Morrill Public School
508 Jefferson Ave
Morrill, NE 69358
(308) 247-3414

8-25-26

Morrill Public School Community,

Our Morrill Public School 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.

Triennial Assessment of Our School Wellness Policy

The district reviewed the Wellness Policy goals and identified a couple areas where goals were not fully met. The district will continue to monitor progress toward the Wellness policy goals and make updates as needed. Goals may be revised to ensure they remain appropriate, measurable, and achievable based on current district needs, priorities, and available resources.

The district communicates information regarding the Wellness Policy review and any updates to the public through the district website (mpslions.org). Parents, staff, students, and community members are encouraged to review the Wellness Policy and the Triennial Assessment Policy and provide feedback. Alternatively, if you are interested in participating on a wellness committee, please reach out to the district office to express your interest.

If you have any questions, please contact Tom Peacock at **tom.peacock@mpslions.org.**

Respectfully,

Tom Peacock
Superintendent
HS Principal
Morrill Public Schools

5052
School Wellness Policy

The school district is committed to providing a school environment that enhances learning and the development of lifelong wellness. The goals outlined in this policy were determined and selected after reviewing and considering evidence-based strategies.*

1. Goals for Nutrition Promotion and Education

a. The district will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs by such methods as implementing evidence-based healthy food promotion techniques through the school meal programs and promoting foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards.

b. The health curriculum will include information on good nutrition and healthy living habits.

c. Teachers will incorporate information on nutrition and wellness into the classroom curriculum as appropriate.

d. The district will collaborate with public and private entities to promote student wellness.

e. Water will be made available to students throughout the school day.

2. Goals for Physical Activity

a. The school district's curriculums shall include instruction on physical activity and habits for healthy living.

b. Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so.

c. The district encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

3. Goals for Other School-Based Activities Designed to Promote Student Wellness

a. The district will participate in state and federal child nutrition programs as appropriate.

b. The district will provide professional development, support, and resources for staff about student wellness.

c. Students will be provided sufficient time in which to eat school-provided meals.

d. The district's lunchrooms will be attractive and well-lighted.

e. The district will allow other health-related entities to use school facilities for activities such as health clinics and screenings so long as the activities meet the district's requirements and criteria for the use of facilities.

f. The district may partner with other individuals or entities in the community to support the implementation of this policy.

g. The district will strive to provide physical activity breaks for all students, recess for elementary students, and before and after school activities, as well as encourage students to use active transport (walking, biking, etc.)

h. The district will use evidence-based strategies to develop, structure, and support student wellness.

4. Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students on the School Campus and During the School Day

a. The district will ensure that student access to foods and beverages meet federal, state and local laws and guidelines including, but not limited to:

   i. USDA National School Lunch and School Breakfast nutrition standards

   ii. USDA Smart Snacks in School nutrition standards.

b. The district will offer students a variety of age-appropriate, healthy food and beverage selections with plenty of fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements in order to promote student health and reduce childhood obesity.

5. Standards for All Foods and Beverages Provided, But Not Sold to Students During the School Day

The district may provide a list of healthy party ideas or food and beverage alternatives to parents, teachers, and students for classroom parties, rewards and incentives, or classroom snacks. The district discourages the use of food and beverages as a reward or incentive for performance or behavior.

6. Food and Beverage Marketing

Marketing and advertising is only allowed on school grounds or at school activities for foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards, except as follows:

a. This requirement does not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events.

b. The district will not immediately replace menu boards, coolers, tray liners, beverage cups, and other food service equipment with depictions of noncompliant products or logos to comply with the new USDA Smart Snacks in Schools nutrition requirements. All previously purchased products will be used, and all existing contracts honored.

c. All equipment that currently displays noncompliant marketing materials will not be removed or replaced (e.g., a score board with a Coca-Cola logo). However, as the district reviews and considers new contracts, and as scoreboards or other such durable equipment are replaced or updated over time, any products that are marketed and advertised will meet or exceed the USDA Smart Snacks in School nutrition standards

7. Public Participation

Parents, students, representatives of the school food authority, teachers, school health professionals, board members, school administrators, and members of the general public shall be allowed to provide their input to the school district during the wellness policy adoption and review process.

8. Competitive Foods (Includes Food and Beverages Sold in Vending Machines, School Stores, Fundraisers or in Competition with the National School Lunch and Breakfast Programs)

a. Except as otherwise allowed by the Nebraska Department of Education (NDE), all foods and beverages sold during the school day as part of a fundraiser or for any other purpose in competition

with the National School Lunch and Breakfast Programs must meet the nutrition standards of those programs.

b. Fundraiser food or beverages are NOT exempt from the USDA Smart Snacks in School nutrition standards. Therefore, if food is sold as a fundraiser:

(1) It shall not be sold in competition with school meals in the food service area during the meal service.

(2) It shall not be sold or otherwise made available to students anywhere on school premises during the period beginning one half hour prior to the serving period for breakfast and/or lunch and lasting until one half hour after the serving of breakfast and/or lunch.

(3) The sale of food items during the school day shall meet the USDA Smart Snacks in School nutrition requirements

(4) This restriction does not apply to food sold during non-school hours, weekends, and off-campus fundraising events such as concessions during after-school sporting events, school plays or concerts; or to bulk food items that are sold for consumption at home. (Ex: frozen pizzas, cookie dough tubs, etc.)

9. Triennial Assessment

The school board shall assess and review this policy at least every three years to determine:

a. Compliance with this policy;

b. How this policy compares to NDE model wellness policies;

c. Progress made in attaining the goals of this policy.

The school board will update or modify this policy as appropriate.

10. Public Notice

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of this policy at least annually to the public and other stakeholders identified in this policy by one or more of the following methods: on its webpage, in its newsletter, in the student and employee handbooks, newspaper advertisements, direct mailings, electronic mail, and public postings.

In addition to identifying the topic on its meeting agenda as required by the Open Meetings Act, the school district will provide notice of the Triennial Assessment and progress reports towards meeting the goals in this policy using one or more of those same methods.

11. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at its central office.

12. Operational Responsibility

The superintendent is responsible for coordinating the implementation of this policy and for monitoring the district's progress in meeting the goals established by this policy. The superintendent will periodically report to the board on the district's progress in implementing this policy.

* These strategies include, but are not necessarily limited to, those cited in the Alliance for a Healthier Generation's Model Wellness Policy *(Updated June 2020 to Reflect the USDA* Final Rule) found at https://api.healthiergeneration.org/resource/2.

Adopted on: May 10, 2023
Revised on:
Reviewed on: May 10, 2023

Policy Assessment: Triennel Assessment Of School Wellness Policy (6/2026)
District: MORRILL PUBLIC SCHOOLS

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	**2**
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	**2**
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	**NA**
FR4	Free drinking water is available during meals.	**2**
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	**2**
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	**2**
FR7	Regulates food and beverages sold in a la carte.	**2**
FR8	Regulates food and beverages sold in vending machines.	**2**
FR9	Regulates food and beverages sold in school stores.	**NA**
FR10	Addresses fundraising with food to be consumed during the school day.	**2**
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	**1**
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	**2**
FR13	Addresses how all relevant groups will participate.	**1**

Policy Assessment: Triennel Assessment Of School Wellness Policy (6/2026)
District: MORRILL PUBLIC SCHOOLS

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	**1**
FR15	Addresses making the wellness policy available to the public.	**2**
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	**2**
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	**2**
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	**2**

Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	**2**
NES2	Addresses how the district protects students with unpaid meal balances from lunch shaming and ensures their privacy (e.g., students are not given a different meal, given a wrist band, or publicly identified).	**2**
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	**NA**
NES4	Specifies strategies to increase participation in school meal programs.	**2**
NES5	Specifies marketing to promote healthy food and beverage choices.	**1**
NES6	Addresses the amount of "seat time" students have to eat school meals.	**2**
NES7	Addresses purchasing local foods for the school meals program.	**2**
NES8	USDA Smart Snack standards are easily accessed in the policy.	**2**
NES9	Exemptions for infrequent school-sponsored fundraisers.	**1**

Policy Assessment: Triennel Assessment Of School Wellness Policy (6/2026)
District: MORRILL PUBLIC SCHOOLS

NES10	Addresses foods and beverages containing caffeine at the high school level.	**2**
NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**2**
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	**NA**
NES13	Addresses food not being used as a reward.	**1**
NES14	Addresses availability of free drinking water throughout the school day.	**2**

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	**2**
NE2	All elementary school students receive sequential and comprehensive nutrition education.	**2**
NE3	All middle school students receive sequential and comprehensive nutrition education.	**2**
NE4	All high school students receive sequential and comprehensive nutrition education.	**1**
NES	Nutrition education is integrated into other academic subjects beyond health education.	**2**
NE6	Links nutrition education with the food environment.	**1**
NE7	School curriculum addresses agriculture and the food system.	**1**

Section 4. Physical Education and Physical Activity

Policy Assessment: Triennel Assessment Of School Wellness Policy (6/2026)
District: MORRILL PUBLIC SCHOOLS

PEPA1	There is a written physical education curriculum for grades K-12.	**2**
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	**2**
PEPA3	Physical education promotes a physically active lifestyle.	**2**
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	**2**
PEPA5	Addresses time per week of physical education instruction for all middle school students.	**2**
PEPA6	Addresses time per week of physical education instruction for all high school students.	**2**
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	**2**
PEPA8	Addresses providing physical education training for physical education teachers.	**2**
PEPA9	Addresses physical education exemption requirements for all students.	**2**
PEPA10	Addresses physical education substitution for all students.	**NA**
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	**2**
PEPA12	Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.	**2**
PEPA13	Addresses recess for all elementary school students.	**2**
PEPA14	Addresses physical activity breaks during school.	**2**
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	**NA**

Policy Assessment: Triennel Assessment Of School Wellness Policy (6/2026)
District: MORRILL PUBLIC SCHOOLS

PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	**1**
PEPA17	Addresses using physical activity as a reward.	**2**
PEPA18	Addresses physical activity not being used as a punishment.	**2**
PEPA19	Addresses physical activity not being withheld as a punishment.	**2**

Section 5. Employee Wellness

EW1	Addresses strategies to support employee wellness.	**2**
EW2	Encourages staff to model healthy eating and physical activity behaviors.	**2**

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	**2**
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	**2**

Overall District Policy Score

Total Comprehensiveness	**District Score 100**
Total Strength	**District Score 85**

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.** Promoting healthy food and beverage choices for all students.
   - **b.** Physical activity is promoted and encouraged
   - **c.** Nutrition Environment and Services

2. **List opportunities for improvement in the wellness policy:**
   - **a.** Link nutrition education with food environment
   - **b.** Specific marketing to promote healthy food and beverages
   - **c.** All students receive sequential and comprehensive nutrition education

3. **As a result of the comparison, was new language adopted in the LWP?**

   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?**

   N/A

4. **Describe the next steps for strengthening your LWP.**

   Having more opportunities that are educational for our students that evolve around healthy meals and beverages.

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)

The District will promote healthy food and beverage choices for all students, as well as encourage participation in school meal program.

a. **Was the goal met?**

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels

b. **Provide a summary of what was achieved across each grade group within your school/di strict/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/di strict/RCCI.**

- **Elementary School** : Number of students participating in our healthy food and beverage meal program has increased.
- **Middle School** : Number of students participating in our healthy food and beverage meal program has increased.
- **High School**: Grades 9 to 10 are mostly participating, but older students are not.

2. Physical Activity Goal (REQUIRED)

Students will be encourage to engage in physical activities throughout the school day and will be provided with opportunities to do so.

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** : Recess, PE and Elementary sports is available for all students.
- **Middle School** : PE classes and JH sports are available for all students.
- **High School**: PE classes and sports are available for all students.

3. Other Student/School W ellness Goal (REQUIRED)

Students will be provided sufficient time in which to eat school provided meals.

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 gro up 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 i n your school/district/RCCI.

- **Elementary School** : 30-25 minutes to eat
- **Middle School** : 20 minutes to eat
- **High School** : 20 minutes to eat

4. Additional Goal (Optional)

The District will ensure that student access to foods and beverages meet federal, state and local laws and guidelines.

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

- **Elementary School** : School meals are USDA regulated and fruit and vegetables are used for snacks. No vended machines in building.
- **Middle School** : School meals are USDA regulated meals. Vended machines are not on during school hours.
- **High School** : School meals are USDA regulated meals. Vended machines are not on during school hours.
-

Extent of Compliance with Wellness Policy

Instructions for Districts with Multiple Scho ol 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)

Our district is compliant at all buildings.

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

Our district is compliant at all buildings.

3. Food/Beverage Marketing and Advertising Standards

Our district is compliant at all buildings.

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

Our review board was unable to get parents or community member to attend our 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	Date of notification
● SFA Website Mpslions.org	Date 8/25/26

Audience #2 (Optional)

Type your audience here

Method(s) of sharing	Date of notification
● Community members ● Parents	8/25/26

Audience #3 (Optional)

Type your audience here

Method(s) of sharing	Date of notification
● Type your response here... ● Type your response here...	Date

Audience #4 (Optional)

Type your audience here

Method(s) of sharing	Date of notification
● Type your response here... ● Type your response here...	Date

Questions? Contact: lauren.christensen@nebraska.gov