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)

Zion Lutheran School will provide all children an education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

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**: Zion Lutheran School includes nutrition and physical education in the school's curriculum, promotes health education and making healthy decisions as appropriate throughout the other curricula areas, and presents healthy choices in other events sponsored by the school. Zion Lutheran School needs to take the steps to offer training opportunities to all staff who provide nutrition education in the classroom and/or the lunchroom, and involve the parents, students, and the community in nutrition education activities.
- **Middle School**: N/A
- **High School**: N/A

2. Physical Activity Goal (REQUIRED)

Zion Lutheran School teaches children the importance of exercise and wellness, and exposes students to a wide range of physical activities and skills in order for students to be able to develop the knowledge and skills to be physically active for life.

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**: Zion Lutheran School includes physical activity in the school's daily education program, offers a variety of physical activities outside of the daily education program, including extra-curricular after school programs, and works with the community to provide a safe walking and bike route for students to get to and from school.
- **Middle School**: N/A
- **High School**: N/A

3. Other Student/School Wellness Goal (REQUIRED)

Zion Lutheran School recognizes that school employee wellness can contribute to a healthy school environment.

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**: Zion Lutheran School needs to provide school employees opportunities to participate in wellness activities; physical and health related, and provide information about available wellness resources.
- **Middle School**: N/A
- **High School**: N/A

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.

Zion Lutheran School invited the parents to participate through our school newsletter, email, and our communication system. The parents were invited to board meetings, asked to participate in school hosted wellness activities, and asked to help in extra curricular activities. The parents' input was relayed to our school board and our Parents and Teachers of Lutheran Schools committee after their participation in said wellness activities.

Discussion/Notes:

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

Questions? Contact: lauren.christensen@nebraska.gov