

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)

Water will be made available to students throughout the school day.

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:** Free water is available to all students during the lunch period.
- **Middle School:** Free water is available to all students during the lunch period.
- **High School:** Free water is available to all students during the lunch period.

2. Physical Activity Goal (REQUIRED)

Students will be encouraged to engage in physical activities throughout the school day and will be provided opportunities to do so.

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:** Students have PE, Recess, and Brain Breaks
- **Middle School:** Students have PE, Recess, and Brain Breaks
- **High School:** Students have PE, strength training, and Brain Breaks

3. Other Student/School Wellness Goal (REQUIRED)

The district will provide professional development, support and resources for staff about student wellness

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:** QPR training for staff
 - **Middle School:** QPR training for staff
 - **High School:** QPR training for staff and students.
-
-

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.



Seward Elementary

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)

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.

District Wellness Committee meets 4 times per year. Policy is reviewed in an open meeting of the school board.

Seward Middle School

5. 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)

6. 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)

7. 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)

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

District Wellness Committee meets 4 times per year. Policy is reviewed in an open meeting of the school board.

Seward High School

9. 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)

10. 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)

11. 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)

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

District Wellness Committee meets 4 times per year. Policy is reviewed in an open meeting of the school board.



Questions? Contact: lauren.christensen@nebraska.gov

