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MRS. JEN HODSON PK-6 Principal Phone 402-582-3808 MR. KYLE SCHMIDT 7-12 Principal Phone 402-582-4991

Plainview Public Schools Community,

Our district takes pride in supporting the needs of the whole child, to insure that all children are safe, supported, engaged, and challenged each day as they walk into our buildings.

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 schools' 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.

The following sections will be added to the Local School Wellness Policy as per USDA requirements:

- The district provides parent information concerning free/reduced lunches and encourages all
 parents to fill out proper forms. The district keeps the forms confidential in the central office when
 turned in.
- The district utilizes a timer on vending machines that students are allowed to purchase drinks from, however not allowed to be purchased during lunchtimes.
- The district has the kitchen staff to place informational posters of nutrition on the walls of the cafeteria.
- The district is part of an EHA Wellness program and the staff is provided with information to participate in the various programs offered. The school board wellness committee conducts a hearing each July on the wellness policy.

Attachment B: 2022-23

- Areas of Strength: 1. Our policy is thorough. It covers all issues that need to be addressed, and will continue to monitor for new updates.
 - 2. Offers healthy meal choices and an alternative second option, all meals are easily accessible.
 - 3. We have a well rounded staff to help promote activity between our regular P.E. and recess.

Opportunities for Improvement

- 1. We can make sure we are meeting regularly to meet the efforts of implementation with proper staff support and input.
- 2. Communication is always a challenge. We need to review how we can better communicate our wellness policy to our students, parents and community.
- 3. Our policy is well written, we need to make sure our staff is fully aware of all aspects of the wellness policy and how to implement them into our daily K-12 education.

Goals:

We work to make sure our menu options are healthy and promote new food exploration for students. We have implemented grab and go breakfast, fresh fruit and vegetable options. We use the newspaper, school website to communicate these efforts.

Attachment B: 2022-23

Our policy includes goals related to student activities and staff wellness. We have made sure appropriate physical activity is provided to all students. Our staff also participates in **EHA Wellness** activities. Our classrooms meet regularly for guidance class, we will offer support for those that need it and all students are able to

If you have any questions, please contact Lovay Wells, at kitchen@plainviewschools.org

Respectfully,

see our guidance counselor at all times.

Lovay Wells Local School Wellness Policy Coordinator

P.O. Box 638, Plainview, Nebraska 68769 - www.plainviewschools.org

Triennial Wellness Policy Reporting Template

In this template you will find downloadable slides. You can modify them to your liking and then download the template as a .pdf file. This way, you'll have a tailor-made version on your computer.

To do so:

- Modify the template and add text if needed
- Click File > Download > PDF
- It will be downloaded to your computer, and now you can print or save the template

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School Logo

District name and address here

XX School Community,

Our district takes pride in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building.

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 schools' 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- Post results of the wellness policy assessment

Step #2-Post results on progress made in meeting your 3 district wellness policy goals at BOTH:

- 1) District
- 2) Each building/grade group- K-5, 6-8, 9-12

Identify steps taken to meet unmet goal or policy elements that are not currently met and how you will update Wellness policy goals (likely from 2017) if needed.

Document how you updated the public below (posted on website, presented at board meeting, etc)

If you have any questions, please contact xxx name, contact me at xx email.

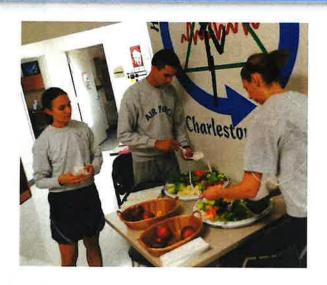
Respectfully,

School Logo

School Wellness leader

Plainview Public Schools

Insert school logo



TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

1. POLICY COMPLIANCE RESULTS

[link to results or highlight them here]

Planning, tracking, and sharing the results

MEET OUR TEAM

List members of the school wellness policy team....

2. WELLNESS POLICY GOALS

- Nutrition Education/Promotion
- Physical Activity
- Other goals for student wellbeing



Website where the Wellness policy and triennial assessment is linked



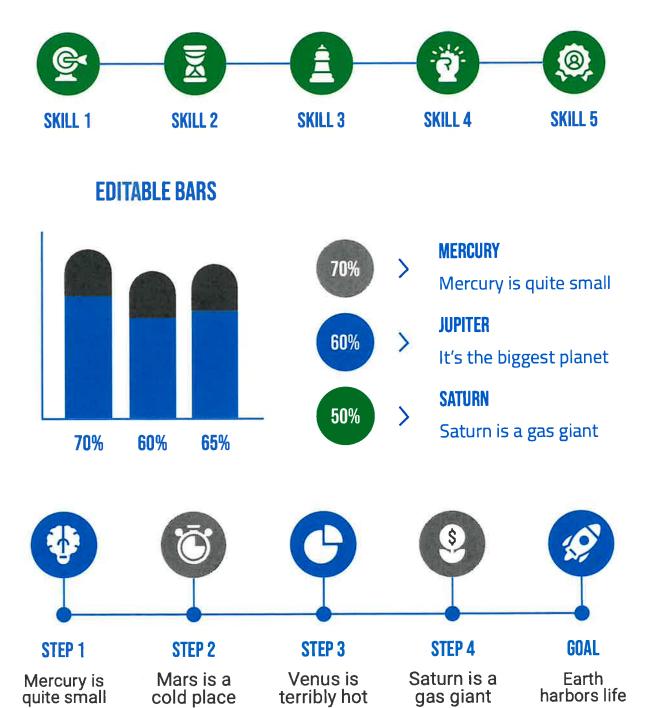
Contact Email address here

WELLNESS METRICS:

AREA 1 - SCHOOLS IN COMPLIANCE 90% AREA 2 75% AREA 3 60% AREA 4 80%

KEY ACHIEVEMENTS:

- Aligned the local wellness policy goals with MTSS and School safety work plans.
- Completed the triennial assessment and shared results
- Utilized school health data to make informed decisions to support student wellbeing efforts



Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool

Component	Description
Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.	Alliance for a Healthier Generation 10-step Checklist The WellSAT 3.0 School Assessment Tool
Areas of Strength:	 Our policy is thorough. It covers all issues that need to be addressed, and will continue to monitor for new updates. Offers healthy meal choices and an alternative second option, all meals are easily accessible. We have a well rounded staff to help promote
	activity between our regular P.E. and recess.
Opportunities for Improvement	1. We can make sure we are meeting regularly to meet the efforts of implementation with proper staff support and input.
	2. Communication is always a challenge. We need to review how we can better communicate our wellness policy to our students, parents and community.
	3. Our policy is well written, we need to make sure our staff is fully aware of all aspects of the wellness policy and how to implement them into our daily K-12 education.
As a result of the comparison, was new language adopted in the LSWP?	□Yes □No
If yes, briefly describe what was adopted (include page numbers for new language if possible),	On Page 13, we explain and ask for community involvement, along with staff suggestions and input.

Component	Description
Have the changes been	STAN SPANISH THEISELD BY DETERMINED.
approved by the school	□Yes
board?	
	□No
Describe the next steps	Our next steps are to continue with our wellness
for strengthening your	policy leadership and ensure our committee stays
LSWP.	actively involved and knowledgeable in helping
	our students, parents and staff.

Return to triennial assessment document



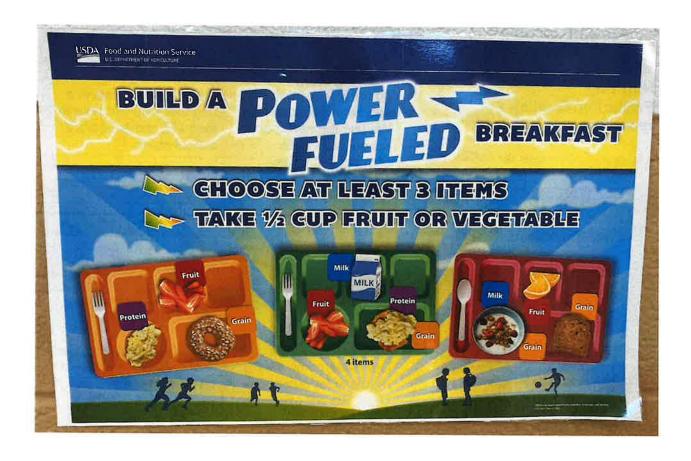
Discussion/Note

Step #2: Progress in Reaching LSWP Goals Template

A	Goal s 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
	USDA welli 1) nutrition go	al, 2) physical	als outline that 3 goals mo activity goal, and 3) other ditional goals are <u>optional</u>	student wellness goal,
Pr	Nutrition Education Goal(s)- record goal -OR- Itrition omotion Goal(s)- cord goal	Partially	We work to make sure our menu options are healthy and promote new food exploration for students. We have implemented grab and go breakfast, fresh fruit and vegetable options. We use the newspaper, school website to communicate these efforts.	https://www.plainviewsch ools.org/pages/uploaded files/March%20Menu.pdf We bring over to the HS each morning fully reimbursable b'fast in a bag that kids can take to their HR and eat before school starts.
2.	Physical Activity Goal(s)- record goal	Partially	Our policy includes goals related to student activities and staff wellness. We have made sure appropriate physical activity is provided to all students. Our staff also participates in EHA Wellness activities.	https://docs.google.com/s preadsheets/d/1lvAyuMvD I48kuZRp0QcWaetQOS5 9TFTd_pea15yMEQQ/edit #gid=1886321554
3.	Other student wellness Goal(s)- record goal, this is often where goals to support SEL and Mental health or staff wellness could be included	Partially	Our classrooms meet regularly for guidance class, we will offer support for those that need it and all students are able to see our guidance counselor at all times.	Refer above to schedule on Google drive.

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
Additional Goal(s) Add more rows as needed			

To return to the overview document, click this link, Questions, contact: jessie.coffey@nebraska.gov





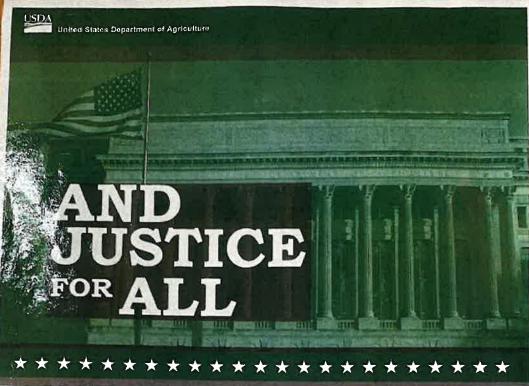
Color Your Lunch Trau!

Choose 3 or more food groups

Pick at least 1/2 cup fruit and/or vegetable







In accordance with Federal law and U.S. Department of Agnoulture (USOA) civil rights regulations and policies, thus institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and repression retailation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large pint, audiolape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Roley Service at (800) 877-8339

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination. Complete Form, which can be obtained online, at wax usda gov/stes/defaul/files/documents/usda-program-dscrimination-complaint-form pdf. from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by

mail:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410, or

fax:

(833) 256-1665 or (202) 690-7442;

email:

program intake@usda gov

This institution is an equal opportunity provider

enforma a la ley federal y las políticas y regulaciones de dorechos civilos del Departamento de Agricultura de los Estados Unidos (USDA), esta institución frene prohibido discriminar por motivos de raza color, origen nacional, sexo, edad, discripcidad, vonganza o represala por actividades realizadas, en el pasado relacionadas con los derechos civilos (no todos los principios de prohibición aplican a todos los programas).

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtenor información sobre el programa (por ejempio, Braille, letra agrandada, grabación de audio y lenguaje de señas amenicano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con al TARGET Center del USDA al (202) 720-2600 (voz y TTY) a comunicarse con al USDA a través del Servicio Federal de Transmisión de información al (800) 877-8339.

Para prosentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

www.usda.gov/ates/defau/t/fles/documents/usda-programdiscrimination-complaint-form.pdf, en cualquier oficina del USDA, lamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de toláfono del reclamante, y una descripción escrita de la supuesta acción.

discriminatoria con suficiente detalle para informar al Subsecretario de Derochos Civiles (ASCR, por sus siglias en inglès) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal-

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20259-9410. o

fax:

(833) 256-1665 o' (202) 690-7442;

correo electrónico: program intake@usda gov

Esta institución ofrece igualdad de oportunidades

Adobecompanion of Complete AD 415-A. Resissor Section by 2019

Step #3- Extent of Compliance for All Schools with the LSWP

(Make a copy for your use)

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)			
Physical Activity Goal(s)		1	
Other Student Wellness Goal(s)		1	
Non-goal related requirements in your			
Federal/State Meal Standards are Met			1
Foods Offered but Not Sold to Students Standards			1
Food and Beverage Marketing (SMART Snacks regulations- ala carte and vending, food sales during the school day)			1

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement- how was the public included in LWP development? (parents, community members, etc.) Public comment during annual review of school wellness policy. Climate surveys collected every 3-5 years includes school wellness	□X - Yes □No
Public Notification- how are you notifying the public about your assessment results?	□X - Yes
Triennial Assessment- is this posted publicly? Provide the link	□X - Yes □No

To return to the overview document, click this link

Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing Your Success

Triennial Assessment Report to the Public (Public Notification is Required)

(make a copy for your own use)

Part #1- Post results of the wellness policy assessment

Part #2-Post results on progress made in meeting your 3 district wellness policy goals at BOTH:

- 1) District
- 2) Each building

Identify steps taken to meet unmet goals or policy elements and how you will update Wellness policy goals (likely from 2017) to reflect current programs and practices.

Document how you will update the public below, and provide the link(s) to public updates of the triennial assessment results- provide links to your documentation

Example) Updating the Public

Target Audience(s)	Method	Date
Parents and Students	School Website	3/15/2024
School Board	Update at Regular Board Meeting	4/8/2024
Teachers and Staff	Emails and Updates	3/15/2024
Link to the district website to meet public notification requirement		

Target Audience(s)	Method	Date
Parents/Caregivers, teachers, community partners	School Newsletter	5/30/2022
District School Board	Presentation during School Board meeting	6/1/2022
Community Partners	Presentation during District Wellness Committee meeting	5/25/2022
Parents/Caregivers	Presentation during Open House event	5/25/2022

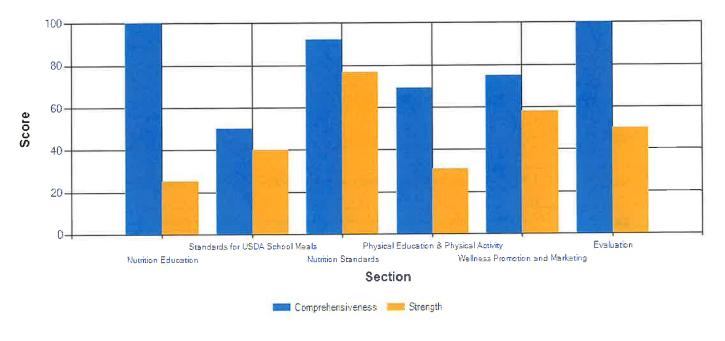
When updating the public, include a link to your wellness policy and an email contact the public can ask questions. *Post a summary to one of your district's main pages so patrons can*

easily see your updates, consider including pictures of students and staff participating in vellness activities To return to the Triennial Assessment overview document, click this link						
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0
Policy Name: Plainview 2023



Section 1. Nutrition Education

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NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	1
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100

Strength Score:

Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.

Click here for Nutrition Education Resources

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	1
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	0
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	0
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	0
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	50
	Strength Score: Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	40

Click here for School Food Resources

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
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NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	2
NS4	Regulates food and beverages sold in vending machines.	2
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 13 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	92
	Strength Score: Count the number of items rated as "2" and divide this number by 13 (the number of items in this section). Multiply by 100.	77

Click here for Nutrition Standards Resources

Section 4. Physical Education and Physical Activity

PEPA1	There is a written physical education curriculum for grades K-12.	1
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	1
PEPA5	Addresses time per week of physical education instruction for all middle school students.	1

PEPA6	Addresses time per week of physical education instruction for all high school students.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	Addresses physical activity breaks during school.	1
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	69
	Strength Score: Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	31

Click here for Resources on Physical Activity in Schools

Section 5. Wellness Promotion and Marketing

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	Addresses strategies to support employee wellness.	1
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	1

WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	58

Click here for Wellness Promotion and Marketing Resources

Section 6. Implementation, Evaluation & Communication

1504	Addresses the establishment of an ongoing district wellness committee.	2
IEC1	Add code the state of an originity and the members of the state of the	
IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	1
IEC4	Addresses making the wellness policy available to the public.	2
IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	1
IEC6	Triennial assessment results will be made available to the public and will include:	1
IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1"or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100

Strength Score:

Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.

Click here for Resources for Wellness Policy Development, Implementation and Evaluation

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 81
Total Strength	District Score
Add the strength scores for each of the six sections above and divide this number by 6.	47





