



ELBA HI-TIMES 2.0

Volume 5, Issue 6

March 2023



School Motto:

Small Classes,

Big Futures

Elba Public School's Mission is to
develop students academically,
socially and emotionally
for a successful future.

Allison Pritchard, Superintendent

Michael Collett, 7-12 Principal

Tessa Reiman, Guidance Counselor

Michael Collett, Activities Director

Elba Public Schools

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Welcome to March.....

Welcome to Spring and happenings and housekeeping at Elba Public Schools:

1. Math series: A teacher math committee has been working with ESU 10 the last two years to review and choose a math series which would meet Elba Public Schools student math needs. We have narrowed the textbooks to two math series and soon the elementary teacher committee will be traveling to observe teachers using the two series, so a decision can be determined. The high school has decided on their math curriculum, Revision. The new math series will be implemented in the fall of 2023-2024.
2. Ill students: If your student does tell you they are feeling ill before school, the school would appreciate the parent investigating the situation. We are having several students arriving at school and throwing up or having a temperature. Particularly if the student is traveling from Grand Island, the wait to be picked up by an adult is a long student wait if they are ill.
3. IRIS alerts: Please listen to the messages. Often the office receives numerous phone calls because the message is not being reviewed. Diane sends out the most accurate information as the office receives it.
4. Communication: Please communicate with your student(s) their plan after school or when they are leaving for appointments. Often students are not aware of their plan. If there is an **end of the day change**, please let the office know **at the latest 3:00 pm**.
5. Generous Donation: We were fortunate to be chosen for a generous donation by a couple in Palmer. They donated at least a marketplace value of over \$1,000 of school supplies for the school's use. We received notebooks, composition notebooks, graph paper, binders, sidewalk chalk, pencil boxes, pencil holders, crayons, markers, etc. We greatly appreciate their generosity and thoughtfulness!
6. Yearbooks: If a 2021-2022 yearbook would like to be purchased or picked up, please come to the front office. Diane has the yearbooks.

Thank you for supporting our students!

Ms. Pritchard
PK-12 Superintendent/PK-6 Principal

December House Meeting

By Kameron Randolph

During our December House Meeting, the staff and students found out that the Blue Jays ended the 1st semester right with 151 tickets for the Sharks, 202 tickets for the Tigers, 205 tickets for the Horses, and last but not least 231 tickets for the Eagles! Because we did this meeting right before the holidays, the staff set up a fun game to connect the students and reward the kiddos for a wonderful first semester of the school year. Our amazing staff was wrapped up with paper streamers, and topped with bows to look like various holiday themes like: snowmen, a christmas tree, and of course, Santa himself! The Student and Staff of the Month was announced with Chelsea Wiese, Kindergarten Teacher being chosen for Teacher of the Month, Shana Berggren, Assistant Cook was Staff of the Month, Connor Brahatcek was chosen as the High School Student of the Month, and Zeke Lee was Elementary Student of the Month.

January House Meeting

By Kameron Randolph

For our house activity for the month of January, the staff put together some Valentine's Day fun! The students split off into their individual house groups, and played conversation heart bingo. They also gave the students a treat; hot chocolate with marshmallows! There were many smiles and laughs from everyone involved, and I feel that this was a really fun way to connect the different age groups in our school. The Student and Staff of the Month was announced with Marsha Kaslon, Science Teacher being chosen for Teacher of the Month, Amelia Retzlaff, Paraprofessional was Staff of the Month, Marlene Kost was chosen as the High School Student of the Month, and Oliver Retzlaff was Elementary Student of the Month.

The Intro to Media class did a survey which included Junior High and High School students. They were asked “What would you do with the pot of **Gold** if you found it at the end of the rainbow!” The results are:

- Keep some and sell some
- “ I would donate it all to the school so we could get a track and help the school buy stuff they need for sports and food”
- I would spend it on nice things for myself and my family.
- Buy twitter
- Share it with my family
- I would spend it on nice things for myself and my family
- Buy stuff
- Car, nice house save for college so I don't have to work late
- Give to charity
- A new car, games, vr, and horse
- A nice car, house and save the rest
- Save
- Shopping spree
- House, new car, big dog, cats, TV, pay for college and future job
- Half to charity half for me
- Buy my happiness
- Save it
- Turn it into a solid gold engine block
- Buy truck parts and pay for college
- Pay for college & car
- Buy my mom and dad and new house and pay it off
- Buy a car, an xbox, and subs for my car
- Keep ¼ of it \$25k, give it to charity, give to others, pay off debt and enough to have nice things
- Buy a new car
- Pay for my college
- Pay for my college, buy a mansion for me & my friends, and i would travel the world with my friends
- Not Save it, but Spend it
- Use it for Family
- Sell some of it for money, and give the money to my family, and people in need, and keep a little gold and money for myself
- Travel the World
- Buy a Mansion and a Theme Park
- Donate some of the money to children and animals in need, then I would buy a ranch and whatever money I had left would go to my family
- Donate Half, Keep Half
- Buy a bunch of oatmeal cream pies

High School Speech

The following students are participating in Speech this season; they are: Seniors Jaime W., and Meleyna K.; Juniors: Marlene K., Jesse M., and Maycee R.; Sophomores: Amanda S., Trevon R., Klaira R., and Reagan A.; and Freshmen: Mackenzie L., Aryan W., and Alana B.

Our first speech meet was held at the Aurora Speech Meet, with none of our speech participants medaling but it was a good learning event.


The Speech team had a good day at their second speech meet on Saturday, February 11th, as they traveled to Minden for the Minden Speech Invite! Mackenzie L. and Aryan W. were Finalists in Duet, and ended the Competition with a 4th Place medal! Also placing were: Alana B., 7th in Novice Persuasive, Amanda S. and Marlene K. 10th Duet, Klaira R. 10th Serious, and Reagan A. 10th Novice Extemporaneous.

The McCool Junction Dunsmoor Sweeps was their next meet which was held in McCool Junction. As no one on the speech team medalled, it was a good experience by all.

The Goldenrod Conference Tournament was held in Spalding this year on Wednesday, February 28th. The Duet team of Mackenzie L. and Aryan W. made it to the Finals and finished the day in 5th Place. The OI D Team (Maycee R., Jaime W., Meleyna K., Trevon R., and Jesse M.) also made it to the Finals and came home with a 6th Place Win.

The Speech Team would like to Welcome everyone to the Community Night of Speech which will be held in the High School Gym on Thursday, March 2nd at 7:00 p.m.

Monday, March 6, will find the Speech Team traveling to Elgin Pope John in Elgin for the District Speech Meet. Good Luck to All Speech Participants!! They all will be in the hopes of performing well enough to go to State Speech which will be held in Kearney on March 17th!



YOU'RE INVITED
ELBA BLUEJAY SPEECH
COMMUNITY NIGHT
THURSDAY MARCH 2, 2023
7:00 PM
IN THE GYM
REFRESHMENTS WILL FOLLOW!

FFA News

Elba FFA had busy months of January and February. They had 3 events in 3 consecutive weeks. LDE's were finally held on January 25, 2023 due to postponements from snowy weather. Those members who attended were Meleyna Kosmicki and Deanna Fanta, who participated in Employment Skills. Klaira Rasmussen competed in Junior Speaking and Reagan Adams tried Extemporary Speaking. Mackenzie Lamberson and Aryan Weddle both participated in Creed Speaking as our Freshman representatives. The following students participated in the Junior High Quiz Bowl : Garrett Wells, Remington Weddle, Ayva Gregoski, Shia Rasmussen, Jarahlynn Morrow, Addie Wysocki, Marena Paczosa and Wyatt Loewen. Shia Rasmussen received a Purple and went to state for Discovery Speaking. Marena Paczosa received a red in Agricultural Literacy. Mackenzie Lamberson received a blue for Creed Speaking and Klaira Rasmussen received a white for Junior Speaking. Regan Adams received a red for Extemporary Speaking. Meleyna Kosmicki received a purple for Employment Skills, non-state qualifying and Deanna Fanta received a red.

February 1, 2023 three seniors and Mrs. Kaslon traveled to Ansley for State Degree Interviews and Proficiency judging. Deanna Fanta, Meleyna Kosmicki and Jaime Wysocki all interviewed and received their Nebraska State FFA Degree. They will travel to state FFA in March to walk across the stage.

February 8, 2023 ten members of the Elba FFA traveled to CDE's at Grand Island Central Community College to compete in District 8. Teams represented us in AgriScience, Food Science, Floriculture and Farm Management. Mrs. Kaslon ran the contest for Veterinary Science. Aryan Weddle received a blue and placed 12th and Mackenzie Lamberson received a red and placed 16th in AgriScience. Meleyna Kosmicki a red and placed 17th in Floriculture. Regan Adams and Trevon Rasmussen placed 16th and 19th respectively, and both received reds in Food Science. Trevon Rasmussen and Regan Adams placed 10th and 16th in Farm Management. Trevon received a red and Regan received a white. Elba placed 5th overall in Farm Management and lost out on 4th place by a tie breaker.

February 6, 2023 the 9th grade members of FFA officially received their blue and gold jackets in a ceremony. Members who received their jacket were : Alana Berney, Quinten Doncheske, Ravin Jones, Marlene Kost, Mackenzie Lamberson, Amanda Mateo-Sagra, Tyler Mckoski, Seth Patton, Marissa Usasz, and Aryan Weddle. Chris Wampler was not present. The two Creed speakers then gave the FFA Creed and light refreshments were served after the brief ceremony.



**PTO Presents.....
SNOW MUCH FUN!
Family Math Night**

Postponed to: Tuesday, March 7th

6:00 p.m. - 7:30 p.m.

Open House Style - Come anytime you can!

- * Photo Booth
- * Snowman Math Craft & Free Snow
- * Hot Chocolate Bar & Snack
- * Games & Books in the Hallways

**Meet "Olaf"
Plus Other fun
activities!**



**Title 1 Parent Meeting
6:30-7:00 p.m.**

*This needs to be held once a
year, so we appreciate
anyone who can sit in!*



&



ROUND-UP

When: Thursday, March 16th at 5:30 p.m.

Where: Elba Public School

Kindergarten and Preschool Rooms

Bring Your Child Along!

Your child will get to meet their teacher and explore the classroom. There will be a simple activity and book reading. Then information for parents on what to expect from our programs and how to register.



For more information contact
Ms. Wiese, kindergarten teacher, or
Mrs. Wysocki, preschool teacher, at
EPS at 863-2228.

NOTICE OF NONDISCRIMINATION

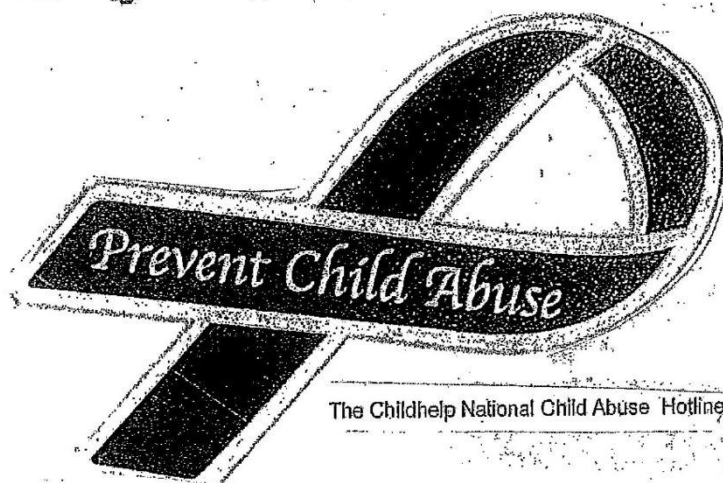
Students, parents, employees, and applicants for admission and employment, and all unions holding collective bargaining or professional agreements with Elba Public School are hereby notified that this institution does not discriminate on the basis of race, color, national origin, ethnicity, sex, age, disability status, sexual orientation, or gender identification in admissions, programs, activities, career and technical education (CTE) classes and opportunities, or any other aspect of school operations. Discrimination based on any of the grounds listed above, as well as sexual violence and/or harassment are not permitted by this institution.

Grievance Procedures

Elba Public School has grievance procedures for addressing discrimination of any kind related to the above listed non-discrimination policy (including sexual violence and/or sexual harassment) that are available to all students, parents, and staff. Any person wishing to initiate a grievance procedure or having questions about this institution's compliance with Civil Rights including, but not limited to, Title IX, Title II, Title VI, and/or Section 504 should contact the Superintendent of Schools at 308-863-2228 or in person at the school office.

Admission/Selection/Participation in Educational Classes/Programs & Co-Curricular/ Extracurricular Activities

Admission/selection/enrollment in/participation in instructional classes and programs (including, but not limited to, Career and Technical Education - CTE) and co-curricular and extracurricular activities, where possible, is determined according to student interest and abilities. Student interests and preferences are considered with regard to class schedules in conjunction with meeting graduation requirements, and state and federal guidelines. All students are allowed to participate in extracurricular and co-curricular activities according to their interests as long as they are in compliance with academic eligibility requirements, state guidelines, and school policies. Students are not barred admission to classes, programs, other instructional opportunities (including career and technical education - CTE), or co-curricular and extracurricular opportunities on the basis of race, color, national origin, ethnicity, sex, disability status, sexual orientation, or gender identification. Students with disabilities are encouraged to participate in the full range of school instructional programs and co-curricular and extracurricular programs in accordance with their ability as determined by the IEP team in conjunction with parent/guardian and student preferences.



We have some incredible resources available in our communities. Whether or not families know about them, can access them, or can qualify for them seems to be a major system issue. Moments of crisis for families is something the Behavioral Health System of Care is focusing on, partnering with the **Nebraska Family Helpline** as the #1 resource for help. Helpline operators are trained and can assess immediate safety needs, identify the potential level of crisis, and make recommendations or referrals to appropriate resources. If needed they can help callers connect to emergency resources or providers. The Nebraska Family Helpline can help find providers and community resources for help.



Elba Public Schools

<div> <div>March</div> <div>2023</div> </div>						
Sun	Mon	Tue	Wed	Thr	Fri	Sat
26	27	28	1 NO SCHOOL TEACHER IN SERVICE	2	3	4
5	6 Quiz Bowl Practice DISTRICT SPEECH @ ELGIN JR High Quiz Bowl	7 6:00pm: PTO FAMILY MATH NIGHT	8 12:30pm: ELEMENTARY 3rd QUARTER SKATING TRIP End of 3rd Quarter	9 NO SCHOOL -SPRING BREAK	10 NO SCHOOL--SPRING BREAK	11
12	13 NO ELEMENTARY CLASSES	14	15	16 5:30pm: PRE K & KINDERGARTERN ROUNDUP	17 STATE SPEECH @ KEARNEY	18
19	20	21 1:00pm: Varsity Central City Invitational Trackmeet @ Central City	22	23 Quiz Bowl @ UNK	24	25
26	27 1:00pm: Varsity Season Opener Invitational Trackmeet @ Humphrey	28	29 STATE FFA CONVENTION 2:00 DISMISSAL TEACHER IN SERVICE	30 STATE FFA CONVENTION	31 10:00am: Varsity Pleasanton Invitational Trackmeet @ Kearney 3rd thru 6th to Stuhr Museum STATE FFA CONVENTION	1

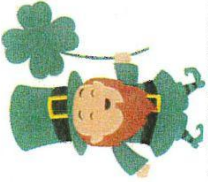
This institution is an equal opportunity provider

Elba Public Schools

<div> <div>April</div> <div>2023</div> </div>						
Sun	Mon	Tue	Wed	Thr	Fri	Sat
26	27	28	29	30	31	1 4:30pm: SENIOR GROUP COMMUNITY PROJECT
2	3 10:00am: Varsity Fullerton Invitational Trackmeet @ Fullerton	4 8:15am: ACT TESTING	5	6 10:00am: Junior High High Plains Community Invitational Trackmeet @ Osceola	7 NO SCHOOL- EASTER BREAK	8
9	10 NO SCHOOL - EASTER BREAK	11	12	13 10:00am: Varsity Shelton Invite Trackmeet @ Shelton	14 6:30pm: SPRING MUSIC CONCERT	15
16	17 1:00pm: Junior High Burwell Invite Trackmeet @ Burwell	18	19 10:00am: Junior High Fullerton Invitational Trackmeet @ Fullerton	20 10:00am: Varsity Palmer Invite Trackmeet @ Fullerton	21	22
23	24 6:30pm: FFA BANQUET	25 9:00am: Junior High Twin River Invitational Trackmeet @ Twin River	26 2:00 DISMISSAL TEACHER IN SERVICE	27	28 10:00am: Varsity Goldenrod Conference Trackmeet @ Burwell	29 PROM
30	1	2	3	4	5	6

This institution is an equal opportunity provider


March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NO SCHOOL	2 Sausage & Toast or cold cereal & toast Fruit, Juice, and Milk	3 Pancakes or cold cereal & toast Fruit, Juice, and Milk	4
5	6 Donuts or cold cereal & toast Fruit, Juice, and Milk	7 Breakfast Pizza or cold cereal & toast Fruit, Juice, and Milk	8 Waffle Sticks or cold cereal & toast Fruit, Juice, and Milk	9 NO SCHOOL	10 NO SCHOOL	11
12	13 Cook's Choice or cold cereal & toast Fruit, Juice, and Milk	14 Scrambled Eggs or cold cereal & toast Fruit, Juice, and Milk	15 Muffin or cold cereal & toast Fruit, Juice, and Milk	16 Biscuits N Gravy or cold cereal & toast Fruit, Juice, and Milk	17 Pancakes or cold cereal & toast Fruit, Juice, and Milk	18
19	20 Cinnamon Roll or cold cereal & toast Fruit, Juice, and Milk	21 Breakfast Casserole or cold cereal & toast Fruit, Juice, and Milk	22 Sausage, Cheese on a Bun or cold cereal & toast Fruit, Juice, and Milk	23 Coffee Cake or cold cereal & toast Fruit, Juice, and Milk	24 French Toast or cold cereal & toast Fruit, Juice, and Milk	25
26	27 Donuts or cold cereal & toast Fruit, Juice, and Milk	28 Scrambled Eggs or cold cereal & toast Fruit, Juice, and Milk	29 Breakfast Sandwich or cold cereal & toast Fruit, Juice, and Milk	30 Apple Turnovers or cold cereal & toast Fruit, Juice, and Milk	31 Pancakes or cold cereal & toast Fruit, Juice, and Milk	

Fruit & Vegetable Salad Bars at Elba Public School comply with the National School Lunch Program. Students will visit the salad bar daily. Fruits and vegetables play a very important part; providing many nutritious and healthy options to choose from.

This institution is an equal opportunity provider

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			NO SCHOOL	1 Sloppy Joes Vegetables Cake Milk	2 Spaghetti with Marinara or Alfredo Sauce Garlic Bread Green Beans Milk Salad Bar	3 4
5 Creamed Chicken on a Biscuit Peas Jello Milk Salad Bar	6 Walking Taco Corn Brownie Milk Salad Bar	7 Baked Chicken Breast Vegetables Cake Milk Salad Bar	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL	11
12 Breakfast For Lunch! Waffle Sticks Sausage Tator Wedges Milk Salad Bar	13 Soft Shell Taco Corn No Bake Cookie Milk Salad Bar	14 Chili Dogs Broccoli and Cheese Cake Milk Salad Bar	15 Chicken Nuggets Vegetables Cookie Bar Milk Salad Bar	16 St. Patrick's Day Mac and Cheese Vegetables Cookie Milk Salad Bar	17 18	
19 Breaded Beef Patty Mashed Potatoes and Gravy Bread Milk Salad Bar	20 Chicken Fajitas Corn Brownie Milk Salad Bar	21 Crispitos Broccoli and Cheese Peanut Butter Bars Milk Salad Bar	22 Hamburger on a Bun Vegetables Cookie Milk Salad Bar	23 Grilled Cheese Vegetables Milk	24 25	
26 Salisbury Steak Mashed Potatoes and Gravy Bread Milk Salad Bar	27 Soft Shell Tacos Corn Cookie Bar Milk Salad Bar	28 Ham Patty on a Bun Vegetables Milk Salad Bar	29 Corn Dogs Baked Beans Cookie Milk Salad Bar	30 Cheese Pizza Vegetables Cake Milk Salad Bar	31	

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SCHOOL WELLNESS

The board adopts this policy to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. This will assist in providing students with the opportunity to achieve personal, academic, developmental and social success.

1. District Wellness Committee

Committee Role and Membership

The District will convene 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 (to the extent possible), but not be limited to: parents and caregivers; students; school nutrition program representatives; physical education teachers; health education teachers; school health staff or representatives, and mental health and social services staff; school administrators, school board members; health professionals; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

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 site's compliance with the policy.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

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

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; 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. It is recommended that the school use the Healthy Schools Program online tools 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 and the progress reports can be found at the District's website.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Central Administrative Office, and/or on the District's computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including 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;
- Documentation to demonstrate compliance with the annual public notification requirements;
- 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 actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school 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 schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to 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 Superintendent's designee.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/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. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive 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 the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively 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.

3. Nutrition

School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). *[Other District nutrition programs in which the district participates may include the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Nebraska Beef in Schools programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, or others.]*

[All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- *Are accessible to all students;*
- *Are appealing and attractive to children;*
- *Are served in clean and pleasant settings;*
- *Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)*
- *Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:*
 - *Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).*
 - *Sliced or cut fruit is available daily.*
 - *Daily fruit options are displayed in a location in the line of sight and reach of students.*
 - *All available vegetable options have been given creative or descriptive names.*
 - *Daily vegetable options are bundled into all grab-and-go meals available to students.*
 - *All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.*
 - *White milk is placed in front of other beverages in all coolers.*

- *Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.*
- *A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).*
- *Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.*
- *Student artwork is displayed in the service and/or dining areas.*
- *Daily announcements are used to promote and market menu options.]*

Staff Qualifications and Professional Development

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 school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus ("school campus" and "school day" are defined at the end of this policy). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. 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 standards, 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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

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 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.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards or, if the state policy is stronger, "will meet or exceed state nutrition standards," including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

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. The District will make available to parents and teachers a list of healthy fundraising ideas or similar resources.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. 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 is most effective when implemented consistently through a comprehensive and multi-channel 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. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior

- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards or, if stronger, "state nutrition standards," such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. 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 is in 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.

4. 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 and 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 (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in Let's Move! Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment. The District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

* All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-

washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather and conditions are feasible for outdoor play. In the event of indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

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

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District will encourage students to be physically active before and after school by offering options

such as physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by specifically selecting and engaging in six or more of the activities below or others as added by the District:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Use walking school buses
- Document the number of children walking and or biking to and from school
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

5. 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 other 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.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will develop, enhance, or continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors and may provide examples of specific actions staff members can take. 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.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Definitions:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

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 (e.g., on scoreboards, coolers, cups, and water bottles), 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 and 220
 National School Lunch Program, 42 U.S.C. Section
 1751 et seq.
 NDE Rule 10