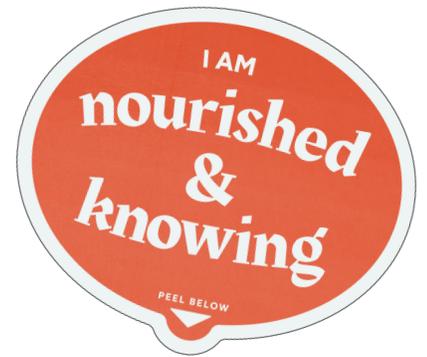


Step 2

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.

Instructions - Progress in Reaching LWP Goals:

Using the template below, identify the language that is currently included in the LWP for each goal area and indicate whether the goal was met, partially met, or not met. Provide a summary of the progress made towards each goal for each grade level (elementary, middle school, high school) within your school/district/Residential Child Care Institution (RCCI).

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

The lunchroom needs to provide a good variety of fruits and vegetables for students to choose from.

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.

- **Elementary School:** We met this goal at the elementary level by meeting with the head cook to discuss expanding fruit and vegetable offerings appropriate for younger students. As a result, the lunch program increased the variety of fruits and vegetables available to grade school students. While offerings continue to evolve, students now have access to a broader selection than in previous years.
- **Middle School:** N/A—included with High School
- **High School:** At the secondary level, the administration also collaborated with the head cook to improve the variety and appeal of fruits and vegetables offered to high school students. Additional options have been incorporated into the menu and salad bar selections. Although continued refinement is needed, the overall variety available to high school students has increased compared to prior years.

2. Physical Activity Goal (REQUIRED)

Students need movement during the day. Indoor recess should give grade school students an opportunity for movement rather than only quiet play. Because even older students need some physical outlet, and not every student participates in PE and/or athletics, we will provide a quarterly activity to promote exercise and physical activity for our 7-12 grade students who do not get daily recess.

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.

- **Elementary School:** To support increased movement opportunities during the school day, adjustments were made to indoor recess procedures. One grade level per recess period was provided access to the gym for organized basketball activities. While scheduling constraints limited broader restructuring of the recess schedule, this modification ensured that elementary students had access to structured physical activity during indoor recess rather than exclusively quiet play options. The school will continue to evaluate scheduling options to further enhance movement opportunities.
- **Middle School:** N/A—included in High School
- **High School:** To increase physical activity opportunities for secondary students who do not have daily recess and may not participate in athletics, the school established a School Climate Committee composed of faculty members. The committee was tasked with organizing school-wide climate and physical activity events approximately four times per year (twice per semester). Activities have included staff vs. student kickball, whiffleball, and volleyball games, as well as interactive events such as trivia/game-show competitions and collaborative outdoor activities (e.g., sidewalk chalk art and snow sculpture projects). These initiatives provided structured opportunities for movement and student engagement beyond required physical education courses.

3. Other Student/School Wellness Goal (REQUIRED)

St. Mary's will improve mental health services and resources.

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.

- **Elementary School:** St. Mary's met its goal of improving mental health services and resources at the elementary level by partnering with Catholic Charities to provide an on-campus mental health provider once per week. Initially, utilization was limited. In response, the school began sending monthly mental health bulletins to families and intentionally incorporated age-appropriate conversations with students focused on



emotional well-being and reducing stigma surrounding mental health support. As awareness and trust increased, student participation grew significantly. The demand for services has now expanded to the point that the school is evaluating scheduling options to accommodate all elementary students seeking support within the provider's weekly visit.

- **Middle School:** N/A–included in High School.
- **High School:** At the secondary level, St. Mary's also strengthened mental health services by securing a weekly on-campus provider through Catholic Charities (shared with the Elementary School). Although initial response was modest, the administration implemented proactive measures to increase awareness, including monthly mental health bulletins and student discussions aimed at reducing stigma and normalizing access to counseling services. As a result of these efforts, student engagement has increased substantially. Current participation levels are strong enough that the school is now exploring scheduling solutions to accommodate all interested high school students within the provider's designated day.

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)

Notes:

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)

Notes: We still have parents sending foods/beverages that do not meet the standards of Smart Snacks. Some work hard to be compliant with our Wellness Policy, but some ignore it. We will continue to strengthen guidance regarding foods provided, but not sold, to students during the school day (e.g., classroom celebrations, snacks brought by families).

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)

Notes:

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

St. Mary's actively invited parents, school community members, and Advisory Board members to participate in the development, implementation, review, and update of the Local Wellness Policy. Invitations were extended through Flocknote, the school's primary communication platform used to text and email stakeholders.

The invitation encouraged interested parents, community members, and board representatives to volunteer to serve on the Wellness Team. While response to this invitation was limited, the opportunity for participation was clearly communicated to the school and parish community.

The current Wellness Team continues to include school administrators, the School Lunch Coordinator, the Health/Physical Education teacher, a mental health professional, and an Advisory Board representative. In addition, the school's secretary, who maintains financial records for the lunch program, was added to the team to further support oversight and compliance.

The school will continue to use Flocknote and other communication methods to notify parents and community members of opportunities to participate in future reviews and updates of the Local Wellness Policy.

