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. The school district is committed to creating a healthy and supportive environment that promotes student learning, well-being, and lifelong wellness. Using evidence-based strategies, the district aims to support physical health, nutrition, social-emotional development, and positive wellness habits through collaboration with families, staff, and community partners. These efforts are designed to enhance academic success while encouraging healthy lifestyles for all students and staff.

b. **Was the goal met?**

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

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 elementary school implemented these goals by promoting healthy choices, providing regular recess and physical education opportunities, and supporting students' social and emotional development, with encouragement from teachers and parents to help build lifelong wellness and academic success.
- **Middle School**: The middle school incorporated these goals by promoting student wellness through health education, physical activity, and positive school climate initiatives that support learning, growth, and overall well-being.
- **High School:** The high school used these goals to promote student health through healthy lifestyle education, physical activity opportunities, and social-emotional support, helping students succeed academically and personally while encouraging participation in after-school sports and activities to keep them active and engaged.

2. Physical Activity Goal (REQUIRED)

The health curriculum will include instruction on good nutrition and healthy living habits to help students understand how to make informed decisions about their health, develop positive daily routines, and build the knowledge and skills needed to support lifelong wellness.

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**: In elementary school, this goal was achieved by teaching age-appropriate lessons on nutrition and healthy living through the health curriculum, classroom activities, and school-wide wellness events. Students learned about balanced meals, healthy choices, and daily habits that support overall well-being, with reinforcement from teachers and school programs.
- **Middle School**: In middle school, this goal was met by teaching students about nutrition and healthy living through the health curriculum and reinforcing those lessons with school activities and discussions that helped them build practical skills for making healthier choices and maintaining lifelong wellness habits.
- **High School**: In high school, this goal was accomplished through health class that covered nutrition and healthy lifestyle practices, along with school activities that encouraged students to use this knowledge to make responsible choices and support their overall well-being.

3. Other Student/School Wellness Goal (REQUIRED)

The district will support student wellness through participation in nutrition programs, staff training on wellness practices, and providing students with sufficient time and a comfortable environment for meals. It will encourage physical activity through recess, activity breaks, and extracurricular programs, while also partnering with community organizations to expand health services and resources. Evidence-based strategies will guide all efforts to strengthen and improve student wellness across schools.

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**: At the elementary school, this goal was accomplished by providing nutritious meal options, allowing sufficient time for students to eat, and creating a positive dining environment that supports healthy eating habits. Students were also encouraged to stay active through daily recess, physical education, and classroom movement activities. Staff involvement, evidence-based wellness strategies, and community partnerships further supported efforts to promote student health and well-being.

- **Middle School**: For the middle school, this goal was accomplished by offering nutritious meals, ensuring students had enough time to eat, and maintaining a supportive cafeteria environment. Wellness was further promoted through physical education, and student activities that encouraged regular physical activity. Staff development, evidence-based approaches, and partnerships with community organizations also contributed to expanding health and wellness supports for students.

- **High School**: At the high school level, this goal was met by providing access to healthy school meals, allowing sufficient time and a suitable environment for students to eat, and encouraging wellness through physical education, sports, and other activity programs. Staff were supported with wellness-related training, and the district used evidence-based strategies and community partnerships to strengthen and expand student health and wellness opportunities.

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)

Compliant (skip to question 3)

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.

We have counted our staff who are also parents as team members in both capacities. We meet at 2:30pm on Fridays, so we didn't have any outside public that wanted to join. Prior to our first meeting next year, we will again put it out on our Facebook page inviting public to join us.

Questions? Contact lauren.christensen@nebraska.gov