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)

Sacred Heart School will promote nutrition education throughout its curriculum program. These curriculum experiences are incorporated in all classroom activities to provide the knowledge and skill necessary to make necessary food choices for a lifetime.

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 and Middle School**: Yes, Sacred Heart School has met this goal. Our P.E. and Health Curriculum promotes nutrition guidelines and healthy food choices. Additionally, our school lunch program works continually with Westside Community Foods to ensure that

2. Physical Activity Goal (REQUIRED)

The primary goals are to offer opportunities for students to experience a variety of physical activities and to teach the value of a consistent fitness program for better health, academic success and general personal wellbeing

Was the goal met?

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

a. **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 and Middle School**: Yes, we have met this goal. Students in all grades receive weekly Physical Education classes, daily recess, and outside of school sport opportunities .

3. Other Student/School Wellness Goal (REQUIRED)

Sacred Heart School strives to meet students' whole health including mental, physical, spiritual, and emotional wellbeing. Students will have access to mental health services and families will have access to social services support.

Was the goal met?

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

a. 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 and Middle School:** Students in all grade level have had access to a mental health professional for the past three years. In addition to student services, families are also partnered with support staff.

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

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

Compliant

3. Food/Beverage Marketing and Advertising Standards

Compliant

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

Our School Wellness Team has always included one, if not two parents. In the future, we would like to involve more families in decision making/ providing input on how to make our school community healthier. We will ask for family feedback via school newsletter and/or Google Forms.

Questions? Contact lauren.christensen@nebraska.gov