# 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)

The primary goal of nutrition education is to influence students' eating behavior. Schools will promote nutrition education throughout a students' K-12 educational program. Nutrition education is incorporated into a variety of curriculum areas. These curriculum experiences provide the knowledge and skills necessary to make healthy food choices for a lifetime.

### 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**: Nutrition education is incorporated into a variety of curriculum areas (PE, Science).
- **Middle School**: NA
- **High School**: NA

## 2. Physical Activity Goal (REQUIRED)

The primary goals are to offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health, academic success and general personal wellbeing. Schools will promote opportunities for physical activity throughout the school day and during existing after-school programs. Physical activity, health and fitness education are incorporated throughout a students' K-12 educational program.

### 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 offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health and personal well-being during the day and through after-school programs.
- **Middle School**: NA
- **High School**: NA

## 3. Other Student/School Wellness Goal (REQUIRED)

Faculty and staff promote a school environment which provides consistent wellness messages that are conducive to healthy eating and being physically active.

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**: A full-time counselor supports the social, emotional, and academic growth of students in and out of the classroom. The counselor visits classrooms weekly, provides individual support for students with specific needs, and is a member of the Student Assistance Team. Additionally, the school counselor coordinates a partnership with Catholic Charities School Mental Health Program. The counselor assesses students' learning styles and evaluates standardized test data to support personalized instruction for student. We also promote a variety of non-athletic group/team opportunities through after school programs. This gives all students an opportunity to discover interests and participate in group activities.
- **Middle School**: NA
- **High School**: NA

# 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**: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

### 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**: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

### 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**: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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 school board members were invited to help us review our policy and make recommendations and give feedback.

**Discussion/Notes:**

Questions? Contact: lauren.christensen@nebraska.gov