

Step 1

Extent To Which the Local Wellness Policy (LWP) Complies with USDA Requirements and Compares to a Model Policy Assessment Tool



MTSComplete 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. Great collaboration with food service company
- b. Engagement of multiple stakeholders across the district and community in promoting and supporting wellness..
- c. Focus on employee and student wellness

2. List opportunities for improvement in the wellness policy:

- a. Enhance communication and education efforts to increase awareness of the district wellness policy across all schools and within the community.
- b. Explore and implement strategies that create a more comprehensive approach to student wellness, addressing physical health, mental health, nutrition, and social-emotional well-being.
- c. Collaborate with administrators, school nurses, food service staff, teachers, and families to establish and implement consistent practices for treats and snacks that support student health and wellness.

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)

4. Have the changes been approved by the board?

- ☐ Yes
- ☒ No

5. Describe the next steps for strengthening your LWP.

Increase awareness and communication of the wellness policy among students, staff, families, and community members through newsletters, websites, and school events.

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

Blair Community Schools

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

890001



Wellness policy contact name (first & last)

Leon Haith

Wellness policy contact email address

leon.haith@blairschools.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

2.

3. The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP, and updates this information on an annual basis.

Rating

2

4. The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

- the extent to which the school(s) comply with LWP;
- the extent to which the LWP compares to model local wellness policies;
- the progress made in attaining the goals of the LWP

Rating

2



5. The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in Schools nutrition standards.

Rating

2

6. The policy includes standards for foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties or classroom snacks brought by parents).

Rating

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

2

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

Rating

2

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

Rating

2

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)

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.

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:** Elementary students participated in nutrition education activities integrated into classroom instruction and health lessons. Teachers reinforced healthy eating habits through age-appropriate discussions, wellness activities, and school-wide initiatives that promoted fruits, vegetables, hydration, and balanced meals. Nutrition messages were also shared with families through newsletters and school communications.
- **Middle School:** Middle school students received nutrition education through health and science curricula, with an emphasis on understanding food groups, reading nutrition labels, and making healthy lifestyle choices. Wellness activities and school events encouraged students to apply healthy eating habits both at school and at home.
- **High School:** High school students engaged in nutrition education through health classes, physical education courses, and wellness initiatives that emphasized lifelong healthy habits. Students were encouraged to make informed choices regarding nutrition, physical activity, and overall wellness. Nutrition information was shared through school announcements, wellness campaigns, and extracurricular activities..

2. Physical Activity Goal (REQUIRED)

Students will be encouraged 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.

- ☒ **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:** Elementary Schools offer walking clubs before school, providing students with an opportunity to increase physical activity, build healthy routines, and begin the school day in a positive and active way.
- **Middle School:** The Middle School offers a walking club during lunch, providing students with an opportunity to increase physical activity, build healthy routines, and begin the school day in a positive and active way.
- **High School:** The district continues to explore additional opportunities to increase student movement and physical activity at the high school level. While students currently participate in physical education courses and wellness activities, staff are collaborating to identify strategies that incorporate more movement throughout the school day. Potential areas of focus include movement breaks during instructional time, increased access to before- and after-school wellness activities, expanded extracurricular opportunities, and creative use of indoor and outdoor spaces to encourage physical activity..

3. Other Student/School Wellness Goal (REQUIRED)

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

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/ Middle School/ High School:** The district continued to participate in all applicable state and federal child nutrition programs to support student health and wellness. Through these programs, students had access to nutritious breakfasts and lunches that met established nutrition standards and dietary guidelines. The district worked collaboratively with food service staff, administrators, and school personnel to ensure compliance with program requirements and to provide meals that promote healthy eating habits and student well-being.
-

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: All schools in the district.

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: All schools in the district.

The district recognizes that foods and beverages offered but not sold during the school day, such as those provided during classroom celebrations and special events, were not consistently aligned with the district wellness policy and nutrition standards. While many staff members encouraged healthy choices, practices varied across buildings and grade levels, resulting in inconsistent implementation of the guidelines.

The district is committed to creating a consistent approach to foods and beverages offered during the school day that supports healthy eating habits and reinforces the goals of the local wellness policy.

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: All schools in the district

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

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

Parents, students, staff, food service personnel, school administrators, school board members, and community representatives are invited to participate in the district wellness committee and provide feedback on wellness goals, activities, and policy updates. The wellness committee includes multiple stakeholders from across the district and community to ensure a broad range of perspectives are represented.

Discussion/Notes:

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

Questions? Contact: lauren.christensen@nebraska.gov

Blair Community Schools

1326 Park Street
Blair, NE 68008
402-426-2610

June 25, 2026

Blair Community Schools,

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

Step #1- [BCS Step 1](#)

Step #2- [BCS Step 2](#)

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

The district reviewed wellness goals and policy elements that were not fully met during the current assessment cycle and identified strategies to improve implementation and compliance. Areas identified for improvement included increasing awareness of the Local Wellness Policy, establishing clearer guidelines for foods and beverages offered but not sold during the school day, and expanding opportunities for student wellness and physical activity.

To address these areas, the district will:

- Increase communication regarding the Local Wellness Policy through district and school websites, newsletters, and parent communications.
- Continue to engage multiple stakeholders from the district and community in wellness planning, implementation, and evaluation.
- Review and update guidelines for classroom snacks, treats, and celebrations to ensure consistency with wellness goals and nutrition standards.
- Expand wellness initiatives, including before-school walking clubs and additional opportunities for physical activity throughout the school day.
- Continue exploring strategies to increase movement opportunities for high school students through classroom activities, wellness programming, and extracurricular opportunities.
- Regularly review wellness goals, collect stakeholder feedback, and monitor progress to identify areas for continuous improvement.

Based on the results of the wellness assessment and stakeholder input, the district will update wellness policy goals as needed to ensure they remain relevant, measurable, and aligned with district priorities and the health and wellness needs of students and staff.

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

The district updated the Wellness Policy in June 2026 at the school [board policy # 5052](#).

The district communicated in July and August 2026 updates regarding the Local Wellness Policy and wellness initiatives through multiple public channels to ensure transparency and encourage community involvement. Information was posted on the district's public website, shared through school and district newsletters, and communicated through parent notifications and other school communications.

The district will continue to make wellness policy information and assessment results available to the public through its website and other communication channels and will encourage ongoing feedback from parents, students, staff, and community members to support continuous improvement.

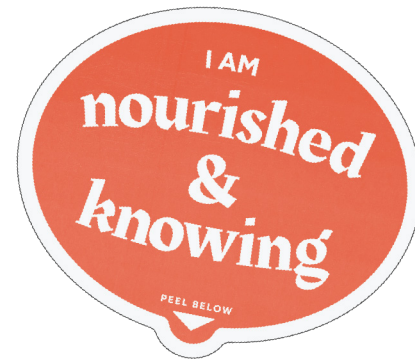
If you have any questions, please contact Leon Haith at leon.haith@blairschols.org.

Respectfully,

Leon Haith

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)

Parents, Staff, Teachers, Students, and Board of Education

Method(s) of sharing

- [SFA Website](#)
- [Blair Community Schools](#)
- July 2026 BCS Newsletter

Date of notification

Jul 13, 2026 12:00 PM CST

Audience #2 (Optional)

Type your audience here

Method(s) of sharing

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

Date of notification

Audience #3 (Optional)

Type your audience here

Method(s) of sharing

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

Date of notification



Audience #4 (Optional) Type

your audience here

Method(s) of sharing

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

Date of notification

Date

5052
School Wellness

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. Page 3 of 5
- 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, and Fundraisers)

- a. Definitions. “Competitive food” means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the school campus during the school day. For the purpose of competitive food standards implementation, “school day” means the period from the midnight before to 30 minutes after the end of the official school day.
- b. Applicability. Except as otherwise allowed by the Nebraska Department of Education (NDE) or applicable law, all competitive food sold during the school day must meet the USDA Smart Snacks Standards and the nutrition standards found in 7 CFR § 210.11. The competitive food restrictions do not apply to food sold during non-school day 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.)

- c. Fundraiser Exemptions. A special exemption is allowed for the sale of food and/or beverages that do not meet the competitive food standards as required in this section for the purpose of conducting an infrequent school-sponsored fundraiser. The specially exempted fundraisers must not take place more than the frequency specified by NDE during such periods that schools are in session. No specially exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Page 4 of 5
- d. Other Exemptions. The only other nutrition exemptions from the competitive food requirements are those found in 7 CFR § 210.11.
- e. Other Limitations. No competitive food can be sold to children anywhere on school premises beginning one half hour before breakfast and/or lunch service until one half hour after meal service unless all proceeds earned during these time periods go to the school nutrition program.

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.

Adopted on: 6-17-2026

Revised on: _____

Reviewed on: _____