



TRIENNIAL WELLNESS ASSESSMENT RESULTS 2023

AREAS OF STRENGTH	1. Our LSWP outlines USDA requirements that are met by our staff.
	2. Our LSWP addresses recess specifically. At the elementary level this area can be left out.
	3. LSWP is under the direction of our Positive Environment school improvement team. This group will ensure LSWP goals and recommendations are a top priority.
OPPORTUNITIES FOR IMPROVEMENT	1. Short-term and long-term goals are not addressed.
	2. Physical activity opportunities offered are not properly aligned within the LSWP.
	3. Guidelines for celebrations for the elementary school were not in our LSWP but were included in our school handbook.

MOVING FORWARD GOALS INCLUDE:

- Digital messaging on ways to improve student wellness (ex Physical Activity, Nutrition, Sleep)
- Enhance offerings at both campuses' lunch including new fruit and vegetables as well as new main course menu offerings.
- Continued enhancement of physical activity during the school day at both campuses.
- Increase after-school activity for students not involved in athletics.

*The following pages showcase our school's assessment results.
For more information contact Wyatt Morse at wyatt.morse@berganknights.org.*

Q18.

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

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

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

Q16. This survey outlines the ten required components of the SWP as defined by the USDA final rule of 2016. Districts can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their SWP to ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

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

2 = Includes **all** required language

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

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

Q17. Please provide your school's information in the space provided below.

School Name

Archbishop Bergan Catholic School

Agreement Number (6 digits, no dashes)

270701

School Wellness Policy Contact Name

Stacie Roberts

School Wellness Policy Contact Email

stacie.roberts@berganknights.org

Q2. The policy identifies one or more school district and/or official(s) who have the authority and responsibility for ensuring that each school complies with the policy.

Rating ▼

Q3. The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the SWP.

Rating ▼

Q4. The policy includes language describing the methods for informing the public (including parents, students, and other in the community) about the SWP, and updates this information on an annual basis.

Rating ▼

Q5. The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

- the extent to which the school(s) comply with SWP;
- the extent to which the SWP compares to model local school wellness policies;
- the progress made in attaining the goals of the SWP

Rating ▼

Q6. The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in School nutrition standards.

Rating ▼

Q7. 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 ▼

Q8. The policy includes specific goals for nutrition education and promotion activities.

Rating ▼

Q9. 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 ▼

Q10. The policy includes specific goals for physical activity opportunities.

Rating ▼

Q11. The policy includes specific goals for other school-based activities that promote student wellness.

Rating ▼

Q21.

Thank you for completing the SWP triennial assessment.
Your assessment has been recorded and no further action is needed at this time.

Q22. Please indicate below if your school would like support with its school wellness policy. Support may be available through your local University of Nebraska-Lincoln Extension office.

Yes

No

Location Data

Location: [\(41.437805175781, -96.488296508789\)](#)

Source: GeoIP Estimation

