

## Local Wellness Policy Triennial Assessment

Sponsors participating in the National School Lunch Program and/or School Breakfast Program are required to have a local wellness policy for all participating sites under its jurisdiction. At a minimum, the local wellness policy must be assessed once every three years; this is referred to as the triennial assessment. Triennial assessments must determine, for each participating site under its jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name: Illini Bluffs CUSD #327

Site Name: Illini Bluffs CUSD #327

Date Completed: 6/21/2021

Completed by: Trudy Heitzman, Food Service Director

### Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) and state guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

- |   |  |  |
|---|--|--|
| <input checked="" type="checkbox"/> Goals for Nutrition Education                       | <input type="checkbox"/> Nutrition Standards for School Meals                        | <input type="checkbox"/> Wellness Leadership   |
| <input checked="" type="checkbox"/> Goals for Nutrition Promotion                       | <input type="checkbox"/> Nutrition Standards for Competitive Foods                   | <input type="checkbox"/> Public Involvement    |
| <input checked="" type="checkbox"/> Goals for Physical Activity                         | <input type="checkbox"/> Standards for All Foods/Beverages<br>Provided, but Not Sold | <input type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing                                   | <input type="checkbox"/> Reporting             |
| <input type="checkbox"/> Unused Food Sharing Plan                                       |  |  |

## Part II: Goal Assessment

Per USDA regulations, the triennial assessment must determine compliance with and progress made in attaining the goals of the wellness policy. Input the goals of your local wellness policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the site is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Education</b>				
Students in grades K through 5 receive eight hours a year of nutrition education.	X			
Students in grades 6 through 12 receive eight hours of nutrition education as part of a sequential, standards-based program in Health class.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The district will support parents' efforts to provide a healthy diet and daily physical activity for their children in grades K through 12.				
Parents shall be provided information to help them incorporate healthy eating and physical activity into their children's lives.				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Physical education is provided by highly qualified instructors that participate in continuous professional development.	X			
Students in grades K through 12 participate in standards-based physical education which is consistent with state/district standards, guidelines, and framework.	X			
Students in grades K through 12 participate in daily physical education: K-5: 30 mins/day, 3 days/week, 6 -8: 75 mins/day, every other day 9-12: 80 mins/day, every other day	X			
Students in grades K through 8 receive daily supervised lunch recess, weather permitting for 75 minutes per week (15 minutes per day).	X			
Students in grades K-2 will receive one fifteen minute recess in addition to lunch recess.	X			
Physical activities are available for students in grades K through 12 in District and Community sponsored after school programs.	X			
The school's physical activity facilities are available to the community and students outside the normal school day.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
School lunch is served in a clean, relaxing, and enjoyable environment. Students are provided a minimum of 20 minutes to eat lunch from the time they are seated.				

Food service personnel have proper certification, pre-service training and regularly participate in professional development activities.				
The food service department provides meals which meet the nutrition requirements and meet federal, state, and local laws and guidelines.				
Food and beverages brought into school for snacks are strongly encouraged to be healthful options.				
Students must follow the closed campus lunch policy and are not permitted to leave school to purchase foods or beverages.				
School-based organizations are encouraged to raise funds with non-food items.				

### Part III: Model Policy Comparison

As part of the triennial assessment, USDA requires sponsors to assess how their wellness policy compares to model wellness policies. Choose **one** of the model wellness policies below to compare against your local wellness policy. Indicate which model policy was chosen and provide a narrative for each prompt below based on the findings.

- ☐ [Alliance for a Healthier Generation's Model Wellness Policy](#) – Local wellness policy created in collaboration with USDA, which exceeds minimum requirements
- ☒ [Rudd Center's WellSAT 3.0](#) – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users will need to create an account to access this tool.
- ☐ Other: \_\_\_\_\_

1. What strengths does your current local wellness policy possess?

Provides a good foundation for students to understand the importance of nutrition and physical education.

Students receive appropriate physical activity.

2. What improvements could be made to your local wellness policy?

Include more comprehensive nutrition education for all students.

3. List any next steps that can be taken to make the changes discussed above.

Investigate different avenues to advocate the importance of nutrition education for all students.