

Pope John XXIII Central Catholic Schools - Elgin, NE

School Wellness Policy

5013 School Wellness Policy

Pope John XXIII Central Catholic is committed to providing a school environment that promotes and protects the physical and mental well-being of students and staff by supporting healthy eating, physical education and activity, along with mental health support and education.

Therefore, it is the policy of Pope John that:

- The school will engage students, parents, teachers, nutrition service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school-wide nutrition, education, physical activity, and mental health policies.
- All students will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at the school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious, affordable, and appealing foods that meet their health and nutrition needs and provide a clean and safe environment for students with adequate time allotted to eat.
- To the maximum extent practical, the school will participate in the federal school nutrition program.
- The school will provide nutrition education, physical education, and emotional support to foster lifelong habits of healthy eating, physical activity and mental wellbeing. Links will be established between health education, school nutrition programs, and related community services.

Wellness Team

- Pope John will create or work with the existing wellness team to develop, implement, monitor, review and as necessary revise the school nutrition and physical and mental health education policies. The wellness team will serve as a resource for implementing these policies.
- The wellness team will be built of a group of individuals representing the school and community and may include parents, students, food service personnel, school administrators, teachers, health professionals and members of the public.

Nutrition Standards

Training Of Nutrition Managers and Lunchroom Staff.

Nutrition managers and staff are trained annually according to the USDA Professional Standards for Child Nutrition Professionals and continue to be trained when needed throughout the year to advance the goals of the wellness team.

Nutritional Qualities of Food and Beverages Sold and Served on Campus

Meals served through the national school breakfast and lunch program will meet nutrition requirements established by local, state and federal statutes and regulations. Meals will be appealing and attractive to children and be served in a clean and pleasant setting with adequate supervision.

Free And Reduced Meals

Pope John will make every effort to eliminate any social stigma attached to and prevent the identification of students who are eligible for free and reduced-price school meals.

Students' unpaid meal balances will be kept private. Parents will be notified by email of negative balances. Students will be allowed a reimbursable meal without ala carte options until money is deposited into their account.

Applications for free/reduced price meals are sent home to all families before the start of the school year.

Meal Times, Scheduling & Water Availability

- Students will be given adequate time to eat (20 minutes of sitting time at meals)
- JH/HS students will operate as a "closed" campus
- Students will have access to hand washing and hand sanitizing before meals and snacks
- Water will be available at lunch for all students

A La Carte Items

A la carte items may be offered in compliance with the USDA regulations prohibiting the sale of foods of minimal nutritional value* and meet the Smart Snack school guidelines during meal periods.

Student Meals from Home

Parents and students will be encouraged through promotional materials in the cafeteria, website, and other communications to make healthy food choices for student lunches from home.

Competitive Beverages

Beverages available to students will include at least 50% fruit or vegetable juices, bottled water, low fat or skim milk, and low-calorie sports drinks and flavored waters. At least 50% of all beverages sold during the school day will meet these guidelines.

Competitive Foods

No food in competition with the school lunch or breakfast program will be sold or otherwise made available to students for sale anywhere on the school premises starting prior to serving breakfast lasting until after the end of the last lunch period of the day.

Vending & Food Sales

The sale of foods of minimal nutritional value which do not meet smart snack regulations are not allowed on school property in areas accessible to students until after the end of the school day.

Fundraising

To support children's health and school nutrition education efforts, school fundraising activities that take place during the School day will not involve food or will use only food that meet nutrition and portion size guidelines for food and beverages sold individually according to the smart snack criteria. Pope John will encourage fundraising activities that are not food based or foods of minimal nutritional value.

Snacks

Snacks served during the school day in the classrooms and food service area will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as a primary beverage. The school will assess when to offer snacks based on timing of School meals, students' nutritional needs, students ages and other considerations. Snacks will not be offered one hour before meals and one hour after the end of the last lunch period

Rewards

Pope John will only use foods and beverages that meet the nutrition standards for foods and beverages sold as rewards for academic performance or good behavior. The school will not withhold food or beverages as a punishment.

Celebrations

Pope John will limit celebrations that involve food during the school day. Any celebration that includes food and beverages will not be allowed or provided until at least one hour after the end of the last lunch period of the day. The school will provide a list of foods that meet snack standards and ideas for healthy celebrations/parties.

Nutrition Education and Promotion

Pope John XXIII Central Catholic School aims to teach, encourage and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- Nutrition education is offered at each grade level to all students, including those with disabilities, special health care needs and in alternative education settings.
- Nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- Cafeteria/Foodservice Based Education Programs will be encouraged.
- **Elementary Grades:** Topics encouraged for elementary classrooms are the following: proper hand washing, adequate drinking water, food groups (My Plate), trying new foods, serving sizes, energy input vs energy output, nutrition facts label reading, choosing healthy foods, oral health, body image, origins of common foods, basic food preparation, and basic food safety.
- **MS/HS Grades:** Topics encouraged for middle and high school classrooms include the following: proper hand washing, adequate drinking water, basic nutrient requirements, dietary guidelines and personal eating plans, mealtime and families, eating patterns in various cultures, balanced and unbalanced meals, healthy body image, energy input vs energy output, fad diets and healthy ways to lose/gain weight, food preparation and food safety.
- Administration will inform teachers and staff of opportunities to attend training on nutrition and the importance of role modeling healthful habits for our students.

Family And Community

Family and community members are encouraged to become actively involved in programs that provide physical activity and nutrition education. Parents will be invited and always welcome to join students for school meals. If lunch is sent to school, parents are encouraged to pack healthy lunches and snacks. The school will communicate with family and community members about school wellness through the school website, social media, newsletters, or other take-home materials.

Marketing Materials

Pope John will display posters and other communications to promote healthy nutrition choices appropriate for the students served. Pope John will restrict marketing of food and beverage on the school campus to meet the snack standards.

Staff Wellness

Pope John XXIII Central Catholic School values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The School Wellness Team will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. Staff members are encouraged to serve as healthy role models for our students.

Physical Education and Activity

All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the school year.

Daily Physical Education (PE) K-12

- All students in grades K-12 will be provided the opportunity to receive daily physical education
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity
- Students will be provided with an environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, golf, weightlifting, etc.)
- The physical education curriculum will be sequential and consistent with the Nebraska Department of Education Physical Education Essential Learnings K-12.

Daily Recess

- Elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors.
- Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

Physical Activity and Punishment

School staff will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. (This guideline does not apply to extracurricular sports teams). Physical Activity can be used as a reward.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Pope John XXIII Central Catholic School will encourage:

- Classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active (e.g. mad minutes).
- School Administration will inform teachers and staff about opportunities to attend training on physical activity/physical education and the importance of modeling healthy habits for students.
- Teachers will be able to access physical education/physical activity/nutrition resources via the Nebraska Action for Healthy Kids website and the Nebraska Department of Education PE Health website.

Safe Routes to School

Pope John XXIII Central Catholic School will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for student to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police

departments in those efforts. The district will also explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

School spaces and facilities will be made available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations at the administration’s discretion. These spaces and facilities will be available to community agencies and organizations offering physical activity and nutrition programs, also at the discretion of the administration. School policies concerning safety will apply at all times.

Family & Community

Information will be provided to help families incorporate physical activity into the lives of all household members. Families and community members will be encouraged to institute programs that support physical activity. The district will provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and support parents’ efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through the school website, newsletters, or other take-home materials, special events, or physical education homework.

Monitoring and Policy Review

Monitoring

School administration and the Wellness Committee (or designee) will ensure compliance with school-wide nutrition and physical activity wellness policies and will report on the school’s compliance to the School Board as necessary.

Food Service Staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school will report on the most recent USDA School Meals Initiative review findings and any resulting changes.

School administration and the Wellness Coordinator will develop a summary report every three years on compliance with the established nutrition and physical activity wellness policies. That report will be provided to the School Board and distributed to all wellness committee members, administration, and school health services in the district.

Wellness Policy Review & Assessment

At least once every three years, Pope John will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the school’s wellness policy. The position/person responsible for managing the triennial assessment and contact information is the principal.
- As part of the review, the school will review nutrition and physical activity policies, provisions of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.
- The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation at least every three years.

Policy Approved Annually since 2010.

****Most recently 5-19-24, 1-21-25, 11-4-25***



May 29, 2026

Pope John XXIII Central Catholic School Community,

Our school takes 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 students' 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.

Wellness Policy Compliance

The results of the Alliance for Healthier Generation Checklist can be found in the “Wellness Policy” tab on the school website: www.pjcrusaders.org

PJCC Wellness Goals:

- Encourage school fundraising that offers healthy alternatives.
 - Goal is “partially met”
 - Beginning in 26-27 we will limit the number of these fundraisers and increase healthy food items offered.
- Create movement time for JH/HS students during the school day.
 - Goal is “partially met”
 - Teachers in high school will document specific times for movement.
- Increase regularity of wellness information shared with parents.
 - Goal is “mostly met”
 - Establish consistency in when wellness information is shared with parents.
- Provide parents with a list of healthy food options for school celebrations.
 - Goal is “partially met”
 - Principal will create and share a school-wide document with recommendations for school celebrations that include healthy alternatives.

Progress on Wellness Policy Goals

Progress on wellness policy goals and plans for improvement can be found in the “Wellness Policy” tab on the school website: www.pjcrusaders.org.

If you have any questions, please contact Lisa Schumacher at Lschumacher@pjcrusaders.org.

In Spirit & Faith,

Lisa Schumacher
Principal, Pope John XXIII Central Catholic School

Links:

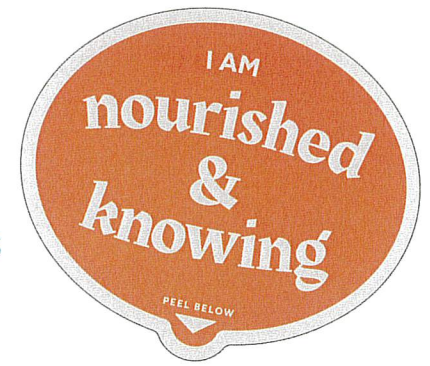
Wellness Site: https://pjcrusaders.org/wp-content/uploads/2026/06/School-Wellness-Policy-2026_05.pdf

Step 1: https://drive.google.com/file/d/1EDbMZr4CfWfM-UalkdvD27mIlgAM7gkrT/view?usp=drive_link

Step 2: https://drive.google.com/file/d/1ApLmQ0nKd3RGQC0-12GHpvnvXJc4SfED/view?usp=drive_link

Step 1

Extent To 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. Access to water and healthy food alternatives during the school day.
- b. Regular, daily physical education for students, including "brain breaks".
- c. Improvement in sharing information on healthy living with parents/families.

2. List opportunities for improvement in the wellness policy:

- a. Provide parents with a list of healthy snacks for school celebrations.
- b. Encourage after-school fundraising that offers healthy alternatives.
- c. Increase regularity of information shared with parents on healthy family living.

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)

Notes: Our wellness policy is reviewed annually by committee and Board of Education.

4. Have the changes been approved by the board?

- Yes
- No

5. Describe the next steps for strengthening your LWP.

Ensuring that the wellness policy is carried out, especially in the areas of school celebrations, after-school fundraisers, and parent information on health/wellness.

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

Pope John XXIII Central Catholic School

Agency ID Number/Agreement Number (6 digits, no dashes)

02-0702

Wellness policy contact name (first & last)

Lisa Schumacher

Wellness policy contact email address

Lschumacher@pjcrusaders.org



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

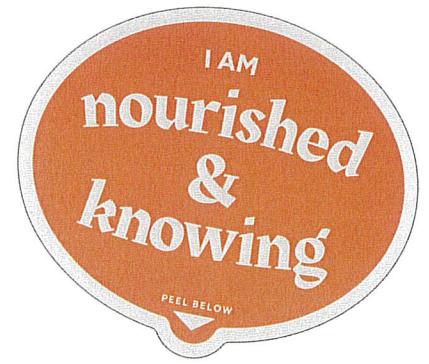
Discussion/Notes:

(Optional)



Step 2

Progress in Reaching 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)

Encourage after-school fundraising that offers healthy alternatives.

a. Was the goal met?

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other 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:** There is no after-school fundraising for this age group.
- **Middle School:** There is no after-school fundraising for this age group.
- **High School:** Limiting the number of after-school fundraisers and increasing healthy foods available, will help us meet this goal

2. Physical Activity Goal (REQUIRED)

Physical activity occurs throughout the school day (PE, recess, sports, 'brain breaks').

a. Was the goal met?

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels

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:** Goal is met.
- **Middle School:** Goal is met.
- **High School:** Teachers need to create more time for movement during long stretches. Students are required to participate in PE at least one semester, walk outside to lunch daily, and many participate and many participate in after-school sports.

3. Other Student/School Wellness Goal (REQUIRED)

Increase regularity of wellness information shared with parents.

a. Was the goal met?

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other 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:** Wellness information was added to parent communication (via email), however administration started mid-year, so monthly regularity needs to be established.
 - **Middle School:** Same as elementary.
 - **High School:** Same as elementary.
-

4. Additional Goal (Optional)

Provide parents with a list of healthy food options for school celebrations.

a. Was the goal met?

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels

b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet this Additional Goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.

- **Elementary School:** Share a "school-wide" recommendation instead of relying on each teacher to share healthy alternatives for celebrations.
 - **Middle School:** Share a "school-wide" recommendation instead of relying on each teacher to share healthy alternatives for celebrations.
 - **High School:** Share a "school-wide" recommendation instead of relying on each teacher to share healthy alternatives for celebrations.
-

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:

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 (skip to question 2)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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

Compliant (skip to question 3)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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

All teachers review the wellness policy annually at pre-service teacher meetings. The board of education reviews the wellness policy annually. Parents and community members are encouraged to view the policy and make comments by reviewing the LWP on our school website (pjcrusaders.org). Teachers, parents, and board of education members annually ensure regularity of LWP development, implementation, review and updates.

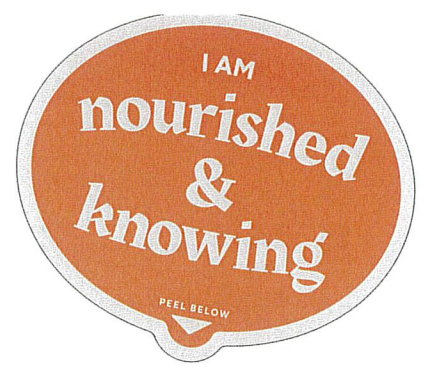
Discussion/Notes:

(Optional)



Step 4

Communicate Public Notification Methods with NDE



Identify how your School Food Authority (SFA) made the results of the Triennial Assessment publicly available.

Minimum requirement: the current wellness policy and triennial assessment results must be publicly accessible on the SFA’s website. Please include a direct link to the webpage where this information is posted.

Additional notification methods (e.g., school newsletter, presentation during board meeting, presentation at open house, etc.) are optional but may be utilized to reach specific audiences. Audiences may include, but are not limited to parents, caregivers, students, teachers, staff, community partners, board, etc.

Audience #1 (REQUIRED)

School Community and Public

Method(s) of sharing

- SFA Website
- www.pjcrusaders.org

Date of notification

June 12, 2026

Audience #2 (Optional)

Board of Education, Faculty & Parents

Method(s) of sharing

- Email

Date of notification

June 5, 2026

