

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><i>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></i></p>			
<p>Nutrition Education and Promotion Goals: The district will teach, model, encourage and support healthy eating by all students. The district will implement a curriculum that includes information on good nutrition and healthy living habits, and that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. In addition, the district will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs by such methods as implementing</p>	<p>Nutrition Education: Ongoing curriculum assessment & revisions for health and nutrition education at each grade level.</p> <p>Nutrition Promotion: Yes – Healthy food related signage in cafeterias (Celebrated National School Breakfast & School Lunch at K-6. All menus are posted on School Website & App with nutrition information available.</p>	<p>Curriculum meets/exceeds the NDE health and nutrition education objectives.</p> <p>All foods offered and sold to students in the school meal programs offer healthy food and beverage choices that meet or exceed the USDA School Meals requirements/Smart Snack guidelines. Participation in school meals programs is encouraged to all students. Parents were notified that the free meals for all was ending, and the district encouraged meal applications. With these efforts, many students were approved for Free/Reduced status and school lunch participation and reimbursable meals continued to be high even after the free meals for all ended in the Fall of 2022.</p>	<p>Elementary (K-6) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education activities and promotions – ongoing updates</p> <p>Middle School (7-8) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education and promotions – ongoing updates</p> <p>High School (9-12) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education and promotions – ongoing updates</p> <p>Curriculum Standards K-12: https://www.plcschools.org/Page/1102</p>

Nebraska Department of Education, Office of Coordinated Student Support Services

Adapted from the Let's Eat Healthy Program resources

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evidence-based healthy food promotion techniques through the school meal programs and promoting foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards.			School Meals information: Meal Applications, Menus with Nutrition Information, Charge Policy, Meal Prices, etc. District Website, https://www.plcschools.org/Page/1718 .
Physical Education & Activity Goal(s) - The District's curriculum shall include instruction on physical activity and habits for healthy living. Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so.	Curriculum – Ongoing curriculum assessment & revisions to meet/exceed NDE requirements for each age group.	Students are encouraged to be physically active throughout the school day during and between class periods.	Elementary (K-6) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of physical activities – ongoing updates Middle School (7-8) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of physical activities – ongoing updates High School (9-12) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of physical activities – ongoing updates

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			Curriculum Standards K-12: https://www.plcschools.org/Page/1102
<p>Other student wellness Goal(s) - The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.</p>	NA - Incomplete assessment of other student wellness goals	NA - Ongoing assessment to evaluate if other wellness goals have been achieved.	<p>Elementary (K-6) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education activities and promotions – ongoing updates</p> <p>Middle School (7-8) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education and promotions – ongoing updates</p> <p>High School (9-12) Wellness Goals, Implementation, Monitoring & Assessment Plan with Inventory of nutrition education and promotions – ongoing updates</p>