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)

Promote healthier eating habits and choices from the Salad Bar and provide education in class rooms.

a. **Was the goal met?**

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

Partially -Healthy eating habits and exercise are taught more in the Middle and High School. Elementary does touch on some of it but not a routine class.

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**: There is minimal nutrition taught in class rooms at this time.
- **Middle School**: Health and wellness classes are taught in middle school.
- **High School**: Health and wellness classes are taught in high school

2. Physical Activity Goal (REQUIRED)

Delete this text and type the Physical Activity Goal from the current LWP in this area.

a. **Was the goal met?**

Yes - Our school has met the goals of physical activity with all students Pre K - 12. Elementary students have recess 3 times a day and 2 PE classes a week. Grades 7 - 12 have 50 minute PE classes 3 days a week.

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**: Students are encouraged to play at recess and assigned to PE class twice a week.
- **Middle School**: Middle school has PE 3 days a week.

- **High School**: High School has PE 3 days a week.

3. Other Student/School Wellness Goal (REQUIRED)

Yes, the goal was met with more nutrition education and encouragement of trying new foods. Physical activity is promoted daily.

a. **Was the goal met?**

Yes - Elementary classes do encourage healthy eating of snacks and make good meal choices. 7 - 12 grades have Health Class that encourages healthy eating as well as a cooking class is offered.

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**: Goal met. Physical activity during recess and PE and nutritional education is being promoted during health instruction.
- **Middle School**: Goal met. Classes are teaching students about nutrition selections and getting exercise in Health Class
- **High School**: Goal met Classes are teaching students about nutrition selections and getting exercise during Health Class

4. Additional Goal (Optional)

Promote more exercise and healthier eating habits. Offering more foods to expand the students' choices.

a. **Was the goal met?**

Yes - our school does encourage students to exercise and make good food choices. Staff that are monitoring students in the cafeteria encourage students to eat or try new items on the salad bar or if it is a new main dish to try that as well.

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

- **Elementary School**: Goal met. Class rooms talk about trying new foods and get more exercise.
- **Middle School**: Goal met. Health Class teaches students to eat healthier and exercise regularly.
- **High School**: Goal met Health Class teaches students to eat healthier and exercise regularly.

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 our school follows the Federal / State Meal Standards for meals and snacks.

Notes: Our school has been through an audit from Nutrition Services and all standards have been met.

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: Food and beverages that do not meet the standards are not sold during school hours.

Notes: No foods or beverages are sold during school hours.

3. Food/Beverage Marketing and Advertising Standards

Not Compliant (if checked, complete notes section below)
Partially Compliant (if checked, complete notes section below)
Compliant: Our school does not advertise or promote non standard foods or beverages.

Notes: We do not have food/beverage Marketing or Advertising in our school.

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 post our School Nutrition and Physical Activity Goals on our website.

Discussion/Notes:

By posting the Wellness Policy online, it shows that we are promoting a healthier nutrition option for all students.

Questions? Contact: lauren.christensen@nebraska.gov