

## Step #2: Progress in Reaching LSWP Goals Template

Goal As defined by your LSWP	Was the Goal Met ? Yes/ Parti ally/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<p><b>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></b></p>			
<p><b>SCHOOL GOAL #1</b>  <b>Nutrition: Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements.</b></p>	<p>YES</p>	<p>Allen Schools lunch program is in compliance with federal and state regulations set forth and available on the Nebraska Department of Education Nutrition Services website:</p> <p><a href="https://www.education.ne.gov/ns/">https://www.education.ne.gov/ns/</a></p>	<p><b><u>SY2022-23 School Nutrition Programs Approval Letter:</u></b></p> <p><a href="https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2.27.23%20Application%20approved.pdf">https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2.27.23%20Application%20approved.pdf</a></p> <p>Our school menus are sent home in the monthly newsletter as well as published monthly on the school website. The 2022-23 School year menus are compiled and available HERE:</p> <p><a href="https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2022-2023%20Menus.pdf">https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2022-2023%20Menus.pdf</a></p>
<p><b>School GOAL #2</b>  <b>Physical Activity: Children and adolescents should participate in 60 minutes of physical activity every day.</b></p>	<p>YES</p>	<ul style="list-style-type: none"> <li>All Elementary classes receive 3 days of PE with 25 minutes per day in addition to daily recesses of at least 20 minutes per day (most have more).</li> <li>All 7-8th grade students are required to take a full year of PE class.</li> <li>All 9-12 grade students are required to take 2 full years of PE/health classes.</li> </ul>	<p>Documentation is in the School Handbook:</p> <p><a href="https://www.allenschools.org/vimages/shared/vnews/stories/55de1d4992849/Allen%20Consolidated%20Schools%20Handbook%202021-2022%20Student.pdf">https://www.allenschools.org/vimages/shared/vnews/stories/55de1d4992849/Allen%20Consolidated%20Schools%20Handbook%202021-2022%20Student.pdf</a></p>

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<p><b>School GOAL #3 Other Wellness Activities: 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.</b></p>	<p>YES</p>	<ul style="list-style-type: none"> <li>• Staff will be sent periodic health information from BCBS/EHA via email such as monthly fitness challenges, Personal Health Assessment information, and LifeLine Screening opportunities.</li> <li>• Spring “Track and Field Day” is held every spring for elementary students.</li> <li>• Red Ribbon Week activities are held every October.</li> <li>• NENPHD offers yearly teeth cleaning and sealing free of charge to students.</li> <li>• Students participate in Kids’ Heart Challenge every year through the PE program.</li> <li>• CPR Classes are offered to senior PE students who can then receive CPR certification.</li> </ul>	<p><b><u>Staff EHA Email Examples:</u></b>  <a href="https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/EHA%20Challenge.pdf">https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/EHA%20Challenge.pdf</a></p> <p><b><u>Spring Track &amp; Field Day Link:</u></b>  <a href="https://www.allenschools.org/vnews/display.v/ART/5cae1bfdcaaa">https://www.allenschools.org/vnews/display.v/ART/5cae1bfdcaaa</a></p> <p><b><u>Red Ribbon Week Link:</u></b>  <a href="https://www.allenschools.org/vnews/display.v/ART/63517085188f7?in_archive=1">https://www.allenschools.org/vnews/display.v/ART/63517085188f7?in_archive=1</a></p> <p><b><u>Dental Letter:</u></b>  <a href="https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/Dental%20Screenings.pdf">https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/Dental%20Screenings.pdf</a></p> <p><b><u>Kids’ Heart Challenge link:</u></b>  <a href="https://www.allenschools.org/vnews/display.v/ART/63f273652a1b8?in_archive=1">https://www.allenschools.org/vnews/display.v/ART/63f273652a1b8?in_archive=1</a></p> <p><b><u>CPR Training Announcement:</u></b>  <a href="https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/CP R%20announcement%202023.pdf">https://www.allenschools.org/vimages/s_hared/vnews/stories/64077a0c57479/CP R%20announcement%202023.pdf</a></p>

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

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