

## Step #2: Progress in Reaching LSWP Goals Template

### *Falls City Sacred Heart School*

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
You are required to identify at least 3 goals as part of USDA wellness policy requirements, 1) nutrition, 2) physical activity, and 3) other student wellness goals.			
<b>Nutrition Education Goal(s)/Nutrition Promotion Goal(s)- only 1 nutrition goal is needed:</b> <i>Share Guide to Smart Snacks in Schools with parents and encourage use of this guide for classroom parties</i>	YES	Link was added to the wellness policy page on the school website and information on where to find it was shared with parents.	<a href="https://fcsacredheart.org/wellness-policy/">https://fcsacredheart.org/wellness-policy/</a>  Smart Snack link at the bottom
<b>Physical Activity Goal(s):</b> <i>Increase the amount of physical education time for K, 1, 2 students</i>	YES	We added an extra 23-minute PE session in the afternoon one time per week for grade levels K, 1, 2	
<b>Other student wellness Goal(s):</b> <i>Minimize the withholding of physical activity as punishment</i>	YES	Previously, students in grades 3-5 would report to the homework room during lunch recess to make up missing work. This could equate to missing the entire recess. Students now must have at least 15 minutes of lunch recess.	
Outline the plan for measuring LSWP implementation			

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><b>1. NUTRITION EDUCATION GOAL:</b>  <b>Who:</b> All parents  <b>What:</b> Provided with the Smart Snack Guide  <b>How:</b> Linked to School Website  <b>By When:</b> January 2022</p> <p><b>2. PHYSICAL EDUCATION GOAL:</b>  <b>Who:</b> Students in grades K, 1, 2  <b>What:</b> Receive 23 minutes of additional physical education time per week  <b>How:</b> By utilizing an afternoon period in which the physical education teacher is available.  <b>By When:</b> Implemented during the 2022-23 school year</p> <p><b>3. OTHER STUDENT WELLNESS GOAL:</b>  <b>Who:</b> Grades 3-5  <b>What:</b> Eliminate loss of entire lunch recess as punishment  <b>How:</b> Students may still be required to attend homework room but are guaranteed a minimum of 15 minutes for lunch recess.  <b>By When:</b> Implemented during the 2022-23 school year</p>			

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