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HOMER COMMUNITY SCHOOL

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April 17, 2026

Homer Community Schools Stakeholders,

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.

Step #1: Wellness Policy Assessment Summary

Our wellness policy provides a strong and thoughtful foundation for supporting student well-being. We offer well-developed physical education programming from kindergarten through 12th grade, helping students build the knowledge and habits needed for lifelong healthy living.

As part of our continuous improvement efforts, we identified areas to strengthen:

- Increasing family awareness and consistency with SMART snack guidelines for classroom celebrations and daily snacks.
- Expanding consistent opportunities for physical movement throughout the school day to support student engagement and overall well-being.

Step #2: Progress Toward Wellness Goals

Nutrition Education and Promotion (Met Across All Grade Levels)

Students across all grade levels received consistent nutrition education through health and classroom instruction. Learning was integrated into multiple subject areas and included engaging, age-appropriate activities such as discussions, taste-testing, and real-world connections.

Physical Activity (Met Across All Grade Levels)

Students participated in standards-aligned physical education programming. Elementary students received regular weekly instruction, while middle and high school students engaged in structured courses that emphasized fitness, skill development, and lifelong healthy habits.

Other School Wellness Activities (Met Across All Grade Levels)

Wellness initiatives were integrated throughout the school environment. This included classroom movement breaks, social-emotional learning, cross-curricular connections, and school events that promoted both physical activity and healthy choices.

Compliance Summary:

The district is compliant with federal meal standards, Smart Snack requirements, and food and beverage marketing guidelines. Continued focus will be placed on increasing family awareness and consistency with SMART snack expectations.

Steps to Address Unmet Areas and Future Improvements

To continue strengthening our wellness efforts, we will:

- Increase communication and family engagement around healthy snack expectations
- Build more consistent opportunities for daily movement across classrooms
- Continue aligning wellness practices across all grade levels to ensure consistency and impact

Public Updates

The public was involved in the development and review of our wellness policy through a representative wellness committee that included parents, community members, school staff, and students. This ensured a collaborative process with multiple perspectives and ongoing opportunities for feedback.

This update will be shared publicly through district communication channels, including our website and school communications, to ensure transparency and accessibility.

If you have any questions, please contact Dr. Lefdal at joyledfal@homerknights.org.

Respectfully,
Culture & Environment/Wellness Committee