

Step #2: Progress in Reaching LSWP Goals Template

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
<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>			
Provide healthy meals that comply with USDA standards.	Yes	The district contracts with Lunchtime Solutions to provide breakfast and lunch that meet USDA guidelines.	School meal planning calendar.
Provide at least 250 minutes of physical activity for K – 6 students per week	Yes	Increased recess time and increased offerings for health and physical education classes. Between recess and physical education, K-2 students get 390 minutes of physical activity a week, and 3-6 students get 315 minutes.	Elementary recess schedule and specials schedule.
Provide internal and external agency resources for identification, support, and counseling for students who need mental health support.	Yes	*Mental health partnership with Heartland Counseling and ESU 1 to support students and staff. *Weekly student mental health meetings. *Addition of an elementary guidance counselor for 2022-24	Agenda from mental health meetings attended by administration, school counselors, school psychologist, and Heartland Counseling.

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