

Triennial Wellness Assessment Results 2024

<p>Areas Of Strength</p>	<p>1. The Wellness Policy was recently revised for better alignment to the Nebraska Department of Education’s requirements.</p>
	<p>2. Students in grades K-5 receive 30 minutes of physical education class daily.</p>
	<p>3. Students in grades 6, 7 & 8 receive a semester of physical education and a semester of health.</p>
<p>Opportunities For Improvement</p>	<p>1. TLS principal will reach out to Three Rivers Health Department and the local Educational Service Unit to coordinate ongoing education focused on a healthy lifestyle.</p>
	<p>2. TLS principal will ensure the pop is shut off during the school day so as not to compete with the hot lunch program.</p>
	<p>3. TLS principal will place the wellness policy on the TLS website.</p>

Step #2: Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<p><i>USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u></i></p>			
<p>1. Nutrition Education Goal(s)- record goal -OR- Nutrition Promotion Goal(s)- record goal</p>	<p>Students are taught how to make healthy, nutritious food choices</p> <p>Not Met</p>	<p>TLS will include a nutrition unit for each grade level both in PE class as well as K-8. The evidence piece will be a link to the curriculum map for PE nutrition unit and each grade level (K-5)</p>	<p>Need evidence piece when completed</p>
<p>2. Physical Activity Goal(s)- record goal</p>	<p>Students receive 30-45 mins of Physical Education daily</p> <p>Goal Met</p>	<p>Trinity hired a full time, PE teacher who also teaches Health to the 6th, 7th and 8th grade students.</p>	<p>Trinity Master Schedule</p>
<p>3. Other student wellness Goal(s) - record goal, <i>this is often where goals to support SEL and Mental health or staff wellness could be included</i></p>	<p>Students receive formal social skill lessons from an outside expert by grade level once per month: Ms. Stacey Lichtenberg and The Bridge</p> <p>Goal Met</p>	<p>Trinity developed a partnership with The Bridge, an organization in Fremont, NE that works to prevent and eliminate domestic violence and sexual assault. They have a grant to work within the schools to enhance safety and promote equality in relationships. They come to TLS once per month to teach social skill lessons.</p>	<p>The Bridge Master Schedule for Trinity Lutheran School</p>



We thank you for your time spent taking this survey.
Your response has been recorded.

Below is a summary of your
responses

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According to 7 CFR 210.31(e)(2), all schools are required to complete an assessment of their school's compliance with their local school wellness policy (SWP) at least once every three years and make this assessment available to the public by posting assessment responses to your school's website. You will have the option to download a pdf of your assessment at the conclusion of the survey.

The school wellness policy (SWP) triennial assessment must be completed by June 30, 2021. Non compliance with this requirement will result in a holding of the school's claim until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's SWP assessment. Please provide your school's information and then answer each of the 10 questions below. Click "Submit" at the end of the survey to have your assessment recorded.

This survey outlines the ten required components of the SWP as defined by the USDA final rule of 2016. Districts can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their SWP 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.

For each component identified below, select the rating that applies to your SWP. The rating scale is:

2 = Includes **all** required language

1 = Includes **some** of the required language

0 = Includes **none** of the required language

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

School Name

Wellness Policy Contact Name School Wellness Policy Contact Email

Trinity Lutheran School

270702

LaVonna Emanuel

LaVonna.Emanuel@trinityfremont.org

The policy identifies one or more school district and/or official(s) who have the authority and responsibility for ensuring that each school complies with the policy.

Rating

0

The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the SWP.

Rating

1

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

Rating

0

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 SWP;
- the extent to which the SWP compares to model local school wellness policies;

- the progress made in attaining the goals of the SWP

Rating

0

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 School nutrition standards.

Rating

1

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

1

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

Rating

1

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

0

The policy includes specific goals for physical activity opportunities.

Rating

1

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

Rating

0