

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)

Our Goal is to promote healthy and safe eating, through education and marketing, not only with school lunch but also with snacks and treats.

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 & Middle School:

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.

See page 3 section titled "Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion"

We encourage students to bring healthy snacks & treats for snacks and birthday celebrations.

See page 3 section titled "Snacks & Treats" of our wellness policy.

We ask students NOT to share foods and beverages due to potential allergy reactions etc. both at St. Paul and during Lunch at GACC.

See page 3 section titled "Sharing of Foods and Beverages" of our wellness policy.

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.

See page 5 section titles "Food Marketing in Schools"

We attend a yearly FFA Barnyard program at the public school where the kids learn about and can interact with animals.

Not listed specifically in the LWP

Our Wellness Policy can be found at the following link: <https://www.stpaulwp.org/school-wellness-policy.html>

2. Physical Activity Goal (REQUIRED)

Our Goal is to promote health physical activity through recess before, during and after lunch of at least 15 minutes along with PE classes several times a week.

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 #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 & Middle School:**

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.

See Page 2

See page 3-4, Section titled “Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion”

“Integrating Physical Activity into the Classroom Setting”

“Physical Activity Opportunities and Physical Education for SPLS”

Our Wellness Policy can be found at the following link: <https://www.stpaulwp.org/school-wellness-policy.html>

Or the attached 25-26 Master Schedule

3. Other Student/School Wellness Goal (REQUIRED)

Our Goal is to promote a health life-style, encourage healthy eating and physical activity as well as the healthy well-being of every student & staff member.

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 #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 & Middle School:**



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 life-style, encourage healthy eating, physical activity.

See page 5 Section Titled “Staff Wellness” of our wellness policy.

See page 3 section titles “Snacks & Treats” of our wellness policy.

Our Wellness Policy can be found at the following link: <https://www.stpaulwp.org/school-wellness-policy.htm>

4. Additional Goal (Optional)

Our Goal is to ensure that every student and staff have access to free filtered water at any time of the day as well as after school activities such as sporting or other events.

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 this Additional Goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.

- **Elementary & Middle School:**

We have two water fountains that we installed water filtration systems on to allow for free filtered water to be available at any point in time during the day as well as at any sporting event in our building.

See Page 1.

Our Wellness Policy can be found at the following link: <https://www.stpaulwp.org/school-wellness-policy.htm>

Extent of Compliance with Wellness Policy

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 (skip to question 2)



Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

See Page 2.

See Page 3 “Snacks & Treats”

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

Compliant

See Page 3 “Snacks & Treats”

Foods and beverages offered or sold at school-sponsored events outside the school day will meet standard for meals or for foods and beverages sold individually.

See Page 3 “School-Sponsored Events”

3. Food/Beverage Marketing and Advertising Standards

Compliant

See Page 5 “Food Marketing in Schools”

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 LWP had a major revision during the 2023 Wellness Policy Assessment. We had parent’s, the Administration, one of which is a Certified Nursing Assistant & Medication Aide, all of our Board of Education members involved in the review and updating of the Wellness Policy.

These same people, with parent’s changing when needed, are also involved each year in reviewing and updating the policy, this year included.

Discussion/Notes:

Our Wellness Policy can be found at the following link: <https://www.stpaulwp.org/school-wellness-policy.htm>

Questions? Contact lauren.christensen@nebraska.gov

