructional time to build students' confidence and competence in making healthy nutrition choices and ongoing health enhancing skills.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room and other areas where the message can be presented.



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

- All food and beverages sold during school between 12:00 am and 4:00 pm (30 minutes after dismissal) shall comply with Smart Snack guidelines.
- The marketing of products sold during the school day that do not meet Smart Snacks guidelines will be prohibited. This includes any/all signage and advertisements.

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

Rating

2

- Students are provided with many choices of physical activity, including but not limited to recess, Physical Education class, and classroom activities. These activities facilitate a student's participation in at least 60 minutes of moderate to vigorous activity in accordance with nationally recommended guidelines.
- Physical activities will be adapted as needed in order to make them accessible for students with injuries and/or disabilities
- Faith Lutheran School will not use participation or non-participation in physical education or recess as a way to punish or discipline students.

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

Rating

2

Appropriated physical education shall be offered to all students. Physical education topics may be integrated into the entire curriculum when appropriate.

- Faith Lutheran School will equip students with the knowledge, skills and attitudes necessary for a wide variety of lifelong physical activity, building confidence and competence in physical abilities.
- Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. This will include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills and promoting activities that can be continued over the course of students' lives.
- All school-sponsored events will adhere to this policy and will include physical activity and healthy eating opportunities when appropriate.



Discussion/Notes:

(Optional) Delete this text and type any notes in this area....

Questions? Contact: lauren.christensen@nebraska.gov

