

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. We have strong nutritional education standards and teachers have curriculum to incorporate into the classroom
- b. We have strong physical activity standards (recess each day, intramural sports teams throughout the year, etc.)
- c. We encourage outdoor/physical activity with our families, supporting church members, and community members with the continuance of our annual Golf Tournament/tuition assistance fundraiser in the summer months

2. List opportunities for improvement in the wellness policy:

- a. Commitment to incorporating nutrition education in our classrooms on a regular basis
- b. Continue to support healthy eating in our two annual classroom parties with specific sign-ups for healthy snacks

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 follow our guidelines as we welcome a new faculty member to our staff this school year.



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

Good Shepherd Lutheran School

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

280719

Wellness policy contact name (first & last)

Joel Lauber

Wellness policy contact email address

jlauber@gsomaha.com



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

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)

Nutrition education is incorporated into curriculum areas including basic instruction based on the food pyramid (My Plate).

a. Was the goal met?

Yes - the school/district/RCCI met 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 #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:** Curriculum was obtained to educate students on the My Plate nutrition/balanced diet/physical activity recommendations (tailored for grade level).
 - **Middle School:** Curriculum was obtained to educate students on the My Plate nutrition/balanced diet/physical activity recommendations (tailored for grade level)
 - **High School:** N/A
-

2. Physical Activity Goal (REQUIRED)

We continue to utilize SPARK PE for our K-8th grade students, gathering classrooms weekly for activity-based instruction outside (weather permitting).

a. Was the goal met?

Yes - the school/district/RCCI met 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:** Each grade level has planned, sequential learning experience weekly that include basic movement, physical fitness, teamwork and games.
 - Each grade level has planned, sequential learning experience weekly that include basic movement, physical fitness, teamwork and games.
 - **High School:** N/A
-

3. Other Student/School Wellness Goal (REQUIRED)

All students, K-8th grade will have at least 30 minutes a day of supervised, but unstructured recess, preferably outdoors, during which students are encouraged to play pick-up basketball, volleyball or 4-square among other games.

a. Was the goal met?

Yes - the school/district/RCCI met 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:** Equipment (basketball, soccer ball, volleyball) are provided for student use during recess time and students are encouraged to play, run, jump, etc. while outdoors.
 - **Middle School:** Equipment (basketball, soccer ball, volleyball) are provided for student use during recess time and students are encouraged to play, run, jump, etc. while outdoors.
 - **High School:** N/A
-

4. Additional Goal (Optional) N/A

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)

Compliant (skip to question 2)

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

Compliant (skip to question 3)

3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

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

We partner with school board members, church members and school parents to work through our LWP development, implementation, review and updates.

Discussion/Notes:

N/A

Questions? Contact lauren.christensen@nebraska.gov



Key achievements

1. We have plans to continue utilizing our SPARK PE curriculum for weekly PE classes for all grade levels (K-8), incorporating a new faculty member in the planning and implementation of goals this coming year.
2. We hosted our second annual Golf Tournament (tuition assistance fundraiser) this summer, encouraging our families, church members and community members to join us for a fun day of outdoor activity. We also had several students (and former students) volunteer with us outdoors that day – modeling joy in outdoor activity and community involvement.
3. We continue to request healthy snacks for our two annual classroom parties and do not sell any snacks on campus before or after school.

Next Steps

We anticipate holding to our current standards in nutrition education and standards, physical activity, and other school-based activities.

[Insert Date]

[Insert School/District/RCCI name] Community,

Our [school/district/RCCI] takes pride in supporting the needs of the whole child, and to ensure that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools — such as addressing childhood obesity, preventing bullying, supporting students mental health, and restricting use of exclusionary discipline — have been found to be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

Step #1- Summarize results of the wellness policy assessment OR add link to completed Step 1 documentation template.

Step #2- Summarize results on progress made in meeting your 3 district wellness policy goals across all grade groups (e.g., K-5, 6-8, 9-12) served OR add link to completed Step 2 documentation template.

Identify steps taken to meet unmet goal(s) or policy elements that are not currently met and how you will update Wellness policy goals, if needed.

Document how you updated the public below (posted on a public facing website - include link, presented at board meeting, etc.).

If you have any questions, please contact [Name] at [Email].

Respectfully,

Administrator and/or Wellness Leader

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 Families, Students, Teachers/Staff, Church Members and Community Partners
School/District/RCCI Community and Public

Method(s) of sharing

Date of notification

- SFA Website
- www.goodshepherdomaha.com

07/02/2026

Questions? Contact: lauren.christensen@nebraska.gov

