
WELLNESS FOR YOUTH PROGRAM (USDA School Wellness Policy)

OHB will provide an environment that promotes client's health, well-being, and ability to learn by supporting healthy eating and physical activity. Clients will be provided sufficient wellness opportunities and practices to promote the health of students and address the growing problem of childhood obesity.

Wellness Team

The OHB Wellness Team includes the Directors/Managers/Coordinators of the Dining Hall, School, Residential Living and Crisis Stabilization Programs; 1 Teacher; 3 Youth Advocates; 1 member of the Quality Improvement Department. The Wellness Team will have at least 2 client representatives (who attend the OHB School) at each meeting.

The Wellness Team will meet on a quarterly basis. Each meeting will review:

1. Suggestions for menu changes.
2. Suggestions for new recreation opportunities.
3. Goals and priorities for nutrition.

Nutrition Goals and Priorities

1. Each client carries a water bottle with them. Water bottle provided for free to students.
2. Have more variety on the fruit and vegetable bar.
3. Each client eats breakfast daily.
4. The Dining Hall has a bulletin board, rotated monthly, that promotes healthy eating, nutrition facts, overall wellness (including mental health) and exercise. Youth and staff will manage the bulletin board.
5. A cooking class is held during the school day once per month.
6. Ensure all clients have 30 full minutes for each meal, including snacks.
7. Move to non-food and beverage items as rewards and incentives during school.
8. PE class is held each school day for at least 45 minutes.
9. Clients go to the Rec Center at least 5 of 7 days.
10. Clients go swimming at least 1 time per week.
11. Clients and staff go walking around campus at least 2 times per week.
12. Parents will be provided with the Nutrition Goals and Priorities at each intake and within 7 days of each Wellness Team Meeting. Parents are welcome to share their thoughts and participate in the development of goals. Nutrition Goals and Priorities will be posted on Yammer within 7 days of each Wellness Team Meeting so that any staff member may share their input.

Wellness Contact

OHB's wellness contact will be the QI Manager. The QI Manager is responsible to ensure that OHB follows the procedures. OHB's Leadership Team will be provided with quarterly reports of

the Wellness Committee's meetings, activities and compliance with procedures. OHB's Board of Directors and Executive Team will be provided an annual summary report summarizing compliance with nutrition and physical activity policies. The OHB BOD and Executive Team are asked to provide any input. The summary report will be provided within 7 days of the 4th quarter Wellness Team meeting. The annual report will be posted on OHB's website under the School tab.

School Wellness Procedure Triennial Assessment

The Chief Operating Officer will conduct a triennial assessment on OHB's School Wellness Procedures and compliance. The following information will be assessed at each triennial assessment:

1. How well OHB is doing with complying with the School Wellness Procedures.
2. How well OHB is doing compared to the model local school wellness procedures.
3. How well OHB is doing in reaching the goals established within the school wellness procedures.

Upon completion of the triennial assessment this will be posted on OHB's website under the School tab. The assessment will also be provided to OHB's Leadership and Executive Team.

Food and Beverage for Purchase/Provided in Classrooms

OHB does not have any food or beverages for purchase on its campus.

OHB does not have foods or beverages provided to students during the school day for parties or other programming.

Marketing

OHB does not market or advertise any foods or beverages.



We thank you for your time spent taking this survey.
Your response has been recorded.

Below is a summary of your
responses

[Download PDF](#)

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.

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

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

School Name

Omaha Home for Boys

Agreement Number (6 digits, no dashes)

280917

School Wellness Policy Contact Name

Brandy Gustoff

School Wellness Policy Contact Email

bgustoff@ohb.org

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

2 ▼

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

2 ▼

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

2 ▼

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

2 ▼

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

 

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

 

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

Rating

 

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

 

The policy includes specific goals for physical activity opportunities.

Rating

 

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

Rating

 

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

#NDE 01-4652

For more information about this survey, please contact:
Kayte Partch | Nutrition Services | kayte.partch@nebraska.gov | 402-471-2945

Goal Type	Goal	Measurement	Quarter 1 Status	Quarter 2 Status	Quarter 3 Status	Quarter 4 Status
Nutrition	Increase to over 70% of youth eating breakfast daily	Review of daily meal count sheets.	25% of youth ate breakfast daily	42% of youth ate breakfast daily	59% of youth ate breakfast daily	76% of youth ate breakfast daily
Physical Activity	100% of youth will participate in PE class daily	Review of daily class attendance sheets.	100% of enrolled youth attended PE daily	100% of enrolled youth attended PE daily	100% of enrolled youth attended PE daily	100% of enrolled youth attended PE daily
Wellness	Move to nonfood & beverages as rewards during the school day by the end of Quarter 4.	Quarterly updates by the Education Manager as to the progress of phasing out food & beverages.	40% completion of phase out	60% completion of phase out	100% completion of phase out	Goal was accomplished in Quarter 3

Step #2: Progress in Reaching LSWP Goals Template

(make a copy for your own use)

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
You are required to identify at least 3 goals as part of USDA wellness policy requirements, 1) nutrition, 2) physical activity, and 3) other student wellness goals.			
Nutrition Education Goal(s)/Nutrition Promotion Goal(s)- only 1 nutrition goal is needed	Partially met	We increased to over 75% of youth eating breakfast in Quarter 4 versus 25% in Quarter 1	Step 2 Measurement Documentation 6.2023.pdf
Physical Activity Goal(s)	Yes	100% of youth participated in PE Class 5 times per week.	Step 2 Measurement Documentation 6.2023.pdf
Other student wellness Goal(s)	Yes	100% phase out of food & beverages as rewards/incentives	Step 2 Measurement Documentation 6.2023.pdf
Other student wellness Goal(s) optional			
Outline the plan for measuring LSWP implementation			
<ol style="list-style-type: none"> 1. Who: COO, Education Manager, Teacher 2. What: Tracking Goals Progress 3. How: Daily Attendance Sheet, Daily Meal Count Sheet, Logs 4. By When: End of Quarter 4 			

[Return to triennial assessment document](#)



**Step #3- Extent of Compliance for All Schools with the LSWP
Template (make a copy for your own use)**

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Name of Schools)	Partial Compliance (Name of School(s))	Full Compliance (Name of Schools)
Nutrition Education/Promotion Requirements(s)			Omaha Home for Boys
Physical Activity Requirement(s)			Omaha Home for Boys
Other Student Wellness Requirements(s)			Omaha Home for Boys
Federal/State Meal Standards			Omaha Home for Boys
Foods Offered but Not Sold Standards			Omaha Home for Boys
Food and Beverage Marketing			Omaha Home for Boys

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

[Return to triennial assessment document](#)

Questions, contact: jessie.coffey@nebraska.gov

