

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.
-

1. Nutrition Education Goal/Nutrition Promotion Goal (REQUIRED)

SCHOOL GOAL #1 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.

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.

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. All menus are set for all K-12 students on a daily basis. All students are served the same menu items for all students.

- SY2025-2026 School Nutrition Programs Approval Letter:
- <https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2.27.23%20Application%20approved.pdf>
- Our school menus are sent home in the monthly newsletter as well as published monthly on the school website. The 2025-2026 School year menus are compiled and available HERE:
- <https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/2022-2023%20Menus.pdf>

2. Physical Activity Goal (REQUIRED)

School GOAL #2 Physical Activity: Children and adolescents should participate in 60 minutes of physical activity every day.

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.

Documentation is in the School Handbook:

<https://www.allenschools.org/vimages/shared/vnews/stories/55de1d4992849/Allen%20Consolidated%20Schools%20Handbook%202025-2026%20Student.pdf>

- **Elementary School:** 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).
- **Middle School:** All 7-8th grade students are required to take a full year of PE class.
- **High School:** All 9-12 grade students are required to take 2 full years of PE/health classes.

3. Other Student/School Wellness Goal (REQUIRED)

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.

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.

- 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.
 - <https://www.allenschools.org/vimages/shared/vnews/stories/64077a0c57479/EHA%20Challenge.pdf>
- Spring "Track and Field Day" is held every spring for elementary students.
 - **Spring Track & Field Day Link:**
 - https://www.allenschools.org/vnews/display.v/ART/69eeafa8b21d3?in_archive=1



- NENPHD offers yearly teeth cleaning and sealing free of charge to students.
 - **Dental Letter:**
 - https://www.allenschools.org/vnews/display.v/ART/650b04b696988?in_archive=1
- Students participate in Kids' Heart Challenge every year through the PE program.
 - **Kids' Heart Challenge link:**
 - https://www.allenschools.org/vnews/display.v/ART/65c501ba148e2?in_archive=1

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)

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)

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)

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

With being such a small school, we give the opportunity for students and parents to provide input on our school lunch menus and what we offer for nutrition. We have vending machines that provide healthy options for certain drinks throughout the day. During open board meetings and weekly discussions through social media and email.

Questions? Contact: lauren.christensen@nebraska.gov

