

# 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.

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### 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)

### More hands-on learning

#### 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 #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:** FFVP program for all PK3-5<sup>th</sup> grade students. Students try new fruits and vegetables and learn how they help their bodies.
  - **Middle School:** Sports Nutrition Mini Grant- Able to purchase snacks throughout the day (all but within 30 mins of meal times) and nutrition knowledge check quizzes. Nutrition wall in PE classes, "Take what you need" food table-foods available for anyone to take to try and help with those who do not have food at home.
  - **High School:** Sports Nutrition Mini Grant- Able to purchase snacks throughout the day (all but within 30 mins of meal times) and nutrition knowledge check quizzes. Nutrition wall in PE classes, "Take what you need" food table-foods available for anyone to take to try and help with those who do not have food at home.
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## 2. Physical Activity Goal (REQUIRED)

### Curriculum to include instructions on physical activity and healthy living. Provided with opportunities throughout the day for physical activities

#### 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:** PK3-3<sup>rd</sup> grade has 2 recesses /day and PE 2 to 3 times/week. 4<sup>th</sup> & 5<sup>th</sup> graders get at least 1 recess /day and PE 2 times/week. MPS hosted many youth K-8 sports camps. A Youth Sports Director was recently hired to help schedule events and get more youth active in sports.
- **Middle School:** All students take a 4-week PE course per state of Nebraska requirements. Students are also given activity time during homeroom activities, House

competitions and House Olympics and certain times during the day if their homework is completed. The school offers organized sports for 7<sup>th</sup> & 8<sup>th</sup> grade. MPS hosted many youth K-8 sports camps. A Youth Sports Director was recently hired to help schedule events and get more youth active in sports.

- **High School:** All students must take 9<sup>th</sup> grade PE/health course that is 150 mins/week for a year and 10 PE credits in order to graduate. Each lunch period is long enough that students have time to participate in open gym should they choose to. School offers organized sports for all high school levels with at least 2 different options per season. This year our Spanish teacher decided to do a Heritage Celebration that included students being able to participate in traditional dances.

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

Work with public and private entities to promote mental 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 #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:** There is a dedicated counselor at the elementary that is a full-time staff member. Guidance classes with the counselor 2 days /week. There are also therapists in the building 4 days a week helping with mental, social and emotional needs.
- **Middle School:** There is a dedicated counselor at the MS/HS building that is a full-time staff member. There are also therapists in the building 4 days a week helping with mental, social and emotional needs. Counselor teaches MS students during a 4 week course with SEL. Telehealth option is now allowed during school hours if needed.
- **High School:** There is a dedicated counselor at the MS/HS building that is a full-time staff member. There are also therapists in the building 4 days a week helping with mental, social and emotional needs. Telehealth option is now allowed during school hours if needed.

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### 4. Additional Goal (Optional)

If the LWP includes more than the 3 required goals, delete this text and type additional Wellness Goal from the current LWP in this area.



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

- **Elementary School:** Delete this text and type your response here....
- **Middle School:** Delete this text and type your response here....
- **High School:** Delete this text and type your response here....

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## 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.

The school hosts 2 lunch advisory meetings each year where students, staff & parents are invited to come and voice opinions and ask questions. The school board also reviews policy each year, community members are able to come to any meeting.

### Discussion/Notes:

(Optional) Delete this text and type any notes in this area....

Questions? Contact [lauren.christensen@nebraska.gov](mailto:lauren.christensen@nebraska.gov)

