

Q18.

According to 7 CFR 210.31(e)(2), all schools are required to complete an assessment of their school's compliance with their local school wellness policy (SWP) at least once every three years and make this assessment available to the public by posting assessment responses to your school's website. You will have the option to download a pdf of your assessment at the conclusion of the survey.

The school wellness policy (SWP) triennial assessment must be completed by June 30, 2021. Non-compliance with this requirement will result in a holding of the school's claim until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's SWP assessment. Please provide your school's information and then answer each of the 10 questions below. Click "Submit" at the end of the survey to have your assessment recorded.

Q16. This survey outlines the ten required components of the SWP as defined by the USDA final rule of 2016. Districts can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their SWP 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.

For each component identified below, select the rating that applies to your SWP. The rating scale is:

2 = Includes **all** required language

1 = Includes **some** of the required language

0 = Includes **none** of the required language

Q17. Please provide your school's information in the space provided below.

School Name

Our Lady of Lourdes

Agreement Number (6 digits, no dashes)

014652

School Wellness Policy Contact Name

Meg Searl

School Wellness Policy Contact Email

msearl@omahacsc.org

Q2. The policy identifies one or more school district and/or official(s) who have the authority and responsibility for ensuring that each school complies with the policy.

Rating

Q3. The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the SWP.

Rating

Q4. The policy includes language describing the methods for informing the public (including parents, students, and other in the community) about the SWP, and updates this information on an annual basis.

Rating

Q5. 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 SWP;
- the extent to which the SWP compares to model local school wellness policies;
- the progress made in attaining the goals of the SWP

Rating

Q6. 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 School nutrition standards.

Rating

Q7. 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

Q8. The policy includes specific goals for nutrition education and promotion activities.

Rating

Q9. 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

Q10. The policy includes specific goals for physical activity opportunities.

Rating

Q11. The policy includes specific goals for other school-based activities that promote student wellness.

Rating

Q21.

Thank you for completing the SWP triennial assessment.  
Your assessment has been recorded and no further action is needed at this time.

**Location Data**

**Location:** [\(41.2377, -95.9998\)](#)

**Source:** GeolIP Estimation



## 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
<p><b>Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Alliance for a Healthier Generation 10-step Checklist</a></li> </ul>
<p><b>Areas of Strength:</b></p>	<p>1. Nutrition-daily breakfast and lunch that align with the required</p> <p>2. Physical activity-PE classes for all students twice a week. Outdoor recess 1-2 times daily. Walk a Thon Fundraiser Day Without Shoes-Walk a Thon/shoe collection to increase the awareness of people who do not have shoes while walking for physical activity.</p> <p>3. Limiting birthday treats/snacks</p>
<p><b>Opportunities for Improvement</b></p>	<p>1. Meet with the wellness committee on a more regular basis.</p> <p>2.</p> <p>3.</p>
<p><b>As a result of the comparison, was new language adopted in the LSWP?</b></p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p>NO</p>

Component	Description
<p><b>If yes, briefly describe what was adopted (include page numbers for new language if possible), Have the changes been approved by the school board?</b></p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
<p><b>Describe the next steps for strengthening your LSWP.</b></p>	<p>Meet with the committee on a more regular basis to increase the effectiveness of our wellness policy.</p>

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**Discussion/Notes:**

## Step #2: Progress in Reaching LSWP Goals Template

*(make a copy for your own use)*

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
<b><i>USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u></i></b>			
<b>1. Nutrition Education Goal(s)- record goal -OR- Nutrition Promotion Goal(s)- record goal</b>	Yes	Our cafeteria manager aligns our breakfast and lunches with the Nebraska Department of Education guidelines.	Menu uploaded to Google folder.
<b>2. Physical Activity Goal(s)- record goal</b>	Yes	Copy of our schedule is attached. Physical Education is noted on Wednesday afternoons, Thursdays and Fridays.	Schedule uploaded to Google folder.
<b>3. Other student wellness Goal(s )- record goal, <i>this is often where goals to support SEL and Mental health or staff wellness could be included</i></b>	Yes	<p>Friendzy (SEL) Curriculum being implemented in grades K-5.</p> <p>Second Step SEL curriculum is used in grades 6-8</p>	<p><a href="#">freindzy</a></p> <p><a href="https://www.secondstep.org/">https://www.secondstep.org/</a></p>
<b>Additional Goal(s) Add more rows as needed</b>			

### 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 (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
<b>Nutrition Education/Promotion Goal(s)</b>		1 We will make nutrition/ wellness education a part of our daily school-wide announcements. Nutrition information will be added to each school newsletter.	
<b>Physical Activity Goal(s)</b>		1 Students will have 30 minutes of physical activity each day. We have increased our play and physical fitness areas for all grades.	
<b>Other Student Wellness Goal(s)</b>		1 We will foster a faith based community that will support the overall social/emotional well being of each student. We have a therapist on site once a week who supports mental health for students who qualify for services. The Panorama Survey will help us determine if we have met this goal.	
<b>Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance**</b>			
<b><u>Federal/State Meal Standards are Met</u></b>			1
<b>Foods Offered but Not Sold to Students Standards</b>			1
<b>Food and Beverage Marketing (<u>SMART Snacks regulations</u>- ala carte and vending, food sales during the school day)</b>		1 Wellness plan has been updated to reflect the fact that foods and beverages are not sold on campus.	No foods are sold on the school campus during the school day.

*(Make a copy for your use)\*\*If any of these requirements are not met, you will need to address how you will meet these requirements moving forward as part of the Triennial Assessment summary and how the summary is made available to the public.*

District LSWP Components	For the components below, indicate whether the district is in compliance.
<p><b>Public Involvement- how was the public included in LWP development? (parents, community members, etc.)</b></p>	<p><input type="checkbox"/> Yes            Yes– we ask staff members, parents and various stakeholders for assistance in developing our LWP. Our Home and School members are also asked for input.</p> <p><input type="checkbox"/> No</p>
<p><b>Public Notification- how are you notifying the public about your assessment results?</b></p>	<p><input type="checkbox"/> Yes–Yes. During our Home and School Meetings and in our Newsletter.            We will share the wellness policy at our beginning of the year parent night, on our website and in newsletters.</p>
<p><b>Triennial Assessment- is this posted publicly? Provide the link</b></p>	<p><input type="checkbox"/> Yes-</p>

[To return to the overview document, click this link](#)

Questions, contact: [jessie.coffey@nebraska.gov](mailto:jessie.coffey@nebraska.gov)