



We thank you for your time spent taking this survey.
Your response has been recorded.

Below is a summary of your
responses

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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, 2020. 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.

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

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

School Name

St. Michael's Catholic School

Agreement Number (6 digits, no dashes)

220701

School Wellness Policy Contact Name

Sandra Williams

School Wellness Policy Contact Email

dnswilli2632@msn.com

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

2 ▼

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

2 ▼

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

1 ▼

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

2 ▼

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

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

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

Rating

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

The policy includes specific goals for physical activity opportunities.

Rating

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

Rating

Please indicate below if your school would like support with its school wellness policy. Support may be available through your local University of Nebraska-Lincoln Extension office.

Yes

No

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

For more information about this survey, please contact:
Kayte Partch | Nutrition Services | kayte.partch@nebraska.gov | 402-471-2945

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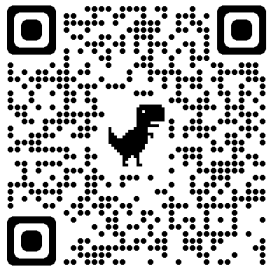
Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool

(make a copy for your own use)

Component	Description
<p>Select the Tool used for model LSWP comparison, upload the assessment in your folder:</p> <p>If another tool was used, list it here.</p>	<ul style="list-style-type: none"> • Alliance for a Healthier Generation 10-step Checklist • The WellSAT 3.0 School Assessment Tool
<p>Areas of Strength:</p>	<ol style="list-style-type: none"> 1. Providing students with opportunities for physical activity/movement throughout the day.
	<ol style="list-style-type: none"> 2. Encouraging all students to begin the day with a healthy breakfast either at home or at school.
	<ol style="list-style-type: none"> 3. Teaching students what a healthy meal and snack plan looks like and stressing the importance of exercise with healthy eating.
<p>Opportunities for Improvement</p>	<ol style="list-style-type: none"> 1. Encourage more movement at recess for the students that prefer to sit and visit rather than walk or play a game.
	<ol style="list-style-type: none"> 2. Teach students healthy fast food options that can fit into their busy lifestyle.
	<ol style="list-style-type: none"> 3. Provide more SEL opportunities for students, staff and families.
<p>As a result of the comparison, was new language adopted in the LSWP?</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No We feel the language used was fine, but better explanations to the students were discussed for clarity.</p>
<p>If yes, briefly describe what was adopted (include page numbers for new language if</p>	

Component	Description
<p>possible),</p> <p>Have the changes been approved by the school board?</p>	<p><input type="checkbox"/>Yes</p> <p><input type="checkbox"/>No</p>
<p>Describe the next steps for strengthening your LSWP.</p>	<p>The next steps are to review the policy in the summer of 2024 with the new principal and see if she has additional input.</p> <p>Also, to provide additional training for the staff in SEL and meeting the needs of themselves , their students and their families.</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
<p><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></p>			
<p>1. Nutrition Education Goal(s): Serve nutritious meals throughout the day that include a variety of fresh fruit and vegetables.</p>	<p>Yes.</p>	<p>We do not serve canned fruit or vegetables. All fruit and most vegetables are cut fresh daily and are placed on the salad bar for students to take what they like.</p>	<p>We buy fresh produce twice a week from our local grocery store to keep up the demand. Evidence is watching the fresh fruit and vegetables - 90% of the students take and eat at lunch. They always have a variety of choices so they can take what they want but all choices are healthy.</p>
<p>2. Physical Activity Goal(s) Students will be given the opportunity of a minimum of 20 minutes of physical activity.</p>	<p>Partially</p>	<p>We do ensure a 20 minute recess for all students daily. An additional 20 minutes is available before school, Prk K-4th have two additional 15 minutes of recess plus 30 minutes of PE weekly. Grades 5-8 have two 45 minutes of PE weekly which includes fitness and stretching exercises.</p>	<p>WE have 189 students enrolled in our school and on an average morning we have 100 students actively playing in the gym which starts their day with physical activity. Noon recess for all students is provided, but several students still just sit during recess rather than actively play. We have started strongly encouraging students to walk 2 times around the playground before they sit.</p>

<p>Goal</p> <p>As defined by your LSWP</p>	<p>Was the Goal Met?</p> <p>Yes/ Partially/ No</p>	<p>What Was Achieved?</p> <p>Describe how you achieved this goal</p>	<p>Documentation</p> <p>Share documents (as links or attachments) used to measure LSWP implementation</p>
<p>3. Other student wellness Goal(s) - record goal, <i>St. Michael school will provide opportunities for all students, staff, and families to receive services for SEL.</i></p>	<p>PArtilly</p>	<p>We partner with Heartland Counseling to provide counseling services for our students that need or request it. We also have started parenting classes that will provide concrete examples to help themselves and their children with the daily struggles they face. Classes are also being set up to be taught in the classroom by Heartland to help students with SEL coping skills. The staff is also receiving Professional Development through the ARchdiocese of Omaha.</p>	<p>The Archdiocese of Omaha is planning a Mental Health Symposium. Through a grant that we received, Heartland is providing more parenting and student classes that teach coping skills.</p>
<p>Additional Goal(s)</p> <p><i>Add more rows as needed</i></p>			

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

(Make a copy for your use)

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)
Nutrition Education/Promotion Goal(s)	0	0	1
Physical Activity Goal(s)	0	1	0
Other Student Wellness Goal(s)	0	1	0
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance**			
<u>Federal/State Meal Standards</u> are Met	0	0	1
Foods Offered but Not Sold to Students Standards	0	0	1
Food and Beverage Marketing (<u>SMART Snacks regulations</u> - ala carte and vending, food sales during the school day)	0	0	1

***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.
Public Involvement- how was the public included in LWP development? (parents, community members, etc.)	X <input type="checkbox"/> Yes We did have staff, parents and Board members that are members of the community, but we did not specifically have community members involved.

District LSWP Components	For the components below, indicate whether the district is in compliance.
	<input type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input checked="" type="checkbox"/> Yes We post is on our web page and have it available in our school office in English. We have not had it translated yet. We have sent home the GOALS of our wellness policy, but we have not sent the whole policy home due to the amount of paper and language barrier. The results were discussed during Back to School Night and in Board of Ed meetings. <input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input checked="" type="checkbox"/> Yes https://www.smcssc.com/school <input type="checkbox"/> No

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