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)

Display nutritional posters in the lunchroom and provide choices.

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 #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**: Posters are hung up throughout the lunchroom. The lunch calendar is posted and shared out. Staff provide healthy choices posters/the food pyramid on bulletin boards and cafeteria walls. All lunches have a minimum of fruits and vegetables.
- **Middle School/High School**: Posters are hung up throughout the lunchroom. The lunch calendar is posted and shared out. Staff provide healthy choices posters/the food pyramid on bulletin boards and cafeteria walls. All lunches have a minimum of fruits and vegetables. Students can take additional portions.

2. Physical Activity Goal (REQUIRED)

Continue to promote healthy activity through the physical education program and family activities.

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**: Teachers continue to promote healthy living and exercise during the school day. Staff walk & workout. All students receive physical education five days a week. High School students are encouraged to take a physical education class beyond the requirements.
- **Middle School/High School**: Teachers continue to promote healthy living and exercise during the school day. Staff walk & workout. High School students are encouraged to take a physical education class beyond the requirements.

3. Other Student/School Wellness Goal (REQUIRED)

Continue to educate students on healthy lifestyle choices and our facilities are made available to use by families outside the school day.

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 school gyms, playgrounds and track are frequently used by families outside of school hours to help improve fitness activity. Red Ribbon Week, Public walking at the track, open gyms and summer workouts. Playgrounds & fields are open for activity also during daylight hours.
- **Middle School/High School**: Our school gyms, playgrounds and track are frequently used by families outside of school hours to help improve fitness activity. Red Ribbon Week, Public walking at the track, open gyms and summer workouts. Playgrounds & fields are open for activity also during daylight hours.

4. Additional Goal (Optional)

CPR Training, Mental Health.

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 this Additional Goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.**

- **Elementary School**: We are continually training staff on CPR. Speakers on social media safety, mental health. CPR Training every two years during in-service days at the beginning of the year. LMHP visits three days a week.
- **Middle School/High School**: We are continually training staff on CPR. Speakers on social media safety, mental health. CPR Training every two years during in-service days at the beginning of the year. LMHP visits three days a week.

Extent of Compliance with Wellness Policy

Instructions for Districts with Multiple School Buildings:

Districts with multiple school buildings will need to indicate the extent of compliance for each building for the following wellness policy requirements. Practices for each building should align with the district wellness policy.

If your district has an internal procedure for collecting this data (e.g., Google form, Excel spreadsheet, etc.), you may provide a link to a copy of that file in lieu of completing the section below. Alternatively, you may opt to complete the section below to indicate extent of compliance for each building; however, if multiple levels of compliance are checked (e.g., some school buildings are compliant while others are partially compliant), you will need to indicate the number of schools that fall into each category in the Notes section.

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 (skip to question 2)

Notes:

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

Compliant (skip to question 3)

Notes:

3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

Notes:

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

Our Governance/Americanism/Wellness Team meets two times a year to discuss our action plan for each area of wellness. This team includes admin, teachers, board members & patrons.

Discussion/Notes:

Questions? Contact lauren.christensen@nebraska.gov