

Step #3- Extent of Compliance for All Schools with the LSWP

St. Mary's Catholic School–O'Neill, NE

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
Nutrition Education/Promotion Goal(s)			(2) HS, Elem
Physical Activity Goal(s)		(2)HS, Elem–in progress We need to have a more comprehensive curriculum for our K-12 PE program. We also need to have a detailed curriculum for health education.	
Other Student Wellness Goal(s)		(2)HS, Elem–in progress ives as part of our K-12	
Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance			
<u>Federal/State Meal Standards</u> are Met			(2) HS, Elem
Foods Offered but Not Sold to Students Standards		(1) HS–in progress Concession items offered in the commons of the HS during games do not meet SMART Snack regulations. This choice is not available during the school day, however.	(1) Elem
Food and Beverage Marketing (<u>SMART Snacks regulations-</u>			(2) HS, Elem

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
ala carte and vending, food sales during the school day)			

District LSWP Components	For the components below, indicate whether the district is in compliance.		
Public Involvement- how was the public included in LWP development? (parents, community members, etc.)	<input type="checkbox"/> Yes—we included parents and board members on our wellness team, as well as posting to our SIS for stakeholder review. When this process is complete, we will post the steps from the Triennial Assessment and our current Wellness Policy to the St. Mary's Website. <input type="checkbox"/> No		
Public Notification- how are you notifying the public about your assessment results?	<input type="checkbox"/> Yes—upon completion, we will results and our action plan to our SIS for stakeholder review. <input type="checkbox"/> No		
Triennial Assessment- is this posted publicly? Provide the link	<input type="checkbox"/> Yes—upon completion of the Triennial Assessment, it will be posted at www.stmarysoneill.org <input type="checkbox"/> No		

The pages that follow show our action plan for improving our Wellness Policy and Implementing our Goals over the next 3 years.

St. Mary's Catholic School Wellness Policy Improvement Plan

2021–2024

O'Neill, NE

Mission and Vision Statements

Mission Statement:

St. Mary's School seeks to form students in the image of Jesus Christ by fostering the formation of the whole person; body, mind, and soul. This mission will be realized by creating a school environment that is academically challenging, athletically competitive, appreciative of the arts, and passionately Catholic.

Vision Statement:

St. Mary's School is committed to developing our students into proficient, responsible, community-minded citizens faithful to the mission of Jesus Christ.

Motto: Magnificet Anima Mea Dominum (Let My Soul Magnify the Lord)

Wellness Policy Improvement Goals

Goal #1:

- Students need movement in addition to regular PE classes. When we are forced to have indoor recess for several days in a row, we need to come up with a plan to provide some exercise/movement for the students.

Goal #2:

- Some type of quarterly activity needs to be incorporated into the high school schedule to promote exercise and physical activity among our high school students in addition to PE classes and extracurricular activities.

Goal #3:

- All students, K-12, should have access to free mental health counseling within the school day and on the school campus.

Goal #4:

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

Action Plans

Action Plan--Goal 1 Movement--Indoor Recess		St. Mary's School – O'Neill, NE					
<p>School Improvement Goal: Students need movement during the day. Indoor recess should give students an opportunity for movement rather than only quiet play.</p>							
<p>Strategy/Intervention:</p> <ul style="list-style-type: none"> Teacher Brainstorming to come up with alternatives to quiet play. 		<p>Research Supporting this Intervention</p> <ul style="list-style-type: none"> Research suggests that physical activity and play during recess may be linked to improvements in both academic and prosocial behaviors (Centers for Disease Control and Prevention 2010). 					
Activities to Implement the Strategy/Intervention		Person(s) Accountable		Timeline		Resources	Outcome
		Beginning	End				
<ol style="list-style-type: none"> Go Noodle (or similar activity) Organized physical play (line tag, basketball, etc.) Folk/Square Dancing during Music class. 		Teacher on recess duty Music Teacher		2nd Semester 2023 2nd Semester 2024	Ongoing Yearly	Projector/Screen Various sports equipment as needed Folk/Square Dancing Music	Students will have an opportunity for movement and exercise when they are unable to go outside because of inclement weather.

Action Plan—Goal 2 Quarterly Physical Activity for HS Students		St. Mary's School – O'Neill, NE					
<p>School Improvement Goal: 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 older students who do not get daily recess.</p>							
<p>Strategy/Intervention:</p> <ul style="list-style-type: none"> A committee will be formed to plan a quarterly activity for high school students at the discretion of the administration. 		<p>Research Supporting this Intervention</p> <ul style="list-style-type: none"> Brain research shows that moving while learning is beneficial. Movement ignites areas of the brain as well as improves neuron connections, helps to develop different areas of the brain, and offers a variety of mental health benefits such as lowered anxiety and depression. 					
<p>Activities to Implement the Strategy/Intervention</p> <ol style="list-style-type: none"> 'Beach' Volleyball Dodgeball Cornhole Tournament Laser Tag 		<p>Person(s) Accountable</p> <p>Climate Committee members from the HS faculty.</p>					
		<table border="1"> <thead> <tr> <th colspan="2">Timeline</th> </tr> <tr> <th>Beginning</th> <th>End</th> </tr> </thead> <tbody> <tr> <td>2022-2023 School Year</td> <td>Ongoing</td> </tr> </tbody> </table>		Timeline		Beginning	End
Timeline							
Beginning	End						
2022-2023 School Year	Ongoing						
		<p>Resources</p> <p>Various sports equipment as needed</p>	<p>Outcome</p> <p>Students will have an opportunity for movement and exercise in a fun, non-competitive arena.</p>				

Action Plan–Goal 3 Mental Health		St. Mary's School – O'Neill, NE									
<p>School Improvement Goal: St. Mary's will improve mental health services and resources.</p>											
<p>Strategy/Intervention:</p> <ul style="list-style-type: none"> • Weekly counseling opportunities for students at risk • Presentations on mental health <p>Objective: (optional)</p> <ul style="list-style-type: none"> • To improve the mental health services available to our students and stakeholders 		<p>Research Supporting this Intervention</p> <ul style="list-style-type: none"> • NASP Research demonstrates that students who receive social–emotional and mental and behavioral health support achieve better academically. School climate, classroom behavior, engagement in learning, and students' sense of connectedness and well-being all improve as well. 									
<p>Activities to Implement the Strategy/Intervention</p> <ul style="list-style-type: none"> • Meet with Catholic Charities to see if their behavioral health services could be an option for St. Mary's. • Propose a contract with Catholic Charities to the Advisory Board and Fr. Starman (Pastor/President) 		<p>Person(s) Accountable</p> <p>Principals/Staff</p> <p>Principals</p>		<p>Timeline</p> <table border="1"> <thead> <tr> <th>Beginning</th> <th>End</th> </tr> </thead> <tbody> <tr> <td>Jan. 25, 2023</td> <td></td> </tr> <tr> <td>Feb. 8, 2023</td> <td>Feb. 8, 2023</td> </tr> </tbody> </table>		Beginning	End	Jan. 25, 2023		Feb. 8, 2023	Feb. 8, 2023
Beginning	End										
Jan. 25, 2023											
Feb. 8, 2023	Feb. 8, 2023										
		<p>Resources</p>		<p>Outcome</p> <p>Catholic Charities is willing to extend their services to St. Mary's. The Advisory Board and Fr. Starman approved the proposal.</p>							

<ul style="list-style-type: none"> ● Catholic Charities counselors present mental health information to students. ● A contract is signed for behavioral health services at St. Mary's through Catholic Charities. ● SFC Keith Jorgensen presented a lesson to students in grades 9-12 on resiliency and how to stop catastrophic thinking. ● Students completed a 'Connectedness' Survey and teachers filled out a student risk screening scale (SRSS) and a student internalizing behavior screening scale (SIBBS) (2 teachers per class) to help identify students who may be at risk and benefit from our counseling services. 	<p>Principals</p> <p>Principals/Pastor</p> <p>Principals</p> <p>Principals/Guidance Counselors/Safety-Security Team Members</p>	<p>March 27, 2023</p> <p>May, 2023</p> <p>Sept. 18, 2023</p> <p>Dec. 12, 2023</p>	<p>March 27, 2023</p> <p>Ongoing</p> <p>Sept. 18, 2023</p> <p>Yearly</p>	<p>Keith Willis accepted the position of counselor at St. Mary's to start in the 2023-2024 school year. It is our hope that providing these opportunities for our students will help with social-emotional and mental and behavioral health.</p> <p>Army/National Guard Resilience Training (12 Lessons)</p> <p>Connectiveness survey questions and SRSS/SIBBS</p>	<p>We identified possible at-risk students and contacted their parents regarding the availability of counseling services.</p>
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Action Plan—Goal 1 More Variety in Fruits and Vegetables in the Lunchroom		St. Mary's School – O'Neill, NE			
<p>School Improvement Goal #4: The lunchroom needs to provide a good variety of fruits and vegetables for students to choose from.</p>					
<p>Strategy/Intervention:</p> <ul style="list-style-type: none"> Visit with the head cook to determine if some different choices can be made available in the lunchroom for students. 		<p>Research Supporting this Intervention</p> <ul style="list-style-type: none"> Kids eat more fruits and vegetables, when more fruits and vegetables are offered. A recent Harvard study reported that, under the updated standards for school meals, kids are now eating 16 percent more vegetables and 23 percent more fruit at lunch. 			
<p>Activities to Implement the Strategy/Intervention</p> <p>8. Ask the head cook to order a better variety of fruits and vegetables for the students to choose from on the salad bar.</p>		<p>Person(s) Accountable</p> <p>School Lunch Coordinator</p>		<p>Timeline</p>	
				<p>Beginning</p> <p>1st Semester 2023 2nd Semester 2024</p>	<p>End</p> <p>Ongoing Yearly</p>
		<p>Resources</p> <p>The variety of fruits and vegetables need to be ordered through our local grocery store.</p>		<p>Outcome</p> <p>Students will consume more fruits and vegetables in the lunchroom.</p>	