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**5052**  
**School Wellness Policy**

The school district is committed to providing a school environment that enhances learning and the development of lifelong wellness. The goals outlined in this policy were determined and selected after reviewing and considering evidence-based strategies.\*

**1. Goals for Nutrition Promotion and Education**

- a. The district will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs by such methods as implementing evidence-based healthy food promotion techniques through the school meal programs and promoting foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards.
- b. The health curriculum will include information on good nutrition and healthy living habits.
- c. Teachers will incorporate information on nutrition and wellness into the classroom curriculum as appropriate.
- d. The district will collaborate with public and private entities to promote student wellness.
- e. Water will be made available to students throughout the school day.

**2. Goals for Physical Activity**

- a. The school district's curriculums shall include instruction on physical activity and habits for healthy living.
- b. Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so.
- c. The district encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

45 **3. Goals for Other School-Based Activities Designed to**  
46 **Promote Student Wellness**

- 47
- 48 a. The district will participate in state and federal child  
49 nutrition programs as appropriate.
- 50
- 51 b. The district will provide professional development, support,  
52 and resources for staff about student wellness.
- 53
- 54 c. Students will be provided sufficient time in which to eat  
55 school-provided meals.
- 56
- 57 d. The district’s lunchrooms will be attractive and well-  
58 lighted.
- 59
- 60 e. The district will allow other health-related entities to use  
61 school facilities for activities such as health clinics and  
62 screenings so long as the activities meet the district’s  
63 requirements and criteria for the use of facilities.
- 64
- 65 f. The district may partner with other individuals or entities  
66 in the community to support the implementation of this  
67 policy.
- 68
- 69 g. The district will strive to provide physical activity breaks  
70 for all students, recess for elementary students, and  
71 before and after school activities, as well as encourage  
72 students to use active transport (walking, biking, etc.)
- 73
- 74 h. The district will use evidence-based strategies to develop,  
75 structure, and support student wellness.
- 76

77

78 **4. Standards and Nutrition Guidelines for All Foods and**  
79 **Beverages Sold to Students on the School Campus and**  
80 **During the School Day**

- 81
- 82 a. The district will ensure that student access to foods and  
83 beverages meet federal, state and local laws and  
84 guidelines including, but not limited to:
- 85
- 86 i. USDA National School Lunch and School Breakfast  
87 nutrition standards
- 88

89 ii. USDA Smart Snacks in School nutrition standards.

- 90
- 91 b. The district will offer students a variety of age-appropriate,
- 92 healthy food and beverage selections with plenty of fruits,
- 93 vegetables, and whole grains aimed at meeting the
- 94 nutrition needs of students within their calorie
- 95 requirements in order to promote student health and
- 96 reduce childhood obesity.

97

98 **5. Standards for All Foods and Beverages Provided, But Not**

99 **Sold to Students During the School Day**

100

101 The district may provide a list of healthy party ideas or food and

102 beverage alternatives to parents, teachers, and students for classroom

103 parties, rewards and incentives, or classroom snacks. The district

104 discourages the use of food and beverages as a reward or incentive for

105 performance or behavior.

106

107 **6. Food and Beverage Marketing**

108

109 Marketing and advertising is only allowed on school grounds or at

110 school activities for foods and beverages that meet or exceed the

111 USDA Smart Snacks in School nutrition standards, except as follows:

- 112
- 113 a. This requirement does not apply to marketing that occurs
- 114 at events outside of school hours such as after school
- 115 sporting or any other events, including school fundraising
- 116 events.
- 117
- 118 b. The district will not immediately replace menu boards,
- 119 coolers, tray liners, beverage cups, and other food service
- 120 equipment with depictions of noncompliant products or
- 121 logos to comply with the new USDA Smart Snacks in
- 122 Schools nutrition requirements. All previously purchased
- 123 products will be used, and all existing contracts honored.
- 124
- 125 c. All equipment that currently displays noncompliant
- 126 marketing materials will not be removed or replaced (e.g.,
- 127 a score board with a Coca-Cola logo). However, as the
- 128 district reviews and considers new contracts, and as
- 129 scoreboards or other such durable equipment are replaced
- 130 or updated over time, any products that are marketed and
- 131 advertised will meet or exceed the USDA Smart Snacks in
- 132 School nutrition standards

133

134 **7. Public Participation**

135

136 Parents, students, representatives of the school food authority,  
137 teachers, school health professionals, board members, school  
138 administrators, and members of the general public shall be allowed to  
139 provide their input to the school district during the wellness policy  
140 adoption and review process.

141

142 **8. Competitive Foods (Includes Food and Beverages Sold in**  
143 **Vending Machines, School Stores, Fundraisers or in**  
144 **Competition with the National School Lunch and Breakfast**  
145 **Programs)**

146

147 a. Except as otherwise allowed by the Nebraska Department  
148 of Education (NDE), all foods and beverages sold during  
149 the school day as part of a fundraiser or for any other  
150 purpose in competition with the National School Lunch  
151 and Breakfast Programs must meet the nutrition  
152 standards of those programs.

153

154 b. Fundraiser food or beverages are NOT exempt from the  
155 USDA Smart Snacks in School nutrition standards.  
156 Therefore, if food is sold as a fundraiser:

157

158 (1) It shall not be sold in competition with school  
159 meals in the food service area during the meal  
160 service.

161

162 (2) It shall not be sold or otherwise made available  
163 to students anywhere on school premises during the  
164 period beginning one half hour prior to the serving  
165 period for breakfast and/or lunch and lasting until  
166 one half hour after the serving of breakfast and/or  
167 lunch.

168

169 (3) The sale of food items during the school day shall  
170 meet the USDA Smart Snacks in School nutrition  
171 requirements

172

173 (4) This restriction does not apply to food sold during  
174 non-school hours, weekends, and off-campus  
175 fundraising events such as concessions during after-  
176 school sporting events, school plays or concerts; or

177 to bulk food items that are sold for consumption at  
178 home. (Ex: frozen pizzas, cookie dough tubs, etc.)  
179

## 180 **9. Triennial Assessment**

181

182 The school board shall assess and review this policy at least every  
183 three years to determine:

184

185 a. Compliance with this policy;

186

187 b. How this policy compares to NDE model wellness policies;

188

189 c. Progress made in attaining the goals of this policy.

190

191 The school board will update or modify this policy as appropriate.

192

## 193 **10. Public Notice**

194

195 In addition to identifying the topic on its meeting agenda as required  
196 by the Open Meetings Act, the school district will provide notice of this  
197 policy at least annually to the public and other stakeholders identified  
198 in this policy by one or more of the following methods: on its  
199 webpage, in its newsletter, in the student and employee handbooks,  
200 newspaper advertisements, direct mailings, electronic mail, and public  
201 postings.

202

203 In addition to identifying the topic on its meeting agenda as required  
204 by the Open Meetings Act, the school district will provide notice of the  
205 Triennial Assessment and progress reports towards meeting the goals  
206 in this policy using one or more of those same methods.

207

## 208 **11. Recordkeeping**

209

210 The District will retain records to document compliance with the  
211 requirements of the wellness policy at its nurse's office.

212

## 213 **12. Operational Responsibility**

214

215 The superintendent or his or her designee is responsible for  
216 coordinating the implementation of this policy and for monitoring the  
217 district's progress in meeting the goals established by this policy. The  
218 superintendent will periodically report to the board on the district's  
219 progress in implementing this policy.

220

221 \* These strategies include, but are not necessarily limited to,  
222 those cited in the Alliance for a Healthier Generation’s Model  
223 Wellness Policy (Updated 9/2016 to Reflect the USDA Final Rule)  
224 found at  
225 [https://www.healthiergeneration.org/asset/wtqdwu/14-](https://www.healthiergeneration.org/asset/wtqdwu/14-6372_ModelWellnessPolicy.doc)  
226 [6372\\_ModelWellnessPolicy.doc](https://www.healthiergeneration.org/asset/wtqdwu/14-6372_ModelWellnessPolicy.doc).  
227  
228 Adopted on: May 11, 2006  
229 Revised on: May 8, 2007, May 9, 2017  
230 Reviewed on: December 14, 2010, November 12, 2013, May 9, 2017;  
231 February 13, 2018