

Students**School Wellness Policy**

A mission of Elmwood-Murdock Public Schools (“District”) is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health.

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.

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.

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.

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.

This wellness policy 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;

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. The District will provide as much information as possible about the school nutrition environment.

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;
- A description of the progress made in attaining the goals of the District's wellness policy.

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.

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>

www.foodplanner.healthiergeneration.org

www.letsmoveschools.org

3. Nutrition

School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

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. The District may also operate additional nutrition-related programs and activities. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. 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

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards, including through:

1. Celebrations and parties. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The District will provide or make available to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children or other comparable resources. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

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. The District will make available to parents and teachers a list of healthy fundraising ideas or comparable resources.

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. This promotion will occur through ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District may include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

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.

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/Athletics Department/PTA/PTO 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

Children and adolescents should participate in at least 60 minutes of physical activity every day.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment. P.E. activities may be modified to meet the individual needs of students.

Physical Education

The District will provide students with physical education curriculum which will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All secondary students (middle and high school) are required to take 10 credits of physical education in order to graduate.

Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades and the District will require middle and high school students to take and pass at least one health education course. The District may include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease

- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- How to find valid information or services related to physical activity and fitness

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year. Exceptions may be made as appropriate, such as on early dismissal or late arrival days.

Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play.

In the event that recess must be held indoors, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District will encourage students to be physically active before and after school by sponsoring or permitting: physical activity clubs and physical activity in aftercare, intramurals or interscholastic sports.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will consider some of the following ideas for support of active transport.

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week and National Walk and Bike to School Week
- Instruction on walking/bicycling safety provided to students

- Promote safe routes program to students, staff, and parents via newsletters and website
- Use crossing guards
- Use crosswalks on streets leading to schools

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. The District will coordinate and integrate other initiatives related to physical activity.

Community Partnerships

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

Staff Wellness and Health Promotion

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Glossary

School Campus: areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day: the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Legal Reference: Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. section 1758b; 7 CFR sections 210.11 and 210.30; National School Lunch Program, 42 U.S.C sections 1751-1760, 1770; Regulations and Procedures for Accreditation of Schools, NDE Rule 10

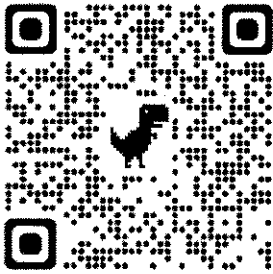
Date of Adoption: July 12, 2017
 Revised: July 11, 2018
 January 11, 2023
 June 12, 2023

**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. #1 was used	<ol style="list-style-type: none"> 1. <u>Alliance for a Healthier Generation 10-step Checklist</u> 2. The WellSAT 3.0 School Assessment Tool
Areas of Strength:	<ol style="list-style-type: none"> 1. Resources provided in the policy 2. Clear categories and descriptions 3. Collaboration between staff: including but not limited to PE educators, kitchen staff, classroom teachers, administration
Opportunities for Improvement	<ol style="list-style-type: none"> 1. Community Outreach 2. Add to District Newsletter 3. Encouraging student involvement
As a result of the comparison, was new language adopted in the LSWP?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No-consider for future policy enhancement
If yes, briefly describe what was adopted (include page numbers for new language if possible). Have the changes been approved by the school board?	NA <input type="checkbox"/> Yes <input type="checkbox"/> No

Component	Description
<p>Describe the next steps for strengthening your LSWP.</p>	<p>Include and elaborate on ways to promote mental health, add specific and measurable goals.</p> <p>We updated the Wellness Committee area on the school website.</p> <p>We created a Facebook page to reach the community better.</p> <p>We have begun to utilize the student council students to promote health and wellbeing around the school.</p>

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Discussion/Notes:

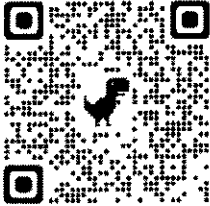
Step #2: Progress in Reaching LSWP Goals Template

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
<p>You are required to identify at least 3 goals as part of USDA wellness policy requirements, 1) nutrition, 2) physical activity, and 3) other student wellness goals.</p>			
<p>Nutrition Education Goal(s)/Nutrition Promotion Goal(s)- only 1 nutrition goal is needed</p>	<p>Met</p>	<p>Our District meets/exceeds current nutrition requirements established by local, state, and Federal statutes and regulations which was evaluated and approved by the Nebraska Department of Education Administrative Review of our School Nutrition Program on February 26, 2023 with the assistance of Kim Schafer (Kitchen Manager) and Ryan Knippelmeyer (Superintendent)</p>	<p>www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks</p> <p>www.foodpalnner.healthiergeneration.org</p> <p>See included "Letter of Closure"</p>
<p>Physical Activity Goal(s)</p>	<p>Met</p>	<p>The District requires at least 60-89 minutes per week of PE in the elementary setting and at least 10 credits of PE in order to graduate for secondary students. The District also offers and implements a variety of before and after school physical activity programs. Aaron Pryor (7th-12th PE Teacher) and Curt Backemeyer (Elementary PE Teacher) manage the</p>	<p>The health and nutrition educations comes from the Glencoe Book-Teen Health and myplate.gov</p> <p>PE activities are designed to meet the State of Nebraska Physical Education Standards; Website: https://www.education.ne.gov/wp-content/uploads/2017/07/NE_Physical_Education_Standards_Final.pdf</p>

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
		completion of these goals. Numerous coaches and paraeducators assist with before and after school activities.	
Other student wellness Goal(s)	Met	<p>Nutrition Promotion: food and beverages are not used as rewards for student performance or behavior implemented by all classroom teachers.</p> <p>Establish healthy classroom celebrations</p> <p>The school menu is published monthly by Kim Schafer.</p>	<p>Found in our Wellness Policy and Student Handbook, both found on the school website.</p> <p>One healthy snack is provided by parents through classroom sign-up at the elementary level.</p> <p>The menu can be found our website and on the app; it is also shared in classrooms and in the cafeteria https://www.emknights.org/documents/menus/13152</p>
Other student wellness Goal(s) optional	Met	Promoting healthy activities and behaviors for staff implemented by Cortney Sorensen (school nurse).	<p>Staff is encouraged to sign up and participate in EHA Wellness. Quarterly emails are sent by Cortney for reminders and new staff is put into the EHA Wellness system at the beginning of the year. Cortney also encourages monthly wellness folders that include physical, nutritional, and mental health.</p> <p>These will become available on the Facebook</p>

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
			page to encourage community health as well.
Outline the plan for measuring LSWP implementation			
<ol style="list-style-type: none"> 1. Who 2. What 3. How 4. By When 			

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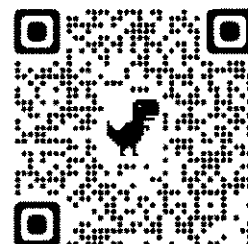


Step #3- Extent of Compliance for All Schools with the LSWP

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Name of Schools)	Partial Compliance (Name of School(s))	Full Compliance (Name of Schools)
Nutrition Education/Promotion Requirements(s)			Elmwood-Murdock Public School District
Physical Activity Requirement(s)			Elmwood-Murdock Public School District
Other Student Wellness Requirements(s)			Elmwood-Murdock Public School District
Federal/State Meal Standards			Elmwood-Murdock Public School District
Foods Offered but Not Sold Standards			Elmwood-Murdock Public School District
Food and Beverage Marketing			Elmwood-Murdock Public School District

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

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Questions, contact: jessie.coffey@nebraska.gov

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

Triennial Assessment Report to the Public

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 plan on updating the public below

Target Audience(s)	Method	Date
Parents & community members	Facebook page and School Website	Aug 2023
School Board	Policy Renewal/approval	June 2023
Teachers & staff	Email	Aug 2023
Teachers & staff	Presentation during new school year meetings	Aug 2023

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](#)