

Triennial Assessment Report: St Peter Catholic School (6/2026)

District: LINCOLN PUBLIC SCHOOLS

Introduction

St. Peter Catholic School Local Wellness Policy Committee completed the Triennial Assessment on June 30, 2026. Our current Local Wellness Policy, which can be found on our school website, is in compliance with the current federal requirements. This year's assessment has improved over the last assessment done in June of 2023. Our committee has increased in staff size, related activities and education of healthy foods and physical education.

Strong Policies and Aligned Practices

St. Peter Catholic School Local Wellness Policy Committee created several activities for our staff and students to participate in. Our school had several days of walk/bike to school. We had taste testing of fruits, vegetables and flavored waters. We had physical fitness challenges for all to complete. Our staff completed a monthly log to evaluate their total wellness and knowledge.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	2	2	☆
FR6	Do all competitive foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards, commonly called Smart Snacks?	2	2	☆
FR7	Do all a la carte foods and beverages sold in the cafeteria meet Smart Snacks standards?	2	2	☆
FR11	Does your district regulate foods and beverages served at class parties and other school celebrations in elementary schools?	2	2	☆
FR12	Is there food or beverage marketing on the school campus during the school day? If yes, do the marketed items meet Smart Snacks criteria?	2	2	☆
FR13	Which groups are represented on the district-level wellness committee?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆
FR15	How is the wellness policy made available to the public?	2	2	☆

Triennial Assessment Report: St Peter Catholic School (6/2026)
District: LINCOLN PUBLIC SCHOOLS

FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR17	What is included in the triennial assessment report to the public?	2	2	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆
NES3	Does your school or district provide information to families about eligibility for free or reduced-price meals?	2	2	☆
NES4	Does your school use strategies to maximize participation in the school breakfast program and/or school lunch program?	2	2	☆
NES5	Are marketing strategies used to promote healthy food and beverage choices in school?	2	2	☆
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	2	2	☆
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	2	2	☆
NES8	Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day?	2	2	☆
NES11	Do all foods or beverages SERVED (not sold) to students after the school day on school grounds (including aftercare, clubs, and afterschool programming) meet federal nutrition standards (e.g., CACFP or Smart Snacks)?	2	2	☆
NES13	Do teachers or school staff give students food as a reward?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	2	☆
NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
NE5	Is nutrition education integrated into other subjects beyond health education?	2	2	☆

Triennial Assessment Report: St Peter Catholic School (6/2026)

District: LINCOLN PUBLIC SCHOOLS

NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	2	2	☆
NE7	 Does nutrition education address agriculture and the food system?	2	2	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	2	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	2	☆
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	2	2	☆
PEPA8	Is ongoing professional development offered every year for PE teachers that is relevant and specific to physical education?	2	2	☆
PEPA9	What percentage of students do you estimate do not take PE each year due to exemptions?	2	2	☆
PEPA10	What percentage of students do you estimate do not take PE each year due to substitutions?	2	2	☆
PEPA11	 Are there opportunities for families and community members to engage in physical activity at school?	2	2	☆
PEPA12	 Are there opportunities for all students to engage in physical activity before and after school?	2	2	☆
PEPA13	Is there daily recess for all grades in elementary school?	2	2	☆
PEPA14	 Do teachers provide regular physical activity breaks for students in the classroom?	2	2	☆
PEPA15	Does the district have "joint-use" or "shared-use" agreements?	2	2	☆

Triennial Assessment Report: St Peter Catholic School (6/2026)

District: LINCOLN PUBLIC SCHOOLS

PEPA16	What proportion of students walk or bike to school?	2	2	☆
PEPA17	 Are teachers encouraged to use physical activity as a reward for students?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆
EW1	 Are there strategies used by the school to support employee wellness?	2	2	☆
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	☆
IC1	Is there an active district-level wellness committee?	2	2	☆
IC2	Is there an active school-level wellness committee?	2	2	☆

Create Practice Implementation Plan

St. Peter Catholic School Local Wellness Policy Committee will put into place plans to increase our staff, students and community involvement in school activities which will educate about local food sources, eating healthy foods, becoming more physically fit and overall health. We plan on increasing our school activities to include local farms for food; health practitioners or hospital staff for overall health and other vendors for education on personal safety.

Update Policies

St. Peter Catholic School Local Wellness Policy Committee will be responsible for updating the Local Wellness Policy. Our committee will inform staff, students and parents of changes on our school website at the beginning of the school year in August. Our committee meets quarterly to assess the current policy and make changes to new requirements from the federal government.

Opportunities for Growth

St. Peter Catholic School Local Wellness Policy Committee plans to improve the current policy by including new wording to correctly reflect our practices. Our committee is driven to be actively creating an environment that educates, supports and provides a safe and healthy learning environment. Our committee will meet in each quarter of the school year to update our policy, make changes and create new activities for our school to inform our school community of the best and most effective ways to educate, support and implement healthy people. The people responsible for updating the Local Wellness Policy will be the St. Peter Catholic School Local Wellness Policy Committee members, stated in our policy. These updates will take place after each meeting and posted to our school website.

Conclusion

Our triennial assessment is in compliance with federal regulations and we are pleased with our score. We will continue to make changes and improvements for our school to make it a place for all to be happy, healthy and safe.

Key



Strong Policies and Aligned Practices - District has a strong policy and is fully implementing practices that align with the policy

Triennial Assessment Report: St Peter Catholic School (6/2026)
District: LINCOLN PUBLIC SCHOOLS



Create Practice Implementation Plan - District has a strong or weak policy, but practice implementation is either absent or limited



Update Policies Update Policies - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

Triennial Assessment Report: St Peter Catholic School (6/2026)

District: LINCOLN PUBLIC SCHOOLS

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