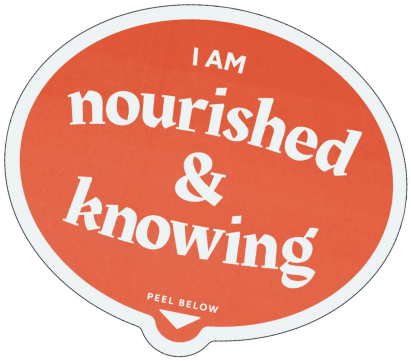
Step 2

Progress in Reaching Local Wellness Policy (LWP) Goals & Compliance with the Wellness Policy



At a minimum, wellness policies are required to include:

- Specific goals for each of the following areas:
  - Nutrition promotion and education
  - Physical activity
  - Other school-based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Instructions - Progress in Reaching LWP Goals:

Using the template below, identify the language that is currently included in the LWP for each goal area and indicate whether the goal was met, partially met, or not met. Provide a summary of the progress made towards each goal for each grade level (elementary, middle school, high school) within your school/district/Residential Child Care Institution (RCCI).

1. Nutrition Education Goal/Nutrition Promotion Goal (REQUIRED)

Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The school will teach, model, encourage and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion. Staff should be knowledgeable on basic nutrition, physical activities, and Federal, State, and Local school policies and guidelines.

a. **Was the goal met?**

Partially - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels

b. **Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #1: Nutrition Education Goal/Nutrition Promotion Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.**

- **Elementary School**: Although not all students have achieved a healthy BMI, our food manager participated in Farm to School programs. Our lunches consistently provide fresh fruits and vegetables. Additionally, students are aware of healthy food choices and exercise through Physical Education classes and the teaching and modeling of all staff members. Nutrition education training has not yet taken place for all teachers and staff.
- **Middle School**: N/a
- **High School**: N/a

2. Physical Activity Goal (REQUIRED)

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

a. **Was the goal met?**

Yes - the school/district/RCCI met this goal across all grade levels.

b. **Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #2: Physical Activity Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.**

- **Elementary School**: We taught using the physical education curriculum standards provided by our Lincoln Diocesan Education Office.
- **Middle School**: N/a
- **High School**: N/a

3. Other Student/School Wellness Goal (REQUIRED)

The School offers at least 20 minutes of recess on all days during the school year. Recess is offered before lunch, and school will have appropriate hand-washing facilities and/or hand sanitizing mechanisms. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

a. **Was the goal met?**
   Yes - the school/district/RCCI met this goal across all grade levels.

b. **Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #3: Other Student/School Wellness Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.**

- **Elementary School**: Our regular school schedule includes at least 20-minutes of recess for each grade level. A sink for handwashing and hand sanitizing mechanisms are available to students and staff in the cafeteria. During times of inclement weather, the gym is used for recess as available.
- **Middle School**: N/a
- **High School**: N/a

Extent of Compliance with Wellness Policy

Instructions for Single Site Schools/Districts & RCCIs:

Single site schools/districts and RCCIs - indicate your school's/district's/RCCIs extent of compliance for the following wellness policy requirements. Practices should align with written wellness policy.

1. Federal/State Meal Standards (e.g., School Meals and Smart Snacks)

Compliant

2. Foods/Beverages Offered but Not Sold Standards (e.g., classroom/school celebrations)

Compliant

3. Food/Beverage Marketing and Advertising Standards

Compliant

4. Describe how the public (parents, community members, etc.) were included and/or invited to participate in the LWP development, implementation, review, and update.

We consulted with a member of our Lincoln Diocesan Education Office and with parents serving on our Parent-Teacher Organization..

Questions? Contact lauren.christensen@nebraska.gov