

**From:** "Rida, Zainab" <[zainab.rida@nebraska.gov](mailto:zainab.rida@nebraska.gov)>  
**Subject:** RE: CLS Wellness Policy  
**Date:** November 9, 2016 at 9:59:59 AM CST  
**To:** Dorothy Freudenburg <[dfreudenburg@clnorfolk.org](mailto:dfreudenburg@clnorfolk.org)>  
**Cc:** Kristen Houska <[khouska@unl.edu](mailto:khouska@unl.edu)>, Natalie Sehi <[nsehi2@unl.edu](mailto:nsehi2@unl.edu)>

Greetings Dorothy,

I really enjoyed reviewing your school wellness policy. I am very impressed with the great information included in your wellness policy. I also really liked your goals for other school-based activities which all meet the best practices. Below are my comments and feedback on your SWP. I have divided my feedback in two separate categories. The first category includes missing elements that need to be included in your SWP in order to be in compliance with the USDA/NSLP. The second category includes suggestions to improve and strengthen your SWP. I would be more than happy to visit with you over the phone or email to provide more guidance. Please let me know if you have any questions or concerns. Thanks.

### **Missing SWP Elements:**

**Public involvement:** Please include the following points:

- State that your school has a school wellness committee
- Provide a list of your school wellness committee members
- Indicate the number of meetings that will be held per year
- Identify a way to evaluate and monitor this element

Here is an example to include all these components: “*Christ Lutheran School has a school wellness committee that consists of: the principal, school food service staff, PE teacher, student and parents. This committee meets 4 times/year to help with developing, revising, monitoring and evaluating Christ Lutheran school wellness policy. Christ Lutheran School wellness committee will communicate regularly and document meetings’ agenda and minutes.*”

**Public Notification:** Please include the following points:

- Inform and update the public about the content, implementation and progress toward goals of your SWP

- Include avenues/mechanisms that your school will use to inform the public
- State that you will regularly or at least annually inform and update the public

Here is an example to include all these components: *“Christ Lutheran School annually, inform and update the public about the content, implementation of, and progress towards goals in our wellness policy. Christ Lutheran School will evaluate compliance with the wellness policy once every three years to assess the implementation of the policy. Christ Lutheran School will actively notify households/families of the availability of the triennial progress report via emails, school’s website and newsletters”.*

### Suggestions to improve your SWP

#### Nutrition Guidelines:

- Please add “meet Smart Snack rules” at the end of your first bullet point of nutrition guidelines. It should read as follows ***“Foods and beverages in the food service program will provide a balanced and nutritional diet that meet Smart Snack rules”***
- Please add “meet Smart Snack rules” to your third bullet point of nutrition guidelines. Your statement should be as follows: ***“Healthy choices and nutritional food value that meet Smart Snack rules will be a consideration in selecting school-sponsored fundraising activities”.***
- Please add this statement: ***All food and beverages sold during school between 12 am and 30 minutes after the conclusion of the school day comply with Smart Snack requirements.***

#### Physical Activity Goals:

- It is suggested to state number of minutes planned for recess and PE per day or week. This would help with evaluation and monitoring this goal. For example: ***“Elementary school students will have a minimum of 20 minutes a day”***

## Goals for other school-based activities:

- It is suggested to state number of minutes planned for eating breakfast and lunch. For example you can state that ***students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.***

Best Regards,

*Zainab Rida*



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