

Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool

(make a copy for your own use)

Component	Description
<p>Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.</p>	<ul style="list-style-type: none"> • The WellSAT 3.0 School Assessment Tool
<p>Areas of Strength:</p>	<ol style="list-style-type: none"> 1. Within our school environment, the students receive nutrition education. 2. Our school assures compliance with USDA nutrition standards from the implementation of free and reduced priced meals, guidelines for conducting the school meal program, to annual training for food and nutrition services staff. 3. Our school provides opportunities for activity through physical education classes, recess, and integration in curriculum.
<p>Opportunities for Improvement</p>	<ol style="list-style-type: none"> 1. Our school will encourage staff to model healthy eating and physical activity for themselves and in the classroom. 2. Our school will strive to do more in promoting good nutrition and physical activity. 3. Our school will inform parents of Smart Snack options in and out of school.
<p>As a result of the comparison, was new language adopted in the LSWP?</p>	<p>X Yes</p> <p><input type="checkbox"/> No</p>
<p>If yes, briefly describe what was adopted (include page numbers for new language if possible),</p>	<p>As a result of the WellSat 3.0 model policy comparison, the wellness policy was revised to include all required language in May 2023.</p>
<p>Have the changes been approved by the school board?</p>	<p>X Yes</p> <p><input type="checkbox"/> No</p>
<p>Describe the next steps for strengthening your LSWP.</p>	<p>The teachers and staff will work on the goals set for the school year 2023-24.</p>


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Deshler Lutheran School 2022-23

Step #2: Progress in Reaching LSWP Goals

You are required to identify at least three goals as part of USDA wellness policy requirements:

1) nutrition, 2) physical activity, and 3) other student wellness goals.

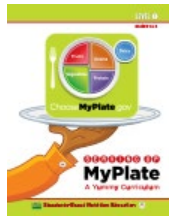
	Goal As defined by your LSWP	Was the Goal Met? Yes/Partially/No	What was Achieved? Describe how you achieved this goal.	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Nutrition Education Goal(s)/ Nutrition Promotion Goals(s) – only one nutrition goal is needed	The school will promote fruits, vegetables, whole grains, low fat & fat free dairy...	Partially	Our school food service provider hung posters next to the food service line.	
Physical Activity Goal(s)	The school will provide opportunities for activity through physical education classes, recess, and integration in curriculum.	Yes	The school provides “Walking Club” at the beginning of the school day while the students are waiting for school to begin, has regular recesses, uses GoNoodle for classroom breaks, and provides at least 50 minutes of physical education each week.	Walking Club – every morning before school <u>PE schedule</u> K-2 M/W 30 min. 3-4 Tu/F 30 min. 5-6 Tu/Th 30 min. 7-8 M-F 1 hour (students in sports) M/W/F 1 hour (students not in sports)
Other Student Wellness Goal(s)	The school will provide to parents a list of food and beverages that meet Smart Snacks nutrition standards.	Yes	We posted a listing of Smart Snacks on our school’s website.	www.deshlerlutheran.org/documents

Outline the Plan for Measuring LSWP Implementation...

- Who:** The school staff and teachers
- What:** The school staff and teachers will measure the implementation of the school’s wellness policy goals in their particular area -- the classroom, physical education, or foodservice area.
- How:** They will report to the wellness team how they are meeting/met the goals.
- By When:** They will make their report to the wellness policy team at their next meeting of the new school year.

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Step #2.5 A Plan for Implementing LSWP Goals for School Year 2023-24

	Goal As defined by your LSWP	What is the Plan? Describe how you will achieve this goal.	Documentation Share documents (as links or attachments) used to measure LSWP implementation
Nutrition Education Goal(s)/ Nutrition Promotion Goals(s) – only one nutrition goal is needed	The school will offer nutrition education at each grade level to provide students with the knowledge and skills necessary to promote and protect their health.	The school nurse and teachers will be providing lessons on proper nutrition, food portions, sugar content in beverages, MyPlate, and so on.	 <p>A USDA Team Nutrition resource</p>
Physical Activity Goal(s)	Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.	The students in the upper grades (5-8) will be given regular classroom breaks during the school day.	<p>Grades 5-6 – They have a regular 15 min. brain-break at 10:30.</p> <p>Grades 7-8 - They are given regular opportunities to go to their locker, take restroom breaks, and fill their water bottles. As needed, the class does brain-break activities.</p> <p><u>Recess schedule:</u> Grades 5-6 - 20 min. once or twice/day 45 minute noon recess Grades 7-8 – 45 minute recess at noon</p>
Other Student Wellness Goal(s)	The school will encourage that all foods and beverages available to students outside of the school meal program support healthy eating.	Parents will be provided information to help them determine food and beverages that meet Smart Snacks nutrition standards.	https://www.deshlerluth.org/documents

Outline the Plan for Measuring LSWP Implementation...

1. **Who:** The school staff and teachers
2. **What:** The school staff and teachers will measure the implementation of the school's wellness policy goals in their particular area -- the classroom, physical education, or foodservice area.
3. **How:** They will report to the wellness team how they are meeting/met the goals.
4. **By When:** They will make their report to the School Wellness Policy Team at their next meeting of the new school year.

Step #3- Extent of Compliance for All Schools with the LSWP

Policy Area** (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)			1
Physical Activity Goal(s)			1
Other Student Wellness Goal(s)			1
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance**			
<u>Federal/State Meal Standards</u> are Met			1
Foods Offered but Not Sold to Students Standards			1
Food and Beverage Marketing (<u>SMART Snacks regulations</u>- ala carte and vending, food sales during the school day)			1

***If any of these requirements are not met, you will need to address how you will meet these requirements moving forward as part of the Triennial Assessment summary and how the summary is made available to the public.*

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement- how was the public included in LWP development? (parents, community members, etc.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification- how are you notifying the public about your assessment results?	<input checked="" type="checkbox"/> Yes - Will add triennial assessment to the school website <input type="checkbox"/> No
Triennial Assessment- is this posted publicly? Provide the link	<input type="checkbox"/> Yes <input type="checkbox"/> No

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Questions, contact: jessie.coffey@nebraska.gov

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Step #4 Sharing your Success – You have accomplished a lot!

Step #1 – Post results of the wellness policy assessment

Step #2 – Post results on progress made in meeting your three district wellness policy goals

Step #2.5 – Identify steps to be taken to meet unmet goals or policy elements that are not currently met and how you will update Wellness Policy goals

Step #3 – Not applicable for Deshler Lutheran School

Step #4 – Document how you are updating the public below

Target Audience	Method	Date
School Board	Presentation during school board meeting.	June 26, 2023
Teachers	The updated School Wellness Policy and subsequent goals will be discussed during meetings before the school year begins.	August 2023
Parents/Caregivers Community Partners	Information will be included in the registration packet at the beginning of the school year. The Wellness Policy will be posted on the school's website.	August 2023
	Information will be available at Back to School Night.	August 14, 2023