

STUDENTS – POLICY 5417

School Wellness Policy

A mission of St. Edward Public Schools is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health. Therefore, the Board adopts the following School Wellness Policy.

1. District Wellness Committee

Committee Role and Membership

The District has established and will maintain a District Wellness Committee (“DWC This committee shall meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this District wellness policy.

The DWC membership will represent all school levels and include (to the extent possible) but not be limited to: parents and caregivers; students; 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 DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to 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

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the District; and includes information about who will be responsible to make what 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. The school uses the WellSAT (Wellness School Assessment Tool) to evaluate policies and produce necessary progress reports.

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

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Superintendent's office and/or on the District's computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public

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 and/or district-wide communications. 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.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the District's schools are in compliance with the wellness policy.
- The extent to which the District's wellness policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Superintendent or the Superintendent's designee.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

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

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the **recommended** assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; 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.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which

representatives of DWC, and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the District and individual schools are communicating important school information with parents.

The District will notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

3. Nutrition

School Meals

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional Federal child nutrition programs will meet the nutrition requirements of such programs.

The District may also operate additional nutrition-related programs and activities. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices.

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 standards 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.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus ("school campus" and "school

day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

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 or, if the state policy is stronger, will meet or exceed state nutrition standards. These standards will apply in all locations and through all services 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 or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards, including through:

1. Celebrations and parties. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The District will provide or make available to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children or other comparable resources. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

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 and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District may include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The District strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition.

Food and beverage marketing is defined as advertising and other promotions in schools. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that it is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/School Nutrition Services/Acuities Department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

4. Physical Activity

A goal is for children and adolescents to participate in physical activity every day.

Physical activity during the school day (including but is not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment. P.E. activities may be modified to meet the individual needs of students. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education curriculum which will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.

All secondary students (middle and high school) are required to take 10 credits of physical education in order to graduate.

Essential Physical Activity Topics in Health Education Health education will be required in all elementary grades, and the District will require middle and high school students to take and pass at least one health education course. The District may include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity Decreasing sedentary activities, such as TV watching Opportunities for physical activity in the community
- Preventing injury during physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids
- How to find valid information or services related to physical activity and fitness

Recess (Elementary)

Grades K-6 will offer at least 20 minutes of recess on all days during the school year. Exceptions may be made as appropriate, such as on early dismissal or late arrival days.

Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play.

In the event that recess must be held indoors, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

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 (3-5- minute) physical activity breaks to students during and between classroom time at least three days per week.

5. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity.

Community Partnerships

The District will develop, enhance, or continue relationships with community partners in support of this wellness policy's implementation.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Staff Wellness and Health Promotion

The District, when feasible, 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 on healthy eating/weight management that are accessible and free of cost to the District.

Date of Review/Revision: June 13, 2026

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. Our policy is strong as it includes specific language in all required components and addresses most recommended best practices.
 - b. Required procedures for implementation, monitoring, evaluation, and public involvement are clearly identified.
 - c. The district demonstrates strong implementation of wellness practices across all grade levels, with established programs supporting nutrition, physical activity, and student mental health and well-being
2. List opportunities for improvement in the wellness policy:
 - a. During the review, we added additional verbiage throughout the policy to give additional detail and guidance in the policy to best meet the needs of our students and staff. We did this without changing the basic foundation and structure of the policy.
 - b. We will continue to evaluate the policy to ensure it continues to best meet the needs of our district.
 - c. We may be asking for new membership on the committee from our staff. We added an additional school board member this past year.
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: We made revisions throughout each page of the document. The purpose of these changes was to incorporate additional language that provides greater detail and clarity regarding the guidance and procedures outlined in the policy. These enhancements were made without altering the policy's fundamental framework or structure, as the existing foundation was determined to be sound and effective..

4. Have the changes been approved by the board?
 - ☒ Yes
 - ☐ No

5. Describe the next steps for strengthening your LWP.

We will continue to meet as a team on a regular basis and evaluate our overall program and work to improve it as necessary and appropriate. We also have more social media outlets and will make sure our information is shared with all stakeholders. We also plan to highlight in our newsletters the healthy things we are doing in our district for students and staff.

Alliance for a Healthier Generation 10-step Checklist

According to 7 CFR 210.31(e)(2), all School Food Authorities (SFAs) are required to complete an assessment of their compliance with their local wellness policy (LWP) at least once every three years and make this assessment available to the public by posting assessment responses/documentation to your school/district/residential child care institution (RCCI) website.

The local wellness policy (LWP) triennial assessment must be completed by **June 30, 2026**. Non-compliance with this requirement will result in a hold of the SFAs Child Nutrition Program claims for reimbursement until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's LWP assessment.

This survey outlines the ten required components of the LWP as defined by the USDA final rule of 2016. SFAs can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their LWP to ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

Please provide your SFA's information and then select the rating that applies to your LWP for each of the 10 questions below.

The rating scale is:

- 2 = Current policy includes **all** required language for this component
- 1 = Current policy includes **some** of the required language for this component
- 0 = Current policy includes **none** of the required language for this component

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

School/District/RCCI name

St. Edward Public Schools

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

060017

Wellness policy contact name (first & last)

Stephen Osborn

Wellness policy contact email address

sosborn@sted.esu7.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

2

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

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
 - The district will continue to promote healthy eating habits and increase student awareness of nutrition through nutrition education, the Fresh Fruit and Vegetable Program, MyPlate resources, nutrition information, and the continued implementation of federal nutrition guidelines and the Community Eligibility Provision.
 - Physical activity
 - The district will continue to provide and promote regular opportunities for physical activity for all students through physical education, recess, extracurricular activities, the Monthly Mile program, and other school and community-based physical activity opportunities.
 - Other school-based activities that promote student wellness
 - The district will continue to support the physical, social, emotional, and mental well-being of students and staff through the district Mental Health Team, regular review of wellness needs, use of the SAEBRS screening tool, and appropriate interventions and support services.
- 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

- a. Was the goal met?
Yes - the school/district/RCCI met this goal across all grade levels. For all grade levels we follow the Federal Guidelines for our lunch program. We have posters and other signage promoting our program. We are a CEP breakfast lunch program and continue to work to keep this as long as possible.

- 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:** We added the Fresh Fruits and Vegetables Program to grades PK-6 which included nutrition education. The education was included during PE classes as well as fun facts about each FFV served two time per week. My Plate provided curriculum was incorporated into our nutrition education.
 - **Middle School:** Nutrition education continues to be incorporated into our Physical Education programs.
 - **High School:** Nutrition education was incorporated into our Physical Education programs. Health education is also a stand-alone course and is scheduled during the 9th grade year.

2. Physical Activity Goal

- 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:** Daily physical activity including but not limited to physical education class and recess. Students also participate in a “monthly mile” activity and have the opportunity to participate in our “traffic Tuesday” after school activity.

- **Middle School:** Daily physical education classes are required. Students also have the opportunity to participate in interscholastic extracurricular activities. Students also participate in a “monthly mile” activity
- **High School:** Students have the opportunity to participate in daily physical education classes. Weight training classes are also offered as an advanced physical education opportunity. 20 credits are required to graduate. Students also participate in a “monthly mile” activity

3. Other Student/School Wellness Goal

- 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 #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:** We are no longer part of a grant program, but we continue to fund and operate a Mental Health team which meets regularly to address student needs and staff needs. We continue to fund and use SAEBRS mental health screening tool and implement interventions as necessary and appropriate.
 - **Middle School:** We are no longer part of a grant program, but we continue to fund and operate a Mental Health team which meets regularly to address student needs and staff needs. We continue to fund and use SAEBRS mental health screening tool and implement interventions as necessary and appropriate.
 - **High School:** We are no longer part of a grant program, but we continue to fund and operate a Mental Health team which meets regularly to address student needs and staff needs. We continue to fund and use SAEBRS mental health screening tool and implement interventions as necessary and appropriate.

Extent of Compliance with Wellness Policy

1. Federal/State Meal Standards (e.g., School Meals and Smart Snacks)

Compliant: **YES**

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

Compliant **YES**

3. Food/Beverage Marketing and Advertising Standards

Compliant **YES**

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

The DWC membership will represent all school levels and include (to the extent possible) but not be limited to: parents and caregivers; students; 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.

Step 3
Public Reporting.



ST. EDWARD PUBLIC SCHOOLS

601 CLARK STREET, P.O. BOX C; ST. EDWARD, NE 68660
PHONE: 402-678-2282; FAX: 402-678-2284



The St. Edward Public Schools Wellness Committee, comprised of seven staff members representing various grade levels and program areas, recently completed the Nebraska Department of Education (NDE) Triennial Wellness Policy Assessment. This assessment is required every three years and provides districts with an opportunity to evaluate the implementation and effectiveness of their local wellness policy. Areas reviewed include nutrition education, nutrition promotion, school meal programs, physical activity opportunities, and other components that support student and staff wellness. The district's Wellness Policy is available on the school website.

The Wellness Committee meets quarterly to review wellness initiatives, assess progress toward established goals, and ensure continued compliance with federal and state wellness requirements. The committee regularly evaluates the Wellness Policy and makes revisions as needed to reflect current best practices and district priorities.

During the past three years, the committee focused on goals related to Nutrition Education, Nutrition Promotion, Physical Activity, and Monitoring Future Wellness Needs. In addition, supporting the mental health and well-being of students and staff has remained a significant area of emphasis. The district continues to provide resources, programming, and support systems that promote a positive school environment and overall wellness.

As part of the triennial review process, the committee assessed each wellness component for both implementation and compliance. Results indicated strong performance in the areas of Physical Activity, Nutrition Education, and adherence to state and federal school meal standards. Opportunities for continued growth were identified in Nutrition Promotion, Mental Health initiatives, and Food and Beverage Marketing practices.

Using the results of this assessment, the Wellness Committee will establish goals and action steps for the next three-year cycle. St. Edward Public Schools remains committed to fostering a healthy learning environment for all students in grades PK–12 through ongoing evaluation, collaboration, and continuous improvement of wellness practices districtwide.

This version reads more like the wellness assessment summaries published by many Nebraska districts and better reflects the continuous-improvement language that NDE reviewers typically expect to see.

If you have any questions, please contact the superintendent at (402) 678-2282

Step 4

Communicate Public Notification Methods with NDE. Identify how your School Food Authority (SFA) made the results of the Triennial Assessment publicly available.

Audience

School/District/Community and Public

Method(s) of sharing

- St. Edward Public School Wellness Website
- https://www.stedpublicschool.org/pages/uploaded_files/Wellness%20Policy%20and%20Triennial%20Assessment%202026.pdf

Date of notification

June 20, 2026

Audience

School/District/Community and Public

Method(s) of sharing

- School Board Meeting

Date of notification

June 13, 2026