



## Holy Family Elementary School

### 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. Holy Family School offers an excellent salad bar with daily fresh fruit and vegetables.
- b. Holy Family offers 30 minutes of physical education and health classes on a daily basis to our K-6 students.
- c. Holy Family does not offer any outside sugar beverages or any processed foods for celebrations and special events.

#### 2. List opportunities for improvement in the wellness policy:

- a. Holy Family administration will ensure that the LWP is reviewed, discussed, and evaluated annually during staff in-service meetings.
- b. Grades 1-3 could use more health education time built into their physical classes.
- c. Holy Family administration needs to make sure that all the "Essential Health Eating Topics in Health Education" are being taught on a yearly basis.

#### 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.

As a staff and Wellness Committee, we recognize the importance of making wellness an ongoing priority throughout the school year. To support this commitment, wellness discussions and evaluations should be incorporated into regularly scheduled in-service meetings. These dedicated opportunities will allow staff members to review the goals and objectives outlined in our Local Wellness Policy (LWP), assess progress toward implementation, and identify areas for improvement. By routinely monitoring our wellness initiatives, we can make informed decisions, address emerging needs, and ensure that our programs continue to support the physical, mental, and emotional well-being of our students and staff.

**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**

Holy Family Elementary School - Lindsay, Nebraska

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

710706

**Wellness policy contact name (first & last)**

Andy Bishop - Principal

**Wellness policy contact email address**

abishop@lhf.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**

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## Discussion/Notes:

Holy Family School is a small rural Catholic school located in northeast Nebraska. Promoting a healthy lifestyle is an important part of our school culture and mission. We encourage students and families to choose wholesome, minimally processed foods, especially for classroom celebrations and school events. Many of our students are actively involved in athletics and also contribute to the daily work on their family farms, helping them develop habits of physical activity and responsibility.



Our faculty and staff strive to model healthy choices by promoting good nutrition and wellness in their own lives. Holy Family School also offers a nutritious lunch program that includes a variety of fresh fruits and vegetables, along with adequate sources of protein each day to support student growth and learning. Through healthy food choices, regular physical activity, and positive role modeling, both our students and staff work together to create an environment that values and promotes lifelong health and wellness.

Questions? Contact: [lauren.christensen@nebraska.gov](mailto:lauren.christensen@nebraska.gov)

