

Step #2: Progress in Reaching LSWP Goals

(make a copy for your own use)

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>Nutrition Education Goal(s)- record goal OR Nutrition Promotion Goal(s)- record goal</p>	<p>YES</p>	<p>Taste Tests will be conducted quarterly for healthy food options. Nutrition information will be shared with students. Classes will incorporate cooking and nutrition information into the curriculum.</p>	<p>School nurses are providing taste testing opportunities to the student body quarterly or more frequently with nutrition information included in the monthly Wellness newsletter (tales of A Well Wolf) posted on the school cafeteria door and in the bathrooms. Classes incorporating cooking and nutrition into curriculum - 5th grade made food for the class, 4th grade bakes bread with the extension agent, 9th grade nutrition part of curriculum, 12th grade transitions class cooks full meal and discusses nutrition. (Examples of tales of a Well Wolf included in drive)</p>
<p>Physical Activity Goal(s)- record goal</p>	<p>Yes</p>	<p>Physical Education curriculum includes instruction on physical activity and habits for healthy living, Recess everyday for PreK through 6th with lunch free time for 7-12 and open gym and outdoor activity options for</p>	<p>PE (145 min of PE each week per elementary grade), 6th period PE for advanced PE, 5th Strength Training option for students, Weight room opened before and after school (daily - must have a sponsor in room), 9th grade Health has 80% of class is physical activity, Go Noodle and "Brain Breaks" utilized (in</p>

		<p>students. Just Move It walking program promoted for elementary students (Walking a designated route in the halls in the morning before school) with some junior high and high school participation. After school sports activity programs and encouragement of physical activity for all grades</p>	<p>elementary classrooms). Elementary classrooms have 30 minutes to 60 minutes of recess daily with Pre-K having 20 minutes. Community sports activity promoted - youth wrestling, baseball, softball. Physical education materials are included in <u>Tales of a Well Wolf</u>.</p>
<p>Other student wellness Goal(s) - record goal, <i>this is often where goals to support SEL and Mental health or staff wellness could be included</i></p>	<p>YES</p>	<p>EHA Wellness Plan open and encouraged for all staff. Additional staff wellness promotions included (Weight Room available for staff use, Staff walking in halls during Just Move It time and after school, a massage chair was on loan to the school for a 1 week period for staff to use)</p>	<p>Staff participation in EHA Wellness program is about 70%. Staff participates in Just Move It walking and utilized the massage chair during that promotion.</p>

Nebraska Department of Education, Office of Coordinated Student Support Services

Adapted from the Let's Eat Healthy Program resources

<p>Additional Goal(s) <i>Add more rows as needed</i></p>			
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