

Step #3- Extent of Compliance for All Schools with the LSWP
Sacred Heart School Falls City

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Name of Schools)	Partial Compliance (Name of School(s))	Full Compliance (Name of Schools)
Nutrition Education/Promotion Requirements(s): Nutrition Promotion/ Education Nutrition promotion and education positively influence lifelong eating behaviors. Falls City Sacred Heart Catholic School will teach, model, encourage and support healthy eating by all students and provide nutrition education and engage in nutrition promotion that: * Is part of not only health education classes, but also integrated into other classroom instruction * Is designed to provide students with the knowledge and skills necessary to promote and protect their health * Promotes fruits, vegetables, whole-grain products, low-fat and fat- free dairy products and healthy food preparation methods * Emphasizes caloric balance between food intake and energy expenditure * Includes nutrition education training for teachers and other staff			Falls City Sacred Heart
Physical Activity Requirement(s) Falls City Sacred Heart Catholic School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Physical activity during the school day would not be withheld as punishment for any reason. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school safety committee will conduct necessary inspections and repairs.			Falls City Sacred Heart

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<p>Falls City Sacred Heart Catholic School will provide students with physical education, using an age-appropriate, physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.</p> <p>All elementary and middle school students will receive physical education throughout the school year. All secondary students are required to take one academic year of physical education.</p>			
<p>Other Student Wellness Requirements(s)</p> <p><u>Nutrition Promotion/ Education</u></p> <p>Nutrition promotion and education positively influence lifelong eating behaviors.</p> <p>Falls City Sacred Heart Catholic School will teach, model, encourage and support healthy eating by all students and provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> * Is part of not only health education classes, but also integrated into other classroom instruction * Is designed to provide students with the knowledge and skills necessary to promote and protect their health * Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods * Emphasizes caloric balance between food intake and energy expenditure * Includes nutrition education training for teachers and other staff <p><u>Essential Healthy Eating Topics in Health Education</u></p>			Falls City Sacred Heart

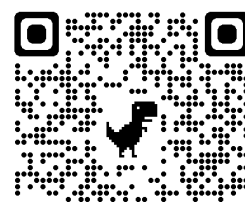
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<p>The K-12 health education curriculum includes some of the following topics on healthy eating:</p> <ul style="list-style-type: none"> * Relationship between healthy eating and personal health and disease prevention * Reading and using FDA's nutrition fact labels * Eating a variety of foods every day * Balancing food intake and physical activity * Eating more fruits, vegetables and whole grain products * Choosing foods that are low in fat, saturated fat, and cholesterol and does not contain trans fat * Choosing foods and beverages with little added sugars * Eating more calcium-rich foods * Preparing healthy meals and snacks * Risks of unhealthy weight control practices * Food safety * Importance of water consumption * Importance of eating breakfast * Making healthy choices when eating at restaurants * Eating disorders * Reducing sodium intake 			
<p>Federal/State Meal Standards</p> <p>Falls City Sacred Heart Catholic School participates in USDA child nutrition programs and is committed to serving healthy meals that:</p> <ul style="list-style-type: none"> * Are appealing and attractive to children * Are served in clean and pleasant settings * Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations 			Falls City Sacred Heart

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<p>Promotes healthy food and beverage choices using some of the following:</p> <ul style="list-style-type: none"> * Daily fruit options are displayed in a location in the line of sight and reach of students * All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal * Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas * Student artwork is displayed in the school dining area * Daily announcements are used to promote and market the lunch menu * Menus will be posted on school websites, and the child nutrition program will accommodate students with special dietary needs according to USDA Standards. * Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated * Students are served lunch at a reasonable and appropriate time of day 			
<p>Foods Offered but Not Sold Standards</p> <p>All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy classroom party ideas are available from the <u>Alliance for a Healthier Generation</u> and the <u>USDA</u>. Rewards support student health when they involve using non-food items or activities; examples of non-food items or activities are stickers, books, or extra time for recess to recognize students for their achievements or good behavior. Birthday parties and holiday celebrations provide a great</p>			<p>Falls City Sacred Heart</p>

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opportunity' for schools to make healthful eating fun and exciting for students. Schools can promote a positive learning environment by shifting the celebration from the food to the child. Games, crafts and having fewer parties and celebrating birthdays on a monthly basis are suggestions from the USDA.			
Food and Beverage Marketing Any foods and beverage marketed to students on the school campus during the school day will meet or exceed USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. As the school Nutrition Services/Athletics Department /Home & School consider new contracts, equipment and product purchasing decisions should reflect the applicable marketing guidelines established by the wellness policy.			Falls City Sacred Heart

District LSWP Components	For the components below, indicate whether the district is in compliance.
Public Involvement	<input type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification	<input type="checkbox"/> Yes <input type="checkbox"/> No
Triennial Assessment	<input type="checkbox"/> Yes <input type="checkbox"/> No

[Return to triennial assessment document](#)



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