

# STEP 1 Model Wellness Policy - Clarkson Public Schools

- Alliance for a Healthier Generation 10-step Checklist (see pages 2-5 of this document)
- [The WellSAT School Assessment Tool](#)

## 1. List areas of strength in the wellness policy:

- a. Clear Nutrition Guidelines:** The policy sets expectations for healthy meals and snacks, aligning with school lunch standards and limiting unhealthy food options during the school day.
- b. Regular Opportunities for Physical Activity:** Students have consistent access to recess and physical education, helping support daily movement and overall health.
- c. Supports the Whole Child:** The policy includes not just physical health, but also social-emotional well-being, behavior supports, and a positive school climate.
- d. Use of Data to Guide Decisions:** The school reviews data such as attendance, behavior, or health trends to adjust wellness practices and supports.
- e. Ongoing Review and Improvement:** The policy is reviewed regularly by a team, ensuring it stays up-to-date and responsive to student needs.

## 2. List opportunities for improvement in the wellness policy:

- a. Increase Student Voice and Involvement:** Provide more opportunities for students to give input on meals, activities, and wellness initiatives. Consider student surveys or a student wellness committee
- b. Expand Mental Health Supports:** More clearly define supports for social-emotional learning and mental health. Increase access to counseling resources or preventative programs
- c. Address Staff Wellness More Fully:** Expand support for staff health and wellness (stress management, wellness challenges, resources)
- d. Strengthen Community Partnerships:** Build stronger connections with local organizations (health departments, fitness centers, food programs)
- e. Update Nutrition Education Opportunities:** Integrate more hands-on or engaging nutrition education for students. Connect lessons to real-life healthy choices

## 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)

<https://www.clarksonpublicschools.org/vnews/display.v/SEC/District%7CLocal%20Wellness%20Policy>

## 4. Have the changes been approved by the board?

- Yes
- No

## 5. Describe the next steps for strengthening your LWP.

We will continue to convene our Wellness Committee on a quarterly basis to review wellness policies, assess progress toward goals, and identify areas for improvement. The committee will review and update the current policy, setting measurable goals, and improve communication with staff and families. We will continue to provide staff training and increase opportunities for student and family involvement to support consistent implementation. Additionally, the school will monitor progress using data and conduct an annual evaluation to ensure the policy remains effective and aligned with student needs.

### Important Focus Steps:

- Review and Update the Current Policy
- Set Measurable Goals
- Improve Communication
- Provide Staff Training and Support
- Increase Student and Family Involvement
- Expand Wellness Practices During the School Day
- Strengthen Community Partnerships
- Monitor Implementation and Progress
- Conduct an Annual Evaluation



## 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.

### 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

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

**School/District/RCCI name**

Clarkson Public Schools

**District ID: 3105160**

**Agency ID Number/Agreement Number 19-0058**

**Wellness policy contact name (first & last)**

Rich Lemburg

**Wellness policy contact email address**

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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**

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## Discussion/Notes:

Our Wellness Committee has used our triannual wellness assessment to guide meaningful improvements across the district. Based on survey feedback from both students and staff, we have made adjustments to our lunch program and will continue to monitor its effectiveness moving forward.

Beginning in the 2026–2027 school year, we will expand our physical education offerings to include courses such as strength training, personal wellness, and lifetime activities, providing students with more opportunities to build healthy habits.

In addition, our district remains committed to supporting student well-being by continuing to offer weekly mental health services at no cost to families through the ESU.

Questions? Contact: [lauren.christensen@nebraska.gov](mailto:lauren.christensen@nebraska.gov)

