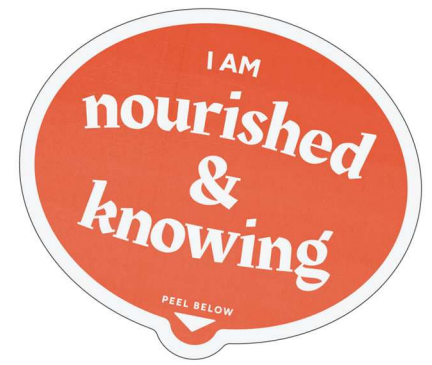


Step 2 Overton Public School

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)

Water will be made available to students throughout the school day.

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 School:** Water bottles are provided to all students and new bottle filling fountains were installed in the elementary wing.
- **Middle School:** New bottle filling stations were installed for student use and cups are available. .
- **High School:** New bottle filling stations were installed for student and staff use and cups are available.

2. Physical Activity Goal (REQUIRED)

Students will be encouraged to engage in physical activities throughout the school day and will be provided with opportunities to do so.

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 School:** Elementary students have opportunities to walk before school, recess several times a day and participate in PE several times a week.
- **Middle School:** Students participate in PE 2 days a week and are given a recess at lunch.
- **High School:** Students are given the opportunity to participate in several weights classes and other PE classes during the school day. Many students also participate in after school sports teams.

3. Other Student/School Wellness Goal (REQUIRED)

The district may partner with other individuals or entities in the community to support the implementation of this policy .

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 School:** Hearing and vision screenings are provided for students by the Lions Club, a flu shot clinic is held for students/staff.
- **Middle School:** Flu shot clinic and bloodmobile is held for students/staff to participate in.
- **High School:** Flu shot clinic and bloodmobile is held for students/staff to participate in. The school provides mental health support by contracting with the ESU 10 to provide professional mental health practitioner..



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

Notes: All of our meals and smart snacks sold meet the Federal/State meal pattern. Our salad bar is being made over into a fruit and vegetable bar, and our 5-12 students have enjoyed the variety of fresh fruit and vegetables that are available to them daily.



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

Compliant

Notes: Healthy snacks and drinks are provided by parents more often for parties and birthdays. The district will be sending out (in the newsletter) a list of healthy snacks/birthday treat options to parents at the beginning of the year as a reminder.

3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

Notes:

4. Describe how the public (parents, community members, etc.) were included and/or invited to participate in the LWP development, implementation, review, and update.

The wellness policy is provided on the Overton Public School website and discussed during the board meeting that is open to the public.

Discussion/Notes:

Questions? Contact lauren.christensen@nebraska.gov

