

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
You are required to identify at least 3 goals as part of USDA wellness policy requirements, 1) nutrition, 2) physical activity, and 3) other student wellness goals.			
Following the nutritional guidelines set out by state and federal regulations.	Met	Our District meets/exceeds current nutrition requirements established by local, state, and Federal statutes and regulations which was evaluated and approved by the Nebraska Department of Education Administrative Review of our School Nutrition Program with the assistance of Mary Meisinger (Kitchen Manager) and Mike Apple(Superintendent)	www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks www.foodpalnner.healthiergeneration.org
Encourage and increase physical activity in the daily lives of our students throughout the school day.	Met	The District requires at least 60-89 minutes per week of PE in the elementary setting and at least 10 credits of PE in order to graduate for secondary students. The District also offers and implements a variety of before and after school physical activity programs. Kyle Steckler, Allison Dworak, Troy Quick (7 th -12 th PE Teacher/Life Time fitness, Strength & Conditioning) and Sarah Harvey(Elementary PE Teacher) manage the	The health and nutrition educations myplate.gov PE activities are designed to meet the State of Nebraska Physical Education Standards; Website: https://www.education.ne.gov/wp-content/uploads/2017/07/NE_Physical_Education_Standards_Final.pdf

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		completion of these goals. Numerous coaches and paraeducators assist with before and after school activities. Walking Club initiated for Elementary students before school. Walking Club initiated for Jr/Sr High after they eat their lunch until the period ends.	
Decrease use of food as a reward within the classroom and to promote healthier options when food is used.	Partially	Nutrition Promotion: food and beverages are not used as rewards for student performance or behavior implemented by all classroom teachers. Establish healthy classroom celebrations The school menu is published monthly including carb listings for diabetic students and staff by Mary Meisinger	Found in our Wellness Policy and Student Handbook, both found on the school website. https://drive.google.com/file/d/1zLDXHZERYuYdZostOAuW_K69_24gQEHU/view?usp=sharing One healthy snack is provided by parents through classroom sign-up at the elementary level. Information sharing out to families/staff about not using food as rewards. The menu can be found on our website and on the app; it is also shared in classrooms and in the cafeteria and newsletter
Promote healthy activities and behaviors for staff.	Met	Promoting healthy activities and behaviors for staff implemented by Tracy Andersen, Sarah Harvey	Staff is encouraged to sign up and participate in EHA Wellness. Quarterly emails are sent by Sara for reminders and new staff is put into the EHA

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			Wellness system at the beginning of the year. Encourages monthly wellness folders that include physical, nutritional, and mental health.
Outline the plan for measuring LSWP implementation			
1. Who 2. What 3. How 4. By When			

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