

**St. Paul Lutheran School, West Point, Nebraska
(20-0703)**

Step #2: Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<p>USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u></p>			
<p>1. Nutrition Education Goal(s)- record goal -OR- Nutrition Promotion Goal(s)- record goal</p>	<p>Yes</p>	<p>We aim to teach, encourage & support healthy eating by students by offering information and skills to promote and protect their health, use instruction in classes like math, science etc. to teach about health and healthy eating etc. that promote fruits, vegetables etc.</p> <p>We encourage students to bring healthy snacks & treats for snacks and birthday celebrations.</p> <p>We ask students NOT to share foods and beverages due to potential allergy reactions etc. both at St. Paul and during Lunch at GACC.</p> <p>Any school-based marketing is consistent with nutrition & health promotion limiting marketing that is Not in line with meeting the nutrition standards for meals or foods and beverages sold separately.</p>	<p>See page 3 section titled “Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion”</p> <p>See page 3 section titled “Snacks & Treats” of our wellness policy.</p> <p>See page 3 section titled “Sharing of Foods and Beverages” of our wellness policy.</p> <p>See page 4 section titles “Food Marketing in Schools”</p> <p>found at the following link: https://www.stpaulwp.org/uploads/2/4/1/6/24/162667/2023-2024_st._paul_lutheran_school_wellness_policy.pdf</p>

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
		We attend a yearly FFA Barnyard program at the public school where the kids learn about and can interact with animals.	
			See page 3-4, Section titled "Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion"
2. Physical Activity Goal(s)- record goal	Yes	Our students get a morning recess (15 minutes), lunch recess at least (20 minutes) and often an afternoon recess (15 minutes). They also get at least 75 minutes of Physical Education a week.	<p>"Integrating Physical Activity into the Classroom Setting"</p> <p>"Physical Activity Opportunities and Physical Education for SPLS"</p> <p>of our wellness policy found at the following link: https://www.stpaulwp.org/uploads/2/4/1/6/24/162667/2023-2024_st._paul_lutheran_school_wellness_policy.pdf</p> <p>Or the attached 22-23 and 22-24 Recess, PE & Music Schedules</p>
3. Other student wellness Goal(s) - record goal, this is often where goals to support SEL and Mental health or staff wellness could be included	Yes	We value the health and well-being of every student and staff member here at St. Paul and at GACC, where we eat lunch. We encourage a healthy lifestyle, encourage healthy eating, physical activity.	<p>See page 5 Section Titled "Staff Wellness" of our wellness policy.</p> <p>See page 3 section titles "Snacks & Treats" of our wellness policy.</p> <p>The Policy can be found at the following link: https://www.stpaulwp.org/uploads/2/4/1/6/24/162667/2023-2024_st._paul_lutheran_school_wellness_policy.pdf</p>
Additional Goal(s) Add more rows as needed	Yes	We installed water filtration systems on all of our water fountains to allow for free filtered	

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
		water to be available at any point in time during the day as well as at any sporting event in our building.	

[To return to the overview document, click this link](#), Questions, contact: jessie.coffey@nebraska.gov

2022-2023 Recess & P.E. Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 - 9:30	K-5 Recess	K-5 Recess		K-5 Recess	K-5 Recess
9:45 - 10:00	PS/TK Recess	PS/TK Recess	PS/TK Recess	PS/TK Recess	PS/TK Recess
10:00 - 10:15			K-5 Recess		
10:45 - 11:00	6-8 Recess	6-8 Recess		6-8 Recess	6-8 Recess
11:00 - 11:30	Lunch 11:05 - All go together to GACC				
11:35 - 12:00	K-2 Recess	K-2 Recess	K-2 Recess	K-2 Recess	K-2 Recess
12:00 - 12:15					PS/TK Recess
12:00 - 12:30		PS/PK P.E.		PS/PK P.E.	
12:30 - 1:00					
1:00 - 1:30		3-5 P.E.		3-5 P.E.	
1:45 - 2:00	3-5 Recess		3-5 Recess		
1:30 - 2:00		6-8 P.E.		6-8 P.E.	
2:00 - 2:30		K-2 P.E.		K-2 P.E.	
2:45 - 3:00	PS/TK Recess	PS/TK Recess	PS/TK Recess	PS/TK Recess	
2:45 - 3:15	K-2 Recess		K-2 Recess		

2022-2023 Music Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:30	PS/TK/K Music		PS/TK/K Music		
12:30 - 1:00					
1:00 - 1:30	3-5 Music		3-5 Music		
1:30 - 2:00	6-8 Music		6-8 Music		
2:00 - 2:30	1-2 Music		1-2 Music		

2023-2024 Master Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:15					
8:15 - 8:45		Algebra (8:15 -9:00) <i>Lab (122)</i>	Chapel	Algebra (8:15 - 9:00)	
8:45 - 9:15		Confirmation (9:00-10:00) <i>P.K. Room (11)</i>		Confirmation (9:00-10:00)	
9:15 - 9:30	1-5 Recess/Algebra	1-5 Recess	Algebra	1-5 Recess	1-5 Recess/Algebra
9:45 - 10:00	PK-K Recess/ Algebra	PK-K Recess	PK-K Recess/Algebra	PK-K Recess	PK-K Recess/Algebra
10:00 - 10:15	Algebra		1-5 Recess/Algebra		Algebra
10:15 - 10:45					
10:45 - 11:00	6-8 Recess	6-8 Recess		6-8 Recess	6-8 Recess
11:00 - 11:30	Lunch 11:05 - All go together to GACC				
11:35 - 12:00	PK-2 Recess	PK-2 Recess	PK-2 Recess	PK-2 Recess	PK-2 Recess
12:00 - 12:15					
12:00 - 12:30		PK-Tk Music		PK-Tk Music	
12:30 - 1:00	K-2 PE	K-2 Music	K-2 PE	K-2 Music	
1:00 - 1:30	3-5 PE	3-5 Music	3-5 PE	3-5 Music	
1:45 - 2:00		3-5 Recess		3-5 Recess	
1:30 - 2:00	6-8 PE	6-8 Music	6-8 PE	6-8 Music	
2:00 - 2:30					XX
2:30 - 2:45					XX
2:45 - 3:00	PK-K Recess	PK -K Recess	PK - K Recess	PK-K Recess	XX
2:45 - 3:00	1-2 Recess	1-2 Recess	1-2 Recess	1-2 Recess	XX
3:00 - 3:30					XX