

# 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.

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### 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)

- a. By May 2027, St. Robert Bellarmine School will establish a Wellness Committee that promotes a comprehensive approach to student and staff wellness by developing, implementing, and evaluating initiatives that support physical, social-emotional, spiritual, and environmental well-being. The committee will create a sustainable structure for identifying wellness needs, coordinating schoolwide efforts, and fostering a culture of health and wellness throughout the school community.
- b. **Was the goal met?**  
**Partially** - the school/district/RCCI met this goal for some grade levels, but did not meet this goal for other grade levels
- c. **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:** A wellness committee was formed and met twice, but it did not include the variety in membership we desired.

- Next steps are to include the Total Education Board member and students on the wellness committee.

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## 2. Physical Activity Goal (REQUIRED)

3. By May 2026, St. Robert Bellarmine School will increase opportunities for student movement throughout the school day by implementing intentional brain breaks in classrooms. Teachers will incorporate movement-based activities, physical resets, and active learning strategies to support student focus, engagement, and overall wellness.
  - a. **Was the goal met?**  
**Yes** - Go Noodle and other websites helped teachers be more intentional about providing brain breaks to their students. Language Arts teachers in grades 5-8 gave an intentional pause half-way through their 90 minute literacy block.
  - 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:** Since the goal was met, and positive responses were noted from teachers and students, this practice will continue to be an expectation moving forward.

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#### 4. Other Student/School Wellness Goal (REQUIRED)

5. By May 2026, St. Robert Bellarmine School will implement the Friendly social-emotional learning curriculum in grades K–8 with fidelity, ensuring that 100% of classrooms provide weekly Friendly lessons and activities. As a result, students will demonstrate growth in social-emotional competencies, as measured by teacher observations, student surveys, and a reduction in behavioral referrals.

- a. Was the goal met?

**Yes** - Friendly was purchased and implemented by our school counselor in all grades K-6. It was implemented by our religion teacher in grades 7-8.

- 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:** Continue to use Friendly in the classrooms. Increase the classroom teacher follow-up to the lessons introduced by the school counselor.

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### 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 (skip to question 2)

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

Partially Compliant (if checked, complete notes section below)

**Notes:** Snacks that come into the school for celebrations do not always meet the Smart Snack requirements. We do encourage healthy snacks, but do not prohibit other snacks on occasion.

## 3. Food/Beverage Marketing and Advertising Standards

Compliant (skip to question 4)

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

Our wellness committee assisted in the creation and review of the goals. All stakeholders will receive a copy of the updated wellness policy and the Triennial Assessment. It will also be posted on our school website. <https://www.stroberts.com/health-and-wellness>

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