

St. Stephen the Martyr School
16701 S Street
Omaha, NE 68135
Wellness Policy
(Updated 2024)

Purpose and Goal:

In order to comply with the Child Nutrition and WIC Reauthorization Act of 2004, St. Stephen the Martyr School has devised a Wellness Policy to address the areas of nutrition, physical activity, and healthy living. Research shows that students who try to live each day as healthy individuals are better learners. Therefore, St. Stephen the Martyr School will provide the knowledge and skills necessary to help students make healthy food and activity choices for their present and future lives. The complete policy and resource links can be found on the school website.

The Wellness Committee

The Wellness Committee is comprised of the following representatives:

School staff administrator: Julie Perrault/Greg Verraneault

School physical education teacher: Mrs. Nicole Verraneault/ Mrs. Alison Johnson

School food service personnel: Missy Ziola

Community representative:

Nutrition Guidelines

Meals served at St. Stephen the Martyr School will:

- Appeal to and attract children
- Be prepared and served in a clean, pleasant, and healthy setting
- Offer multiple menu choices
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, meat or meat alternatives
- Meet the USDA guidelines (no more than 30% of the calories come from fat, and less than 10% from saturated fat Meals will meet 1/3 of the daily requirement for protein, Vitamin A, Vitamin C, iron, calcium, and calories.

St. Stephen the Martyr School discourages students from sharing their foods or beverages with one another during meal or snack times given concerns about allergies and other restrictions in some children's diets.

Meal Times and Scheduling

St. Stephen the Martyr School will provide students with at least 20 minutes for lunch. School meal periods are between 10:50 A.M. and 1:00 P.M. School activities will not be scheduled during meal times unless students may eat during such activities. All students have access to hand washing or hand sanitizing before they eat meals or snacks.

Nutrition Education

The primary goal of nutrition education is to influence students' eating habits and encourage healthy living. All students in grades K-8 will receive nutritional education as part of the school curriculum. Throughout the school year, lessons include topics such as agriculture and farming, keeping your body healthy, and drug and tobacco education programs. Nutrition educational activities will stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. Cafeteria bulletin board displays will promote healthy living. School staff will model and reinforce positive eating habits. The school menu will be posted monthly on the school website.

Physical Activity

Physical Education (P.E.)

All students in grades K-8 will receive physical education class for 60 minutes per week for the entire school year. A certified physical education teacher will teach all physical education classes. Students will spend at least 50% of physical education class time participating in moderate to vigorous activity.

Recess

All grades 3-8 will have a 15-20 minute supervised recess daily. Students are encouraged to participate in moderate to vigorous physical activity. Grades K-2 will have an additional 20-minute recess daily. Middle School grades 6-8 will have 2 gym periods a week.

*** Physical activity will not be withheld as a punishment

Martyr Marathon

All St. Stephen the Martyr students participate in an annual walk-a-thon. This is a fundraiser sponsored by the Home and School Association. It takes place in September each year during school hours.

Public Notice

St. Stephen the Martyr School will post the Wellness Policy on the school website. Parents will also receive notification of this publication at the beginning of each school year. The School Advisory Committee will receive an update policy yearly.

The Wellness Committee will ensure compliance with St. Stephen the Martyr's Wellness Policy and will review the policy annually or more frequently if necessary. The school food service staff will ensure compliance with nutrition policies within school service areas and will report on this matter to the committee upon request.

Legal Reference:

The Child Nutrition and WIC Reauthorization Act of 2004, 42 USC 1751; Regulations and Procedures for Accreditation of Schools, NDE Rule 10; National School Lunch Program, 42 U.S.C. 1751-1760, 1770; 7 CFR 210

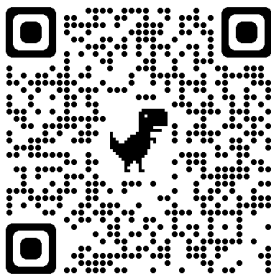
SSM 2023-2024 Triennial Assessment Results

Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool *(make a copy for your own use)*

Component	Description
<p>Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.</p>	<ul style="list-style-type: none"> • Alliance for a Healthier Generation 10-step Checklist • The WellSAT 3.0 School Assessment Tool
<p>Areas of Strength:</p>	<ol style="list-style-type: none"> 1. Provide recess for all grade levels with recess after lunch with additional recess opportunities for Pres-2nd grade and extended PE times. 2. Goals for nutrition education for all grade levels are included within the Wellness policy. 3. Provide learning opportunities in social and mental well-being from our counselors.
<p>Opportunities for Improvement</p>	<ol style="list-style-type: none"> 1. Further build upon nutrition education for grades 6-8 through a possible health and wellness class or guidance lessons. 2. Update Wellness Policy to specifically address student well-being and social emotional growth 3. Review all opportunities for increased physical activity throughout the school day and adding a wellness class.
<p>As a result of the comparison, was new</p>	<p><input type="checkbox"/> Yes</p> <p><input checked="" type="checkbox"/> No</p>

Component	Description
language adopted in the LSWP?	
<p>If yes, briefly describe what was adopted (include page numbers for new language if possible),</p> <p>Have the changes been approved by the school board?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
<p>Describe the next steps for strengthening your LSWP.</p>	<p>Our school Wellness Committee, kitchen manager, and Administration need to review the results of the comparison and work together to further implement wellness goals. With our school board advisory team's guidance and input as well.</p>

[Return to triennial assessment document](#)



Discussion/Notes:

Step #2: Progress in Reaching LSWP Goals Template

(make a copy for your own use)

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
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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 optional

<p>1. Nutrition Education Goal(s)- record goal -OR- Nutrition Promotion Goal(s)- record goal</p>	<p>Yes</p>	<p>Our Martyr Messenger has a section where we share nutrition and information about raising healthy kids with tidbits and facts about our own nutrition in our lunches. All expectations are posted in our Family Handbook. Pre-S/Pre-K are taught about being healthy all year especially during the "I am Special" theme week. The dentist office also comes out to Pres-2nd Grade. K-2 have nutrition packets as well as activities in PE, Good Dental health and taking care of the bodies that God has given us by exercising, eating healthy and appropriate rest. Grades 3-5 have nutrition assignments on google classroom and 4th grade is taught the body systems and 5 food groups. 5 grade also has human growth and development and a maturation talk.</p>	<p><small>TREATS</small> Students wishing to bring birthday treats should make arrangements with the teacher in advance. It is recommended that all treats are individually wrapped and ready to be distributed at the end of the day. No gum is to be given as a treat. The government lunch program prohibits the distribution of treats at lunchtime. For the safety of all those present, treats should not contain nuts or nut products and should not be processed where other nut products are prepared. These should be given some time during the last hour of school.</p> <p>https://school.stephen.org/wp-content/uploads/2023/07/23-24-St.-Stephen-Family-Handbook_RevJuly23.pdf</p> <p><small>HOT LUNCH</small> SSM serves a nutritious hot lunch. Students select their choice for option 1, 2, 3, or cold lunch when attendance is taken in the morning. Families are charged based on the morning selection unless the child becomes ill before lunch. The program is subsidized by the government and is strictly conducted according to government guidelines. Opportunity for Free and Reduced Price meals is provided for those who apply and qualify. The application is available upon request. Active participation in the Hot Lunch Program is vital to its success. Menu options are subject to change.</p> <p align="right">15</p> <hr/> <p><small>Any outside food that you bring in must be in a plain sack or bag. No identifying fur food sacks or containers are allowed. The state considers this competition with the hot lunch program.</small></p> <p><small>A separate table will be established as the "Nut Free" table for students with nut allergies. See Section VII Health and Safety for more details on the school's Nut Policy.</small></p>
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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
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2. Physical Activity Goal(s)- record goal

Yes

All students Pres-8th grade receive recess. Grades K-2 will have 2 recesses a day. All students have PE and meet the required minutes for physical activity time. PE has a unit on Health related physical activity and Fitness. Students grades 6-8 move every 30-40 minutes each day to change class.

RECESS

TK, KDG, 1st
Recess 11:20-11:45

2nd, 3rd, 4th
Recess 11:45- 12:10

6th
Recess 12:10-12:23

5th
Recess 12:15-12:40

7th, 8th
Recess 12:45-1:00

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

Yes

We have an interventionist and 2 guidance counselors that offer SEL lessons as a whole group and are available for counseling students 1:1. Mindfulness and restorative circles are encouraged for students to express emotions and relate to others. Online safety and common sense media will do a presentation for 4-8 grade as well as our media/librarian doing activities on social media.

<https://s3-us-west-2.amazonaws.com/flocknote-files/mentalhealthmemodepression.pdf>

<https://stephen.flocknote.com/note/26066008>

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) <i>Add more rows as needed</i>			

[To return to the overview document, click this link](#), Questions, contact:
jessie.coffey@nebraska.gov

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)		X	
Physical Activity Goal(s)		X	
Other Student Wellness Goal(s)			X
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance**			
<u>Federal/State Meal Standards are Met</u>			X
Foods Offered but Not Sold to Students Standards			X
Food and Beverage Marketing (<u>SMART Snacks regulations</u>- ala carte and vending, food sales during the school day)			X

***If any of these requirements are not met, you will need to address how you will meet these requirements moving forward as part of the Triennial Assessment summary and how the summary is made available to the public.*

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.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

[To return to the overview document, click this link](#)

Questions, contact: jessie.coffey@nebraska.gov

Step #4: Sharing Your Triennial Summary Results

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

The summary should address both 1) any missing requirements from your local wellness policy noted in Step #1 and how you will review your policy to address the missing elements, and 2) a summary of how you met the three goals included in your wellness policy.

Target Audience(s)	Method	Date
Parents of students	Martyr Messenger School Website and Home and School end of the year recap meeting	May, 2024 or Summer
Community	School Website	May 2024

Target Audience(s)	Method	Date
School Board	Overview and Presentation	May 2024 School Board Meeting
Link to the district website to meet the public notification requirement	https://school.stephen.org/parents-3/	

Example Process to Notify the Public

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