

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)

a. Be sure we are serving whole grains.

b. Was the goal met?

Yes – we worked with Westside Nutrition Services for 2 years to make sure whole grains were served. During the 25-26 school year we moved to cooking on site and our Cafeteria Manager ensured the menu served whole grains.

c. 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:** The committee met twice a year to review menus. At the beginning of the shift to cooking onsite the team met with the new Cafeteria Manager to share goals and menu expectations.

2. Physical Activity Goal (REQUIRED)

Movements to support balance and agility have been added to the warm up session at the beginning of each class.

a. Was the goal met?

Partially – The majority of classes included balance and agility to warm up sessions. However, due to schedule disruptions if classes were shortened, the warm up sessions were eliminated.

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:** The team will meet with the PE teacher to find a way to include balance and agility to classes, not just warm up sessions. This will ensure it becomes part of class even when shortened.

3. Other Student/School Wellness Goal (REQUIRED)

a. Inform parents and students of tools to assist with social emotional learning.

b. Was the goal met?

Partially – The school counselor provided regular communications in the school newsletter. In the middle school grades those tools were frequently discussed but the elementary grades had limited exposure.

c. 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:** Incorporate introduction and evaluation of tools at all grade levels using age appropriate language and examples.

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)

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

Partially Compliant (if checked, complete notes section below)

Notes: Treats coming into the building for classroom parties and celebrations do not always meet the Smart Snack requirements. Healthy snacks are encouraged but not always followed.

3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

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

The Wellness Committee/Team assisted in the creation and review of the goals. All stakeholders will receive a copy of the updated policy and the Triennial Assessment. It will also be posted on the school website <https://stgeraldschool.org/school>.



Questions? Contact lauren.christensen@nebraska.gov

