School Wellness Policy
Howells Community Catholic School
Howells, NE
Updated, Feb 2026

I. Purpose and Goals

The Howells Community Catholic School Wellness Policy desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. We strive to promote student health and reduce childhood obesity. Howells Community Catholic School will achieve the goals of this policy by:

A. Involving parents, students, board members, teachers, and other interested persons in the development, monitoring and review of this policy.
B. Developing goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness as established by the Nebraska Department of Education.

II. Nutrition Education Goal

All students will be educated in good nutrition practices as part of each classroom's science and health curriculum.

A. Implementation
   a) Meet with staff to list meaningful activities that can be integrated into the school's science and or health curriculum.
   b) Collect generated listing of activities and develop time line for implementation.
   c) Water will be available to students throughout the school day.

B. Monitoring
   a) Provide opportunities for staff to discuss progress.
   b) Make modifications to implementation as needed.

C. Evaluation
   a) Students write about or illustrate a healthy practice they are practicing on a regular basis.
   b) Tabulate number of integrated lessons taught.

III. Physical Activity Goal

Students will be given opportunities for physical activity during the school day through recess periods and the integration of physical activity into the academic curriculum.

A. Implementation
   a) Recess: Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity.
   b) Teachers encourage healthy living and will integrate physical activity into lesson plans when it is permissible.

B. Monitoring
   a) Work and staff to determine responsibilities of staff members.
   b) Make adaptations, modifications as needed.

C. Evaluation
   a) Collect information from students and parents about family physical activity.
   b) Survey staff about effectiveness of efforts made to increase physical activity.

IV. Other School-based Activities Designed to Promote Student Wellness

Offer other suitable opportunities and examples to students to engage in health promoting activities.

A. Implementation
   a) The school's playground will be make available to use by students outside the normal school day, subject to safety and risk management considerations.
   b) The staff will strive to be role models in practicing healthy eating habits.
   c) Extracurricular programs will be encouraged and made available to students when possible.

B. Monitoring
   a) Staff will monitor the lunch schedule and discuss effectiveness of plan.
   b) Information will be reviewed and adjustments make as needed.

C. Evaluation
   a) Staff will observe and review if allotted time allows for desired results.
   b) Students will share their reaction to the schedule

V. Nutrition Guidelines for all foods and beverages available at School

Efforts are made to include healthy snack choices for classroom celebrations, parties, and field trips. NOTE: The lunch program is through the local public school.

A. Implementation
   a) Review current procedures and practices for use of snacks for classroom celebrations, parties and field trips.
   b) Our school will ensure that student access to foods & beverages meet federal, state and local law & guidelines. Which includes the USDA Smart Snacks in School Nutrition Standards.
   c) Engage students in discussions about the need for healthy snacks at school.
   d) Invite knowledgeable guest speakers to meet with students about the need for making healthy snack choices.

B. Monitoring
   a) Analyze data and input collected related to snacks currently available in the school
   b) Monitor student, staff involvement and make modifications as needed.

C. Evaluation
   a) Tally results from input received from staff and students relative to the changes made at the school level involving healthy snacks.
   b) Determine next steps for the 2026-2027 school year.

VI Triennial Assessment

The committee & school board shall assess & review this policy at least every 3 years to determine:

A. Compliance with this policy
B. How this policy compares to NDE model Wellness Policies
C. Progress made in attaining the goals of this policy

Our school will inform families each year of basic information about this policy, including content, any updates to the policy and the names & contact information of the Wellness committee. We will also encourage parents to get involved by contacting anyone on this committee. We will send this information out at the beginning of each year in the Parent Packets.

VII Public Notice

Our school will provide access to this policy to the public by positing it to our school website (www.sites.google.com/hccs.esu7.org/hccs) and including this policy in our student and staff handbooks.

Our school will retain these records to document compliance with the requirements of the Wellness Policy at our main office at school.

VIII Leadership

The following are responsible for the managing of the Triennial Assessment & their contact information.

Karen Baumert –kbaumert@hccs.esu7.org
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Members of our Wellness committee:

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