St. Paul’s Lutheran School

312 West 3rd Street
Ogallala, Nebraska
Phone: (308) 284-2944

Wellness Policy

Revised May 2026

Mission Statement

St. Paul’s Lutheran School, under the power of the Triune God, strives to help children reach their full potential as Christian citizens of the world.

St. Paul’s Lutheran School recognizes that student wellness and proper nutrition are directly related to students’ physical well-being, growth, development, readiness to learn, academic achievement, and positive behavior. The school is committed to creating a healthy school environment that supports lifelong wellness practices through nutrition education, physical activity, healthy food choices, and community involvement.

The purpose of this policy is to establish goals and procedures that promote student wellness in accordance with federal and Nebraska wellness policy requirements.

Wellness Policy Goals

St. Paul’s Lutheran School will:

- Promote student wellness, healthy eating, and physical activity.
- Support a healthy school environment where students can develop lifelong wellness habits.
- Provide nutrition education and opportunities for physical activity for all students.
- Ensure that foods and beverages available during the school day support healthy choices.
- Encourage participation by parents, staff, students, church members, and the community in the development and review of the wellness policy.

Board Approved: ____5/13/26_____
Review Dates: _____

- Comply with all applicable federal and Nebraska requirements related to school wellness policies.

Wellness Committee

The St. Paul's Lutheran School Board shall serve as the Wellness Committee. The committee may include representation from:

- School administration
- Teachers and staff
- Parents
- Community members
- Church representatives
- Students, when appropriate

The Wellness Committee will meet periodically throughout the school year to review implementation of the policy, assess wellness initiatives, and recommend updates as needed.

School Meals and Nutrition Standards

St. Paul's Lutheran School will participate in available federal child nutrition programs whenever practical and feasible, including the National School Lunch Program and Special Milk Program.

The school will contract with meal and milk providers that comply with all applicable federal, state, and local nutrition standards. Meals served shall meet or exceed the nutrition requirements established by the U.S. Department of Agriculture (USDA).

When meals are provided, the school will:

- Offer balanced meals that include fruits, vegetables, whole grains, and age-appropriate portions.
- Provide access to low-fat or fat-free milk options in accordance with USDA requirements.
- Ensure drinking water is available to students at no cost during meal times and throughout the school day.
- Maintain food safety and sanitation practices consistent with state and local health regulations.

Board Approved: ____5/13/26_____
Review Dates: _____

Students may bring water bottles to school. Classroom teachers may establish reasonable classroom procedures regarding water bottles while ensuring students maintain access to hydration throughout the school day.

Free and Reduced-Price Meals and Milk

When applicable programs are offered, St. Paul's Lutheran School will provide free and reduced-price meals and milk to eligible students in accordance with federal and state guidelines.

The school will protect the confidentiality of students receiving meal assistance benefits and ensure that no student is overtly identified based on participation in these programs.

Nutrition Education and Promotion

St. Paul's Lutheran School will provide nutrition education designed to help students develop healthy eating habits and lifelong wellness skills.

Nutrition education may include:

- Healthy food choices and balanced nutrition
- Importance of hydration and drinking water
- Understanding food groups and portion sizes
- Reading and understanding nutrition labels
- Proper hand washing and food safety
- Relationship between nutrition and physical activity
- Oral health and wellness
- Healthy body image and self-care
- Agricultural origins of food and healthy eating habits

Nutrition concepts may be integrated into classroom instruction, including science, health, language arts, mathematics, and other subject areas as developmentally appropriate.

The school will promote healthy eating through positive role modeling, school communications, and encouragement of nutritious choices.

Board Approved: ____5/13/26_____
Review Dates: _____

Physical Activity and Physical Education

St. Paul's Lutheran School recognizes the importance of regular physical activity for student health and academic success.

The school will:

- Provide students with opportunities for physical education and physical activity appropriate to their age and developmental level.
- Offer physical education classes regularly, with the goal of at least two sessions per week whenever scheduling allows.
- Provide at least 20 minutes of supervised recess daily for elementary students whenever practical, preferably outdoors and weather permitting.
- Encourage moderate to vigorous physical activity during recess and physical education classes.
- Provide safe spaces and appropriate equipment for physical activity.

Physical activity shall not be withheld as punishment except when necessary for student safety or behavioral intervention.

Fundraising Activities

To support student wellness and nutrition education efforts, fundraising activities conducted during the school day are encouraged to promote healthy choices and, whenever possible, avoid the sale of foods and beverages that do not meet established nutrition guidelines.

Non-food fundraising activities are encouraged.

Food and Beverage Marketing

St. Paul's Lutheran School will seek to limit the marketing and advertising of foods and beverages to students during the school day that do not meet federal nutrition standards for schools.

Board Approved: ____5/13/26_____
Review Dates: _____

Vending Machines

Student-accessible vending machines are not permitted during the school day.

If vending machines are located on church property, students will not have access to them during school hours or during the designated time immediately before or after the school day.

Implementation, Monitoring, and Review

The Principal/Head Teacher shall be responsible for implementing and monitoring compliance with this policy.

The Wellness Committee will:

- Review the wellness policy periodically.
- Assess the effectiveness of the school's wellness efforts.
- Recommend revisions or updates as needed.
- Maintain records related to wellness policy implementation and review in accordance with applicable regulations.

The policy will be reviewed and updated at least every three years or more frequently as needed to reflect changes in federal or Nebraska requirements and the needs of the school community.

Board Approved: ____5/13/26_____
Review Dates: _____

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.** The policy promotes healthy eating habits, balanced nutrition, hydration, food safety, and age-appropriate nutrition education through classroom instruction.
   - **b.** The policy establishes goals for regular physical education, at least 20 minutes of daily supervised recess when practical, and opportunities for age-appropriate physical activity.
   - c. The policy establishes standards for nutritious school meals, access to drinking water, food safety, and a healthy school environment that supports student well-being.

2. **List opportunities for improvement in the wellness policy:**
   - **a.** Strengthen procedures for informing parents and the community about the wellness policy, including annual updates and public availability of assessment results.
   - **b.** Establish more detailed procedures for conducting and documenting the required triennial assessment, including school compliance, progress toward wellness goals, and comparison with a model wellness policy.
   - **c.** Clarify nutrition standards for foods and beverages sold or provided outside the school meal program, including classroom celebrations, snacks, fundraising, and food and beverage advertising.

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.

St. Paul's Lutheran School will continue reviewing and strengthening its Local Wellness Policy to ensure compliance with federal and state requirements. The School Board, serving as the Wellness Committee, will review the identified opportunities for improvement, clarify policy language as needed, and establish procedures for documenting wellness goals and sharing assessment results with the school community. The school will continue promoting nutrition education, healthy eating habits, physical activity, and overall student 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
St. Paul's Lutheran School

Agency ID Number/Agreement Number (6 digits, no dashes)
Delete this text and type your response in this area....

Wellness policy contact name (first & last)
Sue Peck

Wellness policy contact email address
s.peck@stpaulsogallala.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
   1

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
   0

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
   1

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
   1

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
   0

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
   1

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
    1

Discussion/Notes:

St. Paul's Lutheran School revised its Local Wellness Policy in May 2026, with School Board approval on May 13, 2026. The policy demonstrates strengths in nutrition education, physical activity, school meal standards, and the identification of individuals responsible for implementation and oversight.

Opportunities for improvement include establishing annual public notification procedures, expanding the triennial assessment requirements, clarifying nutrition standards for classroom celebrations and snacks, and strengthening food and beverage marketing requirements. The School Board, serving as the Wellness Committee, will continue reviewing the policy and making updates as needed to support student wellness and maintain compliance with applicable regulations.

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)

Provide nutrition education and opportunities for physical activity for all students.

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**: St. Paul's Lutheran School promotes healthy eating habits through its school lunch program, positive staff role modeling, and encouragement of nutritious food choices. Students are encouraged to drink water throughout the school day and develop healthy habits that support their overall wellness. Age-appropriate nutrition concepts are incorporated into classroom instruction to help students understand the importance of balanced nutrition and healthy lifestyle choices.
- **Middle School**: N/A
- **High School**: N/A

2. Physical Activity Goal (REQUIRED)

The school will provide students with age-appropriate physical activity opportunities, offer regular physical education with a goal of at least two sessions per week when scheduling allows, and provide at least 20 minutes of supervised recess daily whenever practical.

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**: St. Paul's Lutheran School provides opportunities for students to participate in physical education, supervised recess, and age-appropriate physical activities. Students are encouraged to remain active through outdoor play, organized games, and movement activities that promote physical fitness, coordination, teamwork, and healthy lifestyles.
- **Middle School**: N/A
- **High School**: N/A

3. Other Student/School Wellness Goal (REQUIRED)

Support a healthy school environment where students can develop lifelong wellness habits.

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**: St. Paul's Lutheran School supports student wellness by providing a safe, positive, and supportive learning environment. The school encourages proper hygiene, access to drinking water, physical activity, and healthy lifestyle choices. Staff members work to promote students' physical, social, and emotional well-being throughout the school day.
- **Middle School**: N/A
- **High School**: N/A

4. Additional Goal (Optional)

If the LWP includes more than the 3 required goals, delete this text and type additional Wellness Goal from the current LWP in this area.

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 this Additional Goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.**

- **Elementary School**: Delete this text and type your response here....
- **Middle School**: Delete this text and type your response here....
- **High School**: Delete this text and type your response here....

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: St. Paul's Lutheran School has established nutrition guidelines for its school meal program and works to provide balanced, nutritious meals that meet applicable USDA requirements. The school will continue reviewing its food and beverage practices to ensure all applicable school meal and Smart Snacks nutrition standards are addressed and followed.

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: St. Paul's Lutheran School encourages healthy food choices throughout the school day. The school will continue reviewing practices related to classroom celebrations, snacks, and other foods provided to students. Additional language will be considered to establish clear nutrition guidelines for foods and beverages offered but not sold.

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: St. Paul's Lutheran School's current wellness policy addresses limiting the marketing and advertising of foods and beverages that do not meet federal nutrition standards. The school will review and strengthen policy language to ensure that food and beverage marketing during the school day is consistent with USDA Smart Snacks in School requirements.

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

St. Paul's Lutheran School identifies the School Board as its Wellness Committee and encourages participation from school administration, teachers, staff, parents, students, church representatives, and community members in the development and review of the Local Wellness Policy. The school will continue encouraging stakeholder involvement and improving communication regarding wellness policy updates and assessment results.

Discussion/Notes:

St. Paul's Lutheran School revised its Local Wellness Policy in May 2026, with School Board approval on May 13, 2026. The policy emphasizes nutrition education, physical activity, healthy

food choices, and a supportive learning environment for students in Preschool through 5th Grade.

The school will continue reviewing its wellness practices and strengthening its policy as needed to remain consistent with federal and Nebraska requirements. Areas identified for continued improvement include public notification procedures, documentation of triennial assessments, nutrition guidelines for classroom celebrations and snacks, and food and beverage marketing standards.

St. Paul's Lutheran School

Ogallala, NE

Triennial assessment results 2026



Meet our team

- Wellness policy team member Madie Boman
- Member Kyra Fricke
- Member Grace Brott

Policy compliance results

The wellness policy assessment identified strengths in nutrition education, physical activity, healthy school meals, and promoting a safe and supportive learning environment. Opportunities for improvement include establishing clearer guidelines for classroom snacks and celebrations, strengthening food and beverage marketing standards, improving communication of the policy to families and the community, and developing more detailed procedures for documenting wellness policy assessments.

Wellness policy goals

1. Nutrition education/promotion
2. Physical activity
3. Other goals for student well-being

St. Paul's Lutheran School serves students in Preschool through 5th Grade. The school supports its three wellness goals by promoting healthy eating habits through nutrition education and school meals, providing opportunities for physical activity through physical education and daily recess, and encouraging overall student well-being through proper hygiene, access to drinking water, and a positive learning environment. Middle school and high school grade levels are not applicable.

Key achievements

1. Revised and received School Board approval of the Local Wellness Policy in May 2026 to support student health and wellness.

2. Established written goals for nutrition education, healthy food choices, physical education, and daily recess to promote lifelong healthy habits.
3. Established the School Board as the Wellness Committee and identified school leadership responsible for monitoring implementation and compliance.

Next Steps

St. Paul's Lutheran School will continue reviewing and strengthening its wellness policy to ensure compliance with federal and state requirements. Next steps include establishing clearer nutrition guidelines for classroom celebrations and snacks, updating food and beverage marketing standards, improving annual communication with families and the community, and documenting progress toward wellness goals through regular assessments and School Board review.

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
- fa63ad_05b0d1352e404134924461d37060c273.pdf

Date of notification

Date 5/13/2026

Audience #2 (Optional)

School parents, staff, church members

Method(s) of sharing

-
- Type your response here....

Date of notification

Date

Audience #3 (Optional)

Type your audience here

Method(s) of sharing

- Type your response here....
- Type your response here....

Date of notification

Date

Audience #4 (Optional)

Type your audience here

Method(s) of sharing

- Type your response here....
- Type your response here....

Date of notification

Date