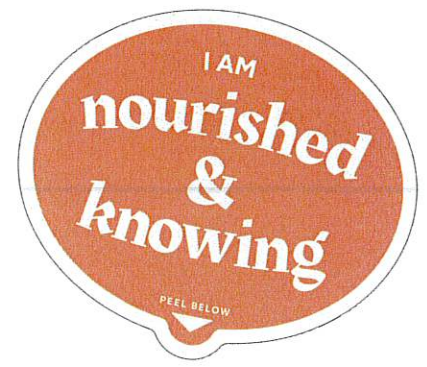


Step 2

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)

Healthy Snack Options for All Students

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet this goal for any grade level.

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:** Fresh Fruits and Vegetable snacks for elementary. Added a staff member to the salad bar for lunch to monitor that children are taking both a fruit and vegetable and are getting the appropriate serving size.
- **Middle School & High School:** Our students who participate in weights have implemented a healthy snack after workouts. Our students have a voice in the menu for school lunches.

2. Physical Activity Goal (REQUIRED)

Scheduled Physical Activities for all students grade K-12.

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet 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 have scheduled PE for all classes each day.
- **Middle School & High School:** Our participation in PE and weights has increased dramatically. Our new PE teacher has modified the curriculum of his classes to address the overall health needs of all students.

3. Other Student/School Wellness Goal (REQUIRED)

Focus on student mental and physical health.

a. Was the goal met?

- ☒ **Yes** - the school/district/RCCI met this goal across all grade levels.
- ☐ **Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- ☐ **No** - the school/district/RCCI did not meet 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:** We have added an LMHP to our staff to help address the growing need for supporting the mental health needs of our students. This year we bumped the support up to two days per week.
- **Middle School & High School:** We have added an LMHP to our staff to help address the growing need for supporting the mental health needs of our students. This year we bumped the support up to two days per 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)

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ Compliant (skip to question 2)

Notes:

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

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ Compliant (skip to question 3)

Notes:

3. Food/Beverage Marketing and Advertising Standards

- ☐ Not Compliant (if checked, complete notes section below)
- ☐ Partially Compliant (if checked, complete notes section below)
- ☒ 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.

Information is provided to parents at our back to school opening night, during parent-teacher conferences, and through our website and social media platforms. We do a really good job of communicating updates, but we need to improve getting input in decision making.

Discussion/Notes:

Questions? Contact: lauren.christensen@nebraska.gov

