

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:

- a. Strong participation numbers for breakfast and lunch.
- b. Renewed focus on the Wellness Policy.
- c. Our policy includes all required items.

2. List opportunities for improvement in the wellness policy:

- a. Promote agriculture in the food system.
- b. Meeting more frequently and analyzing progress of the goals more consistently.
- c. Promoting healthy snacks in school instead of sugary treats.

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: Delete this text and briefly describe what was adopted. If possible, include the location/page numbers in the updated wellness for any new language.

4. Have the changes been approved by the board?

- ☐ Yes
- ☒ No

5. Describe the next steps for strengthening your LWP.

We will continue to review the documents with our wellness committee each year. We will focus on growing incrementally each year to improve student and staff wellness.

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

Humphrey Public Schools

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

710067

Wellness policy contact name (first & last)

Brice King

Wellness policy contact email address

briceking@humphrey.esu7.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

Discussion/Notes:

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

Questions? Contact: lauren.christensen@nebraska.gov



Step 2

Progress in Reaching Local Wellness Policy (LWP) Goals & Compliance with the Wellness Policy



At a minimum, wellness policies are required to include:

- Specific goals for each of the following areas:
 - Nutrition promotion and education
 - Physical activity
 - Other school based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Instructions - Progress in Reaching LWP Goals:

Using the template below, identify the language that is currently included in the LWP for each goal area and indicate whether the goal was met, partially met, or not met. Provide a summary of the progress made towards each goal for each grade level (elementary, middle school, high school) within your school/district/Residential Child Care Institution (RCCI).

1. Nutrition Education Goal/Nutrition Promotion Goal (REQUIRED)

All students will participate in nutrition education lessons at least once quarterly.

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet this goal for any grade level.

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #1: Nutrition Education Goal/Nutrition Promotion Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School:** Our physical education teachers promote healthy lifestyles while incorporating nutrition activities within her lessons throughout the year. Our Guidance Counselor discusses healthy lifestyles, as well as being physically active to maintain healthy diets. We also utilize the SEL curriculum that discusses healthy lifestyles within lessons throughout the year.
- **Middle School:** During our health and physical education classes, students are exposed to nutrition lessons throughout the course of the year. We also provide a Family and Consumer Science exploratory class for all junior high students where healthy lifestyles are discussed and explored. We also utilize the SEL curriculum that discusses healthy lifestyles within lessons throughout the year.
- **High School:** We offer multiple physical education courses, in which they are exposed to nutrition lessons throughout the course of the year. We also offer Family and Consumer Science courses that provide nutrition information to students enrolled in those classes. We also utilize the SEL curriculum that discusses healthy lifestyles within lessons throughout the year.

2. Physical Activity Goal (REQUIRED)

Provide an opportunity for all students to participate in physical activity for a minimum of 20 minutes daily during the school day (including recess, physical education, activity participation, etc.)

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet this goal across all grade levels.

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #2: Physical Activity Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School:** The daily schedule allows for a 20 minute physical education lesson every day. It also allows for 1-2 20 minute recess times daily.
- **Middle School:** All junior high students are required to participate in a physical education course. The schedule alternates every other day between girls and boys. Many of our junior high students also participate in extracurricular activities. Each day, all students have approximately 15 minutes at lunch for recess.
- **High School:** We offer multiple high school physical education courses. Many of our high school students participate in extracurricular activities. Each day, all students have approximately 15 minutes at lunch for recess.

3. Other Student/School Wellness Goal (REQUIRED)

Students in need of mental health support will be given the opportunity to meet with an LMHP during the regular school day at least monthly.

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet this goal across all grade levels.

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #3: Other Student/School Wellness Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.

- **Elementary School:** The district contracts LMHP services for two days per week. We utilize a student screener that is completed three times per year to determine tiers of support for each student in our district. We also contract a School Psychologist 2.5 days a week to help assist with SEL implementation, tier two supports, and small group interventions.
- **Middle School:** Same information as described above in the elementary section.
- **High School:** Same information as described above in the elementary section.

Extent of Compliance with Wellness Policy

Instructions for Districts with Multiple School Buildings:

Districts with multiple school buildings will need to indicate the extent of compliance for each building for the following wellness policy requirements. Practices for each building should align with the district wellness policy.

If your district has an internal procedure for collecting this data (e.g., Google form, Excel spreadsheet, etc.), you may provide a link to a copy of that file in lieu of completing the section below. Alternatively, you may opt to complete the section below to indicate extent of compliance for each building; however, if multiple levels of compliance are checked (e.g., some school buildings are compliant while others are partially compliant), you will need to indicate the number of schools that fall into each category in the Notes section.

Instructions for Single Site Schools/Districts & RCCIs:

Single site schools/districts and RCCIs - indicate your school's/district's/RCCIs extent of compliance for the following wellness policy requirements. Practices should align with written wellness policy.

1. Federal/State Meal Standards (e.g., School Meals and Smart Snacks)

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ Compliant (skip to question 2)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

2. Foods/Beverages Offered but Not Sold Standards (e.g., classroom/school celebrations)

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ Compliant (skip to question 3)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

3. Food/Beverage Marketing and Advertising Standards

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ Compliant (skip to question 4)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

4. Describe how the public (parents, community members, etc.) were included and/or invited to participate in the LWP development, implementation, review, and update.

The district encourages interested stakeholders to provide feedback regarding nutrition, physical activity, and other school wellness initiatives. Input from stakeholders is considered as the district reviews the effectiveness of its wellness practices and identifies areas for improvement. The Local Wellness Policy is periodically reviewed to ensure that it continues to meet the needs of students and aligns with district goals and requirements. Updates and recommendations are shared with appropriate district personnel and the Board of Education, and members of the public are invited to provide input throughout the review and revision process.

Discussion/Notes:

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

Questions? Contact: lauren.christensen@nebraska.gov



Triennial assessment results 2026

Meet our team

- Brice King
- Josh Rathje
- Brandon Kirby
- Pam Friesen
- Kande Hanzel
- Dan Barton
- Erica Kurtenbach



Policy compliance results

[School Wellness Policy](#)

[Step 1 Model Wellness Policy Comparison Result](#)

Wellness policy goals

1. Nutrition education/promotion
2. Physical activity
3. Mental Health

[Progress in Reaching Local Wellness Policy \(LWP\) Goals & Compliance](#)

Key achievements

1. Providing more locally produced foods such as fruits, vegetables, and beef.
2. Have increased our contracted time with LMHP and School Psychologists to support students.
3. Have increased the amount of physical education time for elementary students.

Step 4

Communicate Public Notification Methods with NDE



Identify how your School Food Authority (SFA) made the results of the Triennial Assessment publicly available.

Minimum requirement: the current wellness policy and triennial assessment results must be publicly accessible on the SFA's website. Please include a direct link to the webpage where this information is posted.

Additional notification methods (e.g., school newsletter, presentation during board meeting, presentation at open house, etc.) are optional but may be utilized to reach specific audiences. Audiences may include, but are not limited to parents, caregivers, students, teachers, staff, community partners, board, etc.

Audience #1 (REQUIRED)

School/District/RCCI Community and Public

Method(s) of sharing

- SFA Website
- www.humphreybulldogs.org
 - District Info
 - Wellness

Date of notification

June 30, 2026