





Step #2: Progress in Reaching LSWP Goals Template

Johnson County Central

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>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></p>			
<p>1. Nutrition Education Goal(s)- record goal -OR- Nutrition Promotion Goal(s)- record goal</p>	<p>Partially</p>	<p>Healthy choices are provided at the serving window and on the fruit/vegetable bar. Staff are present to remind students of their choices. The director of food services also visited classrooms to educate students about making healthy food choices. 6th, 7th and 8th grade students each take Health as part of the regular curriculum. All freshmen take Health 9 which includes healthy living and nutrition. A Food Science/Food Production course is also offered to high school students. Elementary teachers and physical education teachers promote healthy lifestyles and nutrition as embedded in their curriculum.</p>	<p>JCC High School Schedule</p> <p>JCC High School Registration Handbook</p> <p>JCC Middle School Schedule</p>
<p>2. Physical Activity Goal(s)- record goal</p>	<p>Partially</p>	<p>K-3 Elementary students have Physical Education every day of the week as well as no less than two recesses. 4-5 students have Physical Education three times</p>	<p>JCC High School Schedule</p> <p>JCC High School Registration Handbook</p>

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		per week and no less than two recesses. 6-8 students have PE daily as part of their curriculum. High school students have Physical Education, Health, Recreational Games and Strength & Conditioning courses available to them.	JCC Middle School Schedule
<p>3. Other student wellness Goal(s) - record goal, this is often where goals to support SEL and Mental health or staff wellness could be included</p>	Partially.	<p>JCC maintains well-lit, clean cafeterias. Students are provided a 30 minute lunch period at all grade levels. Health related community groups are welcome in the district and in our buildings. Along with mini-breaks in the classroom, students in grades K-5 receive recess time no less than two times per day. Middle school and high school students receive time following lunch to play and be active either outside or in the gym spaces.</p>	

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			 <p>The documentation column contains three photographs of posters used in a school lunch program. The top poster, titled "Offer Versus Serve", explains that each school lunch offers a choice of items, but at least one fruit or vegetable must be included. It lists options for milk, fruit, and vegetables. The middle poster, titled "DON'T FORGET!", encourages choosing at least one item from three categories: Fruit/Milk, Protein, and Veggie. The bottom poster, titled "#5formaxflavor", promotes a goal of selecting at least 5 different items from a variety of food groups, including fruits and vegetables.</p>

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Additional Goal(s) Add more rows as needed			

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