

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)

Addresses purchasing local foods for the school meals 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 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.

- **District Wide:** We worked with Highland Dairy/Rotellas Bakery as local food sources. Going forward, as we move to a new food service provider we would like to incorporate more farm to school initiatives and a possible school garden or work with local fresh food providers

2. Physical Activity Goal (REQUIRED)

Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.

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 have walking club in the morning and created a walking school bus in the am/pm

- **Middle School:** The district provides a variety of school-sponsored sports and athletic programs across the fall, winter, and spring seasons to ensure year-round opportunities for physical activity.
- **High School:** The district provides a variety of school-sponsored sports and athletic programs across the fall, winter, and spring seasons to ensure year-round opportunities for physical activity.

3. Other Student/School Wellness Goal (REQUIRED)

Establish healthy classroom celebrations.

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.

- **District Wide:** Create a "Healthy Celebration" Guide for Parents and Teachers: Develop and distribute a clear list of approved non-food rewards or healthy snack alternatives (such as fruit skewers, popcorn, or extra recess time) at the beginning of the school year. **Establish Consistent Building-Level Rules:** Ensure that middle and high school classrooms follow the same wellness guidelines as elementary schools, limiting sugary treats during seasonal or holiday parties. **Provide Staff Training:** Share creative ideas during staff meetings on how to celebrate student achievements using physical activity breaks, music, or classroom privileges rather than food rewards.

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....

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)

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: Refer to 3rd goal.

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)

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 district wellness committee is composed of school staff members, several of whom serve a dual role as district parents. While wellness policy information is currently shared on our school website, **going forward we plan to establish a more formalized, public invitation process to increase community and parental involvement in our triennial assessments**

Discussion/Notes:

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

Questions? Contact: lauren.christensen@nebraska.gov

