

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
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>			
1. Nutrition Education Goal(s) -OR- Nutrition Promotion Goal(s)- Students having access to healthy food.	Yes	- Student had free & reduced lunches through Ord Public School -Healthy Breakfast was offered @ minimum cost -Students have unlimited access to water & have water bottles with them	See file named Lunch Menu for documentation.
2. Physical Activity Goal(s)- Opportunity to be physically active during the school day.	Yes	-Recess breaks are a total of 50 min. per day -Walking to lunch provides an additional 20 min. -P.E. 90 minutes per week	See file named Class Schedule.
3. Other student wellness Goal(s)- Students engaging in nutrition & physical activity promotion.	Yes	-Participated in Lift Program w/local UNL Extension Office -Students are encouraged to apply the nutrition education they received in their science curriculum when making their snack choices	See photo named Lift Activity.
Additional Goal(s) Add more rows as needed St. Mary's Wellness Committee will update Wellness Policy wording into Smart Goal format by April 2026	No	The Wellness Committee will meet at least once per semester to reformat wellness policy.	

[To return to the overview document, click this link](#), Questions, contact: jessie.coffey@nebraska.gov