

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. 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 a sponsor's 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.

Sponsor Name: Carmi-White County CUSD No 5

Site Name: District

Date Completed: 10/27/2022

Completed by: Laura Goemaat- Food Service Manager

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

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 & Promotion | | | | |
| The goals for addressing nutrition education and nutrition promotion include the following: | | | | |
| <ul style="list-style-type: none"> Schools will support and promote sound nutrition for students. Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn. Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, Curriculum Content. | X | | | |
| Physical Activity | | | | |
| The goals for addressing physical activity include the following: | | | | |
| <ul style="list-style-type: none"> Schools will support and promote an active lifestyle for students. 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. See policies 6:60, | X | | | |
| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |

| | | | | |
|---|--|--|--|--|
| Curriculum Content and 7:260, Exemption from Physical Education | | | | |
| <ul style="list-style-type: none"> During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See policies 6:60, Curriculum Content and 7:260, Exemption from Physical Education The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Ill. State Board of Education (ISBE). | | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Other School-Based Wellness Activities | | | | |
| Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA) | X | | | |
| In all grades, physical education must be taught including 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. Unless otherwise exempted, all students are required to engage in a physical education course with such frequency as determined by the Board after recommendation from the Superintendent, but at a minimum of three days per five-day week. For exemptions and substitutions, see policies 6:310, High School Credit for Non-District Experiences; Course Substitutions; Re-Entering Students and 7:260, Exemption from Physical Education. | X | | | |

In all schools, health education must be stressed, including:
 (a) proper nutrition, (b) physical fitness, (c) components necessary to develop a sound mind in a healthy body, (d) dangers and avoidance of abduction, and (e) age-appropriate and evidence-informed sexual abuse and assault awareness and prevention education in all grades. The Superintendent shall implement a comprehensive health education program in accordance with State law.

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?

We have well developed Nutrition Education, Physical Education & Physical Activity, Wellness Promotion & Marketing, Implementation, Evaluation, & Communication categories.

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

The Nutrition Standards for Competitive & Other Foods & Beverages categories need to be reviewed and discussed with our policy writers that we can improve this area.

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

Discuss with our policy writers & committee for suggestions & ways to improve the policy.