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School Wellness Policy

One of the purposes of Lincoln Public Schools is to encourage a basic understanding and development of good health habits. The District will provide curriculum, instruction and experiences in a school environment that promotes and instills habits of lifelong learning and health. Therefore, the Lincoln Board of Education adopts the following School Wellness Policy.

1. District Wellness Committee

Committee Role and Membership

The District will convene a representative LPS Wellness Committee (“LPSWC”) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including the development, implementation and periodic review and update of this District wellness policy.

The LPSWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; district wellness facilitator, representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals or staff; mental health and social services staff; school administrators; school board members; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the LPSWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee will convene the LPSWC and facilitate development of and update the wellness policy and will ensure each school’s compliance with the policy.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

2. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

A. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy within the framework of the District’s Wellness, Curriculum and Nutrition Services Departments and in a way that integrates the plan throughout the District and provides opportunities for community engagement. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

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It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at the District's website.

B. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's level.

C. Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

D. Triennial Progress Assessments

Under the direction of the Superintendent or designee, beginning in 2017-18 for the development and implementation of this policy then at least once every three years thereafter, the District will evaluate compliance with the wellness policy to assess the implementation of the existing policy and identify necessary revisions.

The District will actively notify households/families of the availability of the triennial progress report.

E. Revisions and Updating the Policy

The LPSWC will update or modify the wellness policy based on the results of the annual and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

F. Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy.

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3. Essential Tier I Programs

A. Nutrition

- **School Meals**

All schools within the District will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and any additional Federal child nutrition programs as eligible, such as the Fresh Fruit and Vegetable program, the Child and Adult Care Food Program and the After School Snack program and will meet the minimum nutritional requirements of such programs.

The District will make drinking water available in all locations where school meals are served during meal times.

Access to the USDA child nutrition programs and drinking water will not be withheld from students as an academic or behavioral consequence.

- **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standard for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

- **Competitive Foods and Beverages**

The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. This includes caffeinated food and beverages sold at the high school level. These standards will apply in all locations in the building and through all service areas where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack/food carts. Only for the purpose of competitive food and beverages in subsection 3 of this policy, a school day is the time between midnight the night before to 30 minutes after the end of the instructional day.

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- **Celebrations and Rewards**

Schools are to provide foods and beverages on the school campus that will meet or exceed the USDA Smart Snacks in School nutrition standards. Two celebrations/ events per year will be allowed that do not follow the Smart Snacks Standards. Food and beverages are not recommended as rewards.

A list of ways to reward students aligned with District Wellness guidelines will be made available on the LPS Wellness website to be available for staff, parents and the community.

- **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

- **Nutrition Promotion**

Nutrition promotion will be provided through both classroom and school meal program efforts, which encourage participation in school meal programs and the consumption of nutrient rich foods. Students and staff will receive consistent nutrition messages throughout the school building, classrooms, gymnasiums and cafeterias.

- **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students.

B. Physical Activity

Students' physical activity can be provided through a comprehensive school physical activity program (CSPAP).

- **Classroom Physical Activity Breaks**

Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess and class transition periods.

- **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into instruction when possible.

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Teachers will serve as role models by being physically active alongside the students whenever feasible.

- **Before and After-school Activities**

The District allows opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District will encourage students to be physically active before and after school by sponsoring or permitting: physical activity clubs and physical activity in aftercare, intramurals or interscholastic sports.

- **Active Transport**

The District will support active transport to and from school, such as walking or biking.

C. Health Services and Education

Health services and education are essential elements of the District's comprehensive student wellness program.

D. Social and Emotional Learning

Social and emotional learning are essential elements of the District's comprehensive student wellness program.

E. Behavioral Points of Contact

The Superintendent is delegated the authority to designate one or more behavioral awareness and health points of contact for each school building in the District. The behavioral awareness and health point of contact may be an administrator, school social worker, nurse, psychologist, or another appropriate staff member. Each behavioral awareness and health point of contact will be trained in behavioral awareness and health and have knowledge of community service providers and other resources that are available for the students and families in the District. The District will maintain or have access to a registry of local mental health and counseling resources for students and parents.

The points of contact will be listed on the District's website and in the student handbook.

The Superintendent shall report the designated behavioral awareness and health points of contact to the Nebraska State Department of Education each year when requested by the Department.

In addition, all District employees who interact with students, as determined by the Superintendent, shall receive at least one hour of behavioral and mental health training with a focus on suicide awareness and prevention training each year. The Superintendent or designee shall be responsible for coordinating this training.

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F. Other Activities that Promote Student Wellness District Integration

The District will integrate wellness activities across the entire school setting, including other initiatives related to physical activity, physical education, nutrition, health, social emotional and other wellness components so efforts are complementary and work toward the same set of goals to promote student well-being, optimal development and strong educational outcomes.

Community Partnerships

The District will develop, enhance or continue relationships with parents, families, and community partners in support of this wellness policy implementation. Families, community members, and organizations will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The LPSWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members specific to identified health risk data and staff interest survey.

Professional Learning

When feasible, the District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

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Glossary

- **School Campus:** areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups and water bottles), or parking lots.
- **School Day:** the time between midnight the night before to 30 minutes after the end of the instructional day.
- **Triennial:** recurring every three years.

Last Revision:

2023-07-25

Revised:

2023-02-28

Original Adoption or Oldest Version:

2010-05-25

Related Policies and Regulations:

Legal Reference:

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. section 1758b; 7 CFR sections 210.11 and 210.30; National School Lunch Program, 42 USC sections 1751-1760, 1770; Regulations and Procedures for Accreditation of Schools, NDE Rule 10 LB 705 § 4 (2023)