Wood River Rural Schools

2026 LOCAL WELLNESS POLICY

TRIENNIAL ASSESSMENT RESULTS

1 Policy Compliance Results

WRRSD registered a perfect score on the WellSAT School Assesment!

2 Wellness Policy Goals

- Nutrition Promotion & Education
- Increase Physical Activity
- Promote Student Wellness

3 Wellness Metrics

Reducing Sugary Drinks
Increase Physical Activity
Health & Dental Screenings

Goals 100% Met!

4 Achievements

- Aligning Local Wellness Policy goals with School Improvement
- Completed Triennial Assessment & Shared with District Patrons
- Utilizing school Health Data in conjunction with Nutriton Services to make healthy items available for students

CLICK HERE!

SCHOOL WELLNESS POLICY 5052

OUR TEAM

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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.** Involvement of the school, students and community members
   - **b.** Focus on healthy drinks and snacks for students & staff
   - **c.** Physical activity is encouraged for both students & staff during the day

2. **List opportunities for improvement in the wellness policy:**
   - **a.** Enhance ways to attain student feedback on healthy menu changes. (taste testing, surveys, etc)
   - **b.** Transition to more concrete, measurable physical activity requirements; establish a minimum number of minutes for daily recess or physical activity breaks—to ensure consistent implementation across all grade levels.
   - **c.**

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.**

   Review the policies and revise them, as necessary.

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

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Please provide your SFA's information in the space provided below.

School/District/RCCI name
Delete this text and type your response in this area....

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)
Delete this text and type your response in this area....

Wellness policy contact email address
Delete this text and type your response in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

7. The policy includes specific goals for nutrition education and promotion activities.

   Rating
   Delete this text and type rating (0, 1, or 2) in this area....

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
   Delete this text and type rating (0, 1, or 2) in this area....

9. The policy includes specific goals for physical activity opportunities.

   Rating
   Delete this text and type rating (0, 1, or 2) in this area....

10. The policy includes specific goals for other school-based activities that promote student wellness.

    Rating
    Delete this text and type rating (0, 1, or 2) in this area....

Discussion/Notes:

(Optional) Delete this text and type any notes in this area....

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)

Transition the selection in the snack and a la carte items to focus on water and high-nutrient, low-calorie drinks adhering to USDA Smart Snacks criteria, while limiting sugar-sweetened options.

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**: N/A- there are no additional drinks available for purchase at the elementary level
- **Middle School**: Met - The kitchen staff conducts frequent reviews of items to ensure 100% of beverage offerings meet the USDA Smart Snacks nutrition standards.
- **High School**: Met - The kitchen staff tracks sales volume of water versus sugar-sweetened beverages to determine if demand for healthier options is increasing.

2. Physical Activity Goal (REQUIRED)

Ensure consistent implementation of physical activity breaks in classrooms.

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, Middle & High School**: Teacher Check-ins - Administrators issued a simple survey at work days to ask teachers if they were able to implement the recommended physical activity breaks during the week.

3. Other Student/School Wellness Goal (REQUIRED)

Enhance the district's support network by formalizing partnerships with local health-related entities (e.g., local clinics, public health departments) to provide health screenings or wellness services

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, Middle & High School**: The Lions Club comes to do health screenings, and the Dental Hygiene students at Central Community College visit to complete dental evaluations, as needed

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: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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

Our school has a Safety & Wellness team, composed of community members, law enforcement, staff, parents, etc ~ they meet monthly to address any issues that arise in our schools. They work through any areas that need updating and present to our school board, as changes are made.

Discussion/Notes:

(Optional) Delete this text and type any notes in this area....

Questions? Contact: lauren.christensen@nebraska.gov

Policy Assessment: Local Wellness Policy Triennial Assessment (6/2026)
District: WOOD RIVER RURAL 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.	**2**
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.	**NA**
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.	**2**
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.	**2**

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	**2**
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.	**2**
NES4	Specifies strategies to increase participation in school meal programs.	**2**
NES5	Specifies marketing to promote healthy food and beverage choices.	**2**
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.	**2**
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.	**2**
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.	**2**
NE5	Nutrition education is integrated into other academic subjects beyond health education.	**2**
NE6	Links nutrition education with the food environment.	**2**
NE7	School curriculum addresses agriculture and the food system.	**2**

Section 4. Physical Education and Physical Activity

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**

Policy Assessment: Local Wellness Policy Triennial Assessment (6/2026)
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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.	**2**
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.	**2**
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	**2**
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 99**