

Local Wellness Policy Triennial Assessment

Schools participating in the National School Lunch Program and/or School Breakfast Program are required to have a Local Wellness Policy. 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 school 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.

District Name: Blue Ridge CUSD#18

School Name: Blue Ridge High School, Blue Ridge Intermediate and Junior High School, Schneider Elementary School

Date Completed: May 24, 2021

Completed by: Hillary Stanifer, Superintendent and Tonya Evans, 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) 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](#).

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

Part II: Goal Assessment

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 school 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)
Nutrition Education				
Schools will support sound nutrition for students.	X			
Nutrition education will be part of the district's comprehensive health education curriculum.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Schools will promote sound nutrition for students.	X			
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Schools will support and promote an active lifestyle for students.	x			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	x			
All students will be required to engage in a daily physical education course, unless otherwise exempted.	x			
The curriculum will be consistent with and incorporate relevant IL Learning Standards for Physical Development and Health as established by ISBE.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Extra-curricular athletics are offered for students in grades 6-12.	X			
Too Cool For Drugs- Presentation to 6-7 th graders by Piatt Co Mental Health	X			
IL Youth Survey participation every other year		X		Schedule impacted by COVID, but will continue as available
Weekly guidance lessons for students in grades K-6	X			
Annual Jump Rope for Heart in grades K-6	X			
Mindfulness activities during PE for K-3	X			
Fitness Days in PE 2x/week for 7 th -12 th graders	X			
Pound Class for staff- weekly at BRIJHS	X			

Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

- [Alliance for a Healthier Generation's Model Wellness Policy](#)
- [Rudd Center's WellSAT 3.0](#)
- Other: _____

1. What strengths does your current Local Wellness Policy possess?

Our Food Service Director consistently promotes healthy food choices with our students of all grade levels, guided by our Local Wellness Policy.

2. What improvements could be made to your Local Wellness Policy?

I am not aware of the Wellness Committee meeting this school year, nor have we informed the community about our progress on our Local Wellness Policy.

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

Before the close of the school year, the Food Service Director will conduct student focus groups to hear their perceptions about the food service program.

Results of the focus groups will be shared with the community through a communication from the superintendent.

We will reinstate Wellness Committee meetings beginning at the start of the 2021-2022 school year. The committee will meet at least annually to discuss nutrition, fitness, and other wellness initiatives that could be provided for students and staff. We will

inform the community of their ability to attend the committee meeting and/or to provide suggestions for wellness-related activities.

Update: The focus groups met and a letter with a summary of the conversation was shared with district staff and families on May 25, 2021. The letter included the plans to begin annual meetings of the Wellness Committee and who to contact to receive details to attend the meeting.