Students

School Wellness Policy

Amission of Kearney Public Schools ("District") 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 will establish a representative District Wellness Committee ("DWC") that meets 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: parents and caregivers; students; representatives of the district food program; physical education teachers; health education teachers; school health professionals; mental health and social services staff; school administrators; and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community. Committee membership will be updated every two years. The district will designate a school wellness policy coordinator, who will ensure compliance with the policy.

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.

2. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop a plan for the implementation, management, and coordination of the wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; 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. Online tools may be used to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report. This wellness policy will be posted on the District's website.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained in this location will include:

- The written wellness policy;

Documentation that the policy has been made available to the public, when it has been reviewed and updated, as well as recent assessment of the policy on an annual basis

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;
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 inform families and the public each year of basic information about this policy. The District will make this information available via district-wide communications. The District will provide information about the school nutrition environment. . This will include a summary of the District's events or activities related to wellness policy implementation 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 aligns with the Alliance for a Healthier Generation's 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.

Revisions and Updating the Policy

The District will notify households/families of the availability of the triennial progress report.
The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. This shall occur every three years.

Community Involvement, Outreach and Communications

The District is committed 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 wellness policy work. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs, and compliance with Smart Snacks in School nutrition standards. The District will use communications such as email or the District's website, as well as handbook, newsletters, presentations to parents, or sending information home to parents, to ensure that all families are notified of the wellness policy and how to get involved. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that schools are communicating important school information to 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.

Nutrition

School Meals

All schoolswithin the District that participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional Federal child nutrition programswill meet the nutrition requirements of such programs. The District may also operate additional nutrition-related programs and activities. These nutrition requirements have been adopted by the District to promotestudent health and reduce childhood obesity.

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 standard at a minimum. . Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

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 or 30 minutes after school 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.

The rules are as follows:

(1) school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities;

(2) nutritional content of all foods on the main menu in the breakfast and lunch programs shall be available on the KPS Bearcat Diner website;

(3) no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

(4) no foods that do not meet the current USDA regulations shall be sold or otherwise available on school premises during the school day, which is defined as the period from the midnight prior until 30 minutes after dismissal. Off-campus fund-raisers are exempt from this rule. (USDA Smart Snacks, Appendix A)

(5) no student access to snack or beverage vending machines at the elementary schools at any time. All food and beverages sold in vending machines or quick-access sites (such as the KHS Pit stop) across the district shall comply with USDA Smart Snack regulations on content and size.

(6) 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 rules and regulations shall be updated to meet or exceed USDA standards as those standards continue to develop.

Celebration and Rewards

New USDA regulations specifically outline nutritional requirements of all food sold in schools. This shall also apply to classroom rewards, incentives, and celebrations. Foods provided for instructional purposes (e.g. cultural programs, FCS classes, and foods given in accordance with a special education student's IEP) shall be exempt from these standards.

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.

Parentsmay be provided information on non-healthy food items in order to support the healthy schools policy.

ASmartSnackcalculator is available at http://rdp.healthiergeneration.org/calc/calculator to check on appropriateness of foods considered for use in schools.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and this will be implemented consistently through a comprehensive approach by school staff, teachers, parents, students and the community. 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.

Nutrition Education

The District will teach, model, encourageandsupport healthy eating by all students. The District will implement a curriculum that meets orexceedsthehealth and nutrition education objectives established by the Nebraska Department of Education.

Food and Beverage Marketing in Schools

The District is committed to providingaschoolenvironment that ensures opportunities for all students to practice healthy eating and physicalactivitybehaviors throughout the school day while minimizing commercial distractions. The Districtwillteachstudents how to make informed choices about nutrition, health and physical activity. Advertisingandmarketing is permitted for only those foods and beverages that are allowed to be sold on the schoolcampus,consistent with the District's wellness policy

Any foods and beverages marketedorpromotedtostudents on the school campus during the school day will meet or exceed the USDA SmartSnacksinSchool nutrition standards or, if stronger, state nutrition standards, such that only those foodsthatcomplywith or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is definedasadvertising 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/Athletics Department/PTA/PTO 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.

3. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. The District is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

4. 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 initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

Glossary -

School Campus: areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (or parking lots).

School Day: the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Legal Reference: Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. section 1758b; 7 CFR sections 210.11 and 210.30; National School Lunch Program, 42 U.S.C sections 1751-1760, 1770; Regulations and Procedures for Accreditation of Schools, NDE Rule 10

Policyadopted: 6/12/06
revised: 8/13/18

KEARNEY PUBLIC SCHOOLS
KEARNEY, NEBRASKA

Students

School Wellness

Goals, Guidelines and Implementation Plan for School Wellness Policy –

The Superintendent establishes the following goals, guidelines, and implementation plan as authorized by the School Wellness Policy and as consistent with the mission of providing a curriculum, instruction, and experiences, in the environment of a health-promoting school community, to instill habits of lifelong learning and health:

Nutrition Education Activities to Promote Student Wellness –

The established goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.

1. KPS will continue to implement the nutrition curriculum as developed by staff members in the following areas:
   a. 4th grade unit on Nutrition and accompanying Nebraska Kids Fitness and Nutrition Day at UNK
   b. 6th grade health unit that addresses nutrition education
   c. Family Consumer Science coursework related to health and wellness issues in grades 7-12 courses
   d. Nutrition education presented in the high school PE/health class
   e. Other curriculum where applicable in grades K-12

   Additional and specific information regarding the curriculum is available on the Kearney Public Schools website via the Curriculum link, entitled “KPS K-12 Sequential Health Curricula”.

2. The KPS Curriculum Review Cycle Committee will review the Health Curriculum to provide full attention to nutrition, physical activity, and other health issues.

Physical Education and Physical Activities to Promote Student Wellness –

The established goal of physical education is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education and SHAPE America standards. The administration establishes the following goals that support the mission of the Wellness Policy, and the following recommended actions.

Physical Activity Goal #1

Students will be given opportunities to engage in physical activities during the school day through daily recess periods, physical education courses, and the integration of physical activity into the academic curriculum. The goal is to provide all students with at least 60 minutes of active physical movement per day.

Recommendations for Implementation:

1. Recess:
   a. In grades K-3, daily recess periods (including lunch recess) should be provided totaling, at a minimum, 50 minutes.
   b. In grades 4-5, daily recess periods (including lunch recess) should be provided totaling a minimum, 35 minutes.
   c. Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play.

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

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

e. Denial of participation in recess or other physical activities per day should be discouraged as a form of discipline or for classroom makeup time with a preference given to alternatives that do not diminish movement opportunities.

2. PhysicalEducationClasses:
   a. Students in kindergarten through grade 5 should participate in 50 minutes of physical education classes each week.
   b. In middle schools and high schools, students should participate in an average of 110 minutes of physical education classes each week.
   c. In addition to physical education classes, middle school and high school students should engage in additional physical active movement each day during noon activities, or added activity sessions.
3. Integration of Physical Activity into Curriculum: Physical activity should be integrated into academic curriculum areas when appropriate.
   a. The physical environment of schools should be organized in ways that optimize student movement opportunities and exercise throughout the school day, e.g. by consideration of class scheduling, passing period patterns, or other options as they arise. Play ground equipment should be designed to maximize physical activity.
   b. Physical activity may be considered in homework assignments at all levels of schooling. Staff members may use available resources to accomplish this goal.

Physical ActivityGoal#2
Students may be given opportunities for physical activity through a range of before-and/or after-school programs.

Recommendations for Implementation:

1. In middle schools, students should be provided opportunities to participate in a broad range of extra-curricular activities.
2. In middle schools and high school, students may be provided with opportunities to participate in after-school programs that encourage physical activity. Participation should be promoted in programs offered in the community, by the YMCA, City Parks and Recreation, or other community entities.
3. District officials should continuously explore additional potential partnerships with the YMCA, Kearney Parks and Recreation, fitness centers, or other entities which could develop additional physical activity opportunities for students at all levels.

Physical Activity Goal#3
The Kearney Public Schools will work with the community to create an environment that is safe and supportive of students being physically active in their commute to and from school.

Recommendations for Implementation:

1. The District should promote to parents the benefits of daily exercise for students while walking to and from school.
2. The District should collaborate with the City of Kearney, Parent-Teacher Organizations, and other groups to limit any barriers for safe walking/biking to and from school.

3. The District may collaborate with outside agencies working to evaluate school drop-off and pick-up areas to determine alternative ways to promote walking for fitness activities.

Other School Activities to Promote Student Wellness –

Schools should offer opportunities to engage in health-promoting activities in a school environment with consistent wellness messages about eating well and being physically active. The following recommendations address the mission of the Wellness Policy:

Recommendations:

1. School Environment:
   a. All schools should provide a dining environment that is clean, safe, and enjoyable.
   b. Water should be available to students throughout the day. (I.e. Cups of water should be available during school meals to improve access to additional water consumption.)
   c. Schools should encourage all students to participate in district meal programs and should protect the identity of students who qualify free or reduced-price meals.
   d. Adequate time should be provided in the schools for students to enjoy consuming healthy foods with friends. Schools shall have a goal to provide 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch. (USDA requirement for adequate meal time)
   e. Lunchtime should be scheduled as near the middle of the day as is possible.
   f. District schools should be encouraged to offer physical activity/recess before lunch whenever possible.
   g. The District will allow electronic promotion on the web of promotional flyers and notices to all students regarding recreational and health programs in the community.
   h. The District should continue membership and active involvement in the Educator's Health Alliance (EHA) in an effort to better promote wellness with staff.

2. Nutrition Promotion - Consistent Messages:
   a. The use of food as an incentive or reward for performance should be avoided. Non-food incentives should be encouraged when rewards are utilized. Foods not meeting the Smart Snack guidelines shall not be used as rewards.
   b. The District should encourage all schools' fund-raising efforts, as well as those of the Foundation, parent support groups, and booster clubs to be supportive of healthy eating.
   c. The District should encourage and provide opportunities for parents, staff members, and community members to serve as role models for practicing healthy eating and being physically active, both in school and at home.
   d. Classroom parties that include food should be limited to no more than three per year.
   e. The District should discourage the bringing of outside snacks that do not meet the Smart Snack guidelines (USDA Smart Snacks, Appendix A), into the schools.

3. Professional Development:
   a. Professional development activities will include information each year related to the integration of physical activities and nutrition education into the academic curriculum, limiting the use of food as rewards, creative alternatives to the denial of physical activities as a disciplinary consequence or to complete work, and other wellness goals and activities.

b. Wellness topics and review of Kearney Public Schools wellness policy shall be included in all new teacher orientations and via materials made available for independent study/review.
c. The District should provide ongoing professional training and development for food service staff related to nutrition and wellness goals and activities.
d. Consistent wellness messages should be included in all student, parent, and staff handbooks.

4. Staff Wellness and Health Promotion
   a. The Healthy Schools Advisory Committee will focus on staff wellness issues identifies and disseminate wellness resources and other functions that support staff wellness in coordination with human resources staff.
   b. Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.
   c. 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 or low-cost.

Legal Reference: Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. section 1758b; 7 CFR sections 210.11 and 210.30; National School Lunch Program, 42 U.S.C sections 1751-1760, 1770; Regulations and Procedures for Accreditation of Schools, NDE Rule 10

Rule approved: 7/10/06
8/13/18

KEARNEY PUBLIC SCHOOLS
Kearney, Nebraska

Step 1

ExtentTo 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 compliant in all areas..
B. We name people responsible for implementation.
c. We address physical activity and nutrition targets specifically.

2. List opportunities for improvement in the wellness policy:

a. Nutrition standards for sold foods and beverages aren't specified.

b. Availability of free water in all of our facilities is not addressed.

c. Involving more community members in evaluation of Wellness Policy

3. As a result of the comparison, was new language adopted in the LWP?

No, notat this time.

Notes: Delete this text and briefly describe what was adopted. If possible, include the location/page numbers in the updated wellness for any new language.

4. Have the changes been approved by the board?

Yes
No

5. Describe the next steps for strengthening your LWP.

During our next evaluation consider policies pertaining to our opportunities for improvement that were noted above.

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

Agency ID Number/Agreement Number (6 digits, no dashes)
Delete this text and type your response in this area....

Wellness policy contact name (first & last)
Erin Abbey, Shelia Sanford

Wellness policy contact email address
eriabbey@kearneycats.com: shesanford@kearneycats.com

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

Discussion/Notes: We feel we have a strong Wellness Policy that addresses all required areas. We will continue to evaluate and improve the policy annually.

Step 2

Progress inReaching 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)

Food and beverage marketing material in cafeterias promote healthy food and beverage choices

.Nutrition Education: The District will teach, model, encourage and support healthy eating by all students. The District will implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.

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 #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**:Followed established nutrition curriculum.
- **Middle School**:. Followed established nutrition curriculum.
- **High School**: Followed established nutrition curriculum.

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2. Physical Activity Goal (REQUIRED)

Elementary students receive from 30-45 minutes of recess each day.

a. Was the goal met?

Partially -If we don't include PE classes this requirement is partially met.

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**: Lower grade levels meet the goal with planned recess some upper grade levels meet the goal with PE included in the calculation.
- **Middle School**: N/A
- **High School**: N/A

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3. Other Student/School Wellness Goal (REQUIRED)

Additional sports opportunities are being offered at the middle and high school level as well as school gyms are open after school hours to area sports clubs.

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**: Area sports clubs use gymnasium space after school hours to promote healthy lifestyles to our students.
- **Middle School**: Area sports clubs use gymnasium space after school hours to promote healthy lifestyles to our students.
- **High School**: Our students have many sporting opportunities offered during each season.

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:

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)

Compliant

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

Partially Compliant (if checked, complete notes section below)

Notes: Guidance is given but is found to be difficult to enforce.

3. Food/Beverage Marketing and Advertising Standards

Compliant

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

Our Healthy Schools Advisory Board meets three times each year with a variety of community members included in the meeting.

Kearney Public Schools

320 W 24th ST
Kearney, NE 68845
(308) 698-8000

Aug 12, 2026

Kearney Public Schools take 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 student's 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- Using the WellSAT evaluation tool we evaluated the Kearney Public Schools Wellness Policy. Overall our district is compliant. We have solid policies for the service of school lunches and breakfasts . We provide time for training of our employees so we are in compliance with regulation. The policy addresses nutrition education as it is integrated with subjects beyond health education. It also address physical education atnd activity opportunities that exist in our District. We have plans for employee wellness and the coordination of the Wellness Committee that are guided in our established policy.

Step #2- Physical Activity Goal
#1- Students will be given opportunities to engage in physical activities during the school day through daily recess periods, physical education courses, and the integration of physical activity into the academic curriculum. The goal is to provide all students with at least 60 minutes of active physical movement per day. -All schools are in compliance with this goal.

Physical Activity Goal #2- Students may be given opportunities for physical activity through a range of before and/or after school programs.- KPS has numerous clubs and sports teams that meet and exceed this goal.

Goal#3- The Kearney Public Schools will work with the Community to create an environment that is safe and supportive of students being physically active in their commute to and from school.- Kearney Public Schools works with KPD on bicycle and scooter safety.

Kearney Public Schools Wellness Committe needs to add language to the policy suporting the privacy of students who qualify for free and reduced meals . Currently such language is absent from the Wellness Policy.

The public was made aware of the results of this evaluation on the Kearny Public Schools Website and a the monthly meeting of the Board of Education in August of 2026.

If you have any questions, please contact: Jeff Schwartz: jefschwartz@kearneycats.com or Shelia Sanford: shesanford@kearneycats.com

Respectfully,

Administrator and/or Wellness Leader