

Step 2

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)

Tower School meals meet USDA standards and ensure healthy food choices are promoted.

a. Was the goal met?

- Yes** - the school/district/RCCI met this goal across all grade levels.
- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- No** - the school/district/RCCI did not meet this goal for any grade level.

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.

Tower School successfully met its nutritional goals by providing students with access to healthy meals that comply with USDA standards through a cooperative food service agreement with Wayne Community Schools and participation in the National School Lunch Program. Meals offered to students included a variety of fruits, vegetables, whole grains, and low-fat dairy options while meeting federal requirements for sodium, saturated fat, and calorie levels. Meal service was conducted in a clean, supervised, and supportive environment, and students were provided adequate time to eat to encourage healthy eating habits and positive mealtime experiences.

Throughout the school year, Tower School promoted healthy food choices by ensuring that all foods and beverages available outside of reimbursable meals met USDA Smart Snacks standards. Healthy eating messages were reinforced across the school environment, and staff encouraged students and families to make nutritious food choices. The school maintained practices that discouraged food sharing to support student safety and dietary needs while encouraging parents to provide healthy lunches and snacks when applicable.

Tower School also supported hydration and healthy beverage choices by providing free access to safe drinking water throughout the school day. Students were allowed to carry approved water bottles, and water was available during meal periods. Water sources and containers were routinely maintained to ensure cleanliness and accessibility.

Healthy celebrations and positive reinforcement strategies were emphasized throughout the school. Families and staff were provided with information regarding healthy classroom snacks, non-food celebration ideas, and alternatives to food-based rewards. In addition, the school supported non-food fundraisers and encouraged activities that promoted physical activity and wellness.

Nutrition education was incorporated into the educational environment through classroom instruction and daily interactions. Students received age- and developmentally-appropriate instruction regarding healthy eating habits, the importance of hydration, balanced nutrition,

food safety, and making healthy choices. Nutrition concepts were reinforced through discussions, modeling by staff, and integration into daily routines to help students develop lifelong healthy habits.

Because Tower School serves students with diverse disabilities and specialized needs in a Level III setting, nutrition goals were implemented with flexibility and individualized supports. Staff worked collaboratively with families, nursing services, and dietary personnel to accommodate medical needs, food allergies, sensory preferences, and special dietary requirements. These efforts ensured equitable access to healthy meals and nutrition education while promoting overall health, wellness, and lifelong healthy behaviors for all students.

Overall, Tower School successfully met its nutritional goals by maintaining compliance with federal nutrition standards, promoting healthy food choices, providing nutrition education, supporting hydration, and creating a positive and inclusive environment that encourages lifelong wellness practices.

2. Physical Activity Goal (REQUIRED)

Tower School Students will receive daily movement opportunities through recess, sensory activities, yoga, team building, and classroom movement breaks.

a. Was the goal met?

- Yes** - the school/district/RCCI met this goal across all grade levels.
- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- No** - the school/district/RCCI did not meet 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.

Tower School successfully met its physical activity goals by providing students with multiple opportunities for movement and exercise throughout the school day while ensuring that activities were individualized to meet the unique needs of students receiving Level III special education services. Recognizing that many students have varying physical, behavioral, sensory, and developmental needs, Tower School maintained an inclusive approach that emphasized participation, self-regulation, and lifelong wellness rather than competition or performance.

Students participated in daily movement opportunities through a combination of structured and unstructured activities. Indoor and outdoor recess, team-building activities, classroom movement breaks, sensory-based activities, and organized physical activities provided regular opportunities for students to engage in age-appropriate exercise and social interaction. Physical activity opportunities were adapted as needed to ensure equitable access for all students regardless of functional limitations or disabilities. Staff consistently encouraged participation and served as positive role models by engaging alongside students whenever feasible.

Tower School incorporated physical activity into the educational environment through movement-based learning and active classroom strategies. Teachers utilized kinesthetic activities, standing workstations, ball chairs, and classroom transitions to reduce sedentary behavior and improve attention, focus, and engagement. Short movement breaks and sensory activities were implemented throughout the day to support self-regulation and help students remain ready to learn.

The school maintained a sensory room equipped with movement-based and sensory integration activities that were utilized daily by students requiring additional support. These opportunities promoted emotional regulation, stress reduction, and physical activity while supporting students' behavioral and sensory needs. Daily honors time and planned indoor and outdoor activities further provided students with opportunities to practice teamwork, social skills, and healthy physical activity habits.

Tower School emphasized the importance of physical activity as a component of overall health and wellness. Health education and daily interactions reinforced concepts related to exercise, fitness, healthy lifestyles, and the benefits of physical activity. Students received instruction and support in understanding the connection between movement, physical health, emotional well-being, and academic success.

Consistent with the wellness policy, physical activity was not withheld as punishment. In situations where a student was unable to safely participate in group activities, individualized alternative movement opportunities were provided to ensure students continued to receive the benefits of physical activity while maintaining safety for all. Appropriate accommodations and adaptive strategies were implemented to ensure that all students had meaningful access to movement opportunities.

The school also maintained safe facilities and equipment to promote active participation and conducted necessary inspections and repairs as needed. Outdoor activities were provided whenever weather conditions permitted, and indoor alternatives were utilized when outdoor conditions were unsafe.

Overall, Tower School successfully met its physical activity goals by fostering an environment that promoted movement, self-regulation, and physical wellness throughout the school day. Through inclusive practices, sensory supports, active learning strategies, and individualized accommodations, students were provided with daily opportunities to engage in meaningful physical activity and develop healthy habits that support lifelong health and well-being.

3. Other Student/School Wellness Goal (REQUIRED)

Tower School will strengthen staff wellness by providing at least two opportunities annually for stress management, resilience-building, or mental health education to support employee well-being and workplace satisfaction.

a. Was the goal met?

- Yes** - the school/district/RCCI met this goal across all grade levels.
- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- No** - the school/district/RCCI did not meet 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.

Tower School successfully met its staff wellness goals by fostering a culture that recognizes the importance of employee health and well-being as an essential component of a positive school environment and student success. The District Wellness Committee maintained a focus on staff wellness and promoted activities and resources designed to support the physical, emotional, and mental well-being of employees.

Throughout the assessment period, Tower School encouraged staff members to model healthy behaviors for students and to actively participate in wellness initiatives. Staff members were provided opportunities to engage in health promotion activities through the Employee Health Alliance (EHA) Wellness Program and other district-supported wellness efforts. Wellness initiatives promoted healthy lifestyles and encouraged employees to prioritize their own health while serving as positive role models for students.

The school supported preventive health measures by providing access to blood pressure screenings, weight monitoring, and annual immunization opportunities. Employees were encouraged to participate in recommended vaccinations and health maintenance activities to support both individual wellness and the overall health and safety of the school community. These preventive efforts contributed to reducing illness and promoting a healthy work environment.

Tower School also recognized the importance of emotional wellness and maintaining a supportive workplace culture. Administrators and staff fostered a collaborative environment that emphasized teamwork, mutual support, and positive relationships among colleagues. Staff members were encouraged to maintain a healthy work-life balance and to utilize available resources that support physical and emotional well-being.

Because Tower School serves students with complex behavioral, emotional, and physical needs, the school acknowledges the importance of supporting staff who work in a demanding and



highly specialized environment. Wellness efforts focused on creating a positive workplace atmosphere where employees felt valued, supported, and empowered to maintain healthy lifestyles. Staff members were encouraged to engage in self-care practices and participate in wellness activities that promote resilience and overall well-being.

The District Wellness Committee continued to identify and disseminate wellness resources and support staff participation in health promotion programs that are accessible, inclusive, and free whenever possible. Through these efforts, Tower School demonstrated its commitment to promoting a healthy and supportive work environment for all employees.

Overall, Tower School successfully met its staff wellness goals by encouraging healthy behaviors, supporting preventive health practices, promoting participation in wellness activities, and maintaining a positive and collaborative work environment. These efforts contributed to employee well-being and supported the school's broader mission of creating a healthy, safe, and supportive environment for students and staff alike.

4. Additional Goal (Optional)

If the LWP includes more than the 3 required goals, delete this text and type additional Wellness Goal from the current LWP in this area.

a. Was the goal met?

- Yes** - the school/district/RCCI met this goal across all grade levels.
- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- No** - the school/district/RCCI did not meet 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 this Additional Goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.

- **Elementary School:** Delete this text and type your response here....
 - **Middle School:** Delete this text and type your response here....
 - **High School:** Delete this text and type your response here....
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Extent of Compliance with Wellness Policy

Instructions for Districts with Multiple School Buildings:

Districts with multiple school buildings will need to indicate the extent of compliance for each building for the following wellness policy requirements. Practices for each building should align with the district wellness policy.

If your district has an internal procedure for collecting this data (e.g., Google form, Excel spreadsheet, etc.), you may provide a link to a copy of that file in lieu of completing the section below. Alternatively, you may opt to complete the section below to indicate extent of compliance for each building; however, if multiple levels of compliance are checked (e.g., some school buildings are compliant while others are partially compliant), you will need to indicate the number of schools that fall into each category in the Notes section.

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)

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 2)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 3)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

3. Food/Beverage Marketing and Advertising Standards

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 4)

Notes: Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

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

Delete this text and type your response in this area...

Discussion/Notes:

(Optional) Delete this text and type any notes in this area...

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