

Step #2: Progress in Reaching LSWP Goals Template

(make a copy for your own use)

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
<p><i>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></i></p>			
<p>Nutrition Education Goal(s)- record goal OR Nutrition Promotion Goal(s)- record goal</p>	<p>yes</p>	<p>Nutritional offerings aligned with USDA/NDE recommendations/requirements</p> <p>Breakfast offerings</p> <p>Fruits/vegetables offered to students in addition to meals to choose if desired</p> <p>Free water throughout school day</p> <p>Monthly nutrition education in classroom as part of standard curriculum</p> <p>Monthly cooking opportunities for students</p> <p>UNL extension monthly/bi-monthly nutrition education</p>	
<p>Physical Activity Goal(s)- record goal</p>	<p>yes</p>	<p>Yoga, Go Noodle, educational movement throughout the school day, recess, planned physical activity offerings by staff, activity offerings as choice for free time</p>	

Nebraska Department of Education, Office of Coordinated Student Support Services

Adapted from the Let's Eat Healthy Program resources

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		(swings, trampoline, wii) physical activities in community as available, UNL extension provides education regarding physical activity and wellness for students.	
Other student wellness Goal(s) - record goal, this is often where goals to support SEL and Mental health or staff wellness could be included	yes	<p>MH/SEL planned and implemented daily for all students. A multitude of SEL/MH resources and supports are available and utilized by Tower School students.</p> <p>EHA wellness activities for staff, UNL extension wellness related education/support for staff, wellness presentations and promotional activities offered by outside speakers.</p>	
Additional Goal(s) <i>Add more rows as needed</i>			

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