

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: Nokomis CUSD #22

School Name: Nokomis Jr./Sr. High School

Date Completed: February 23, 2021

Completed by: Dr. Doerr and Wellness Committee

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](#).

Goals for Nutrition Education

Nutrition Standards for School Meals

Wellness Leadership

Goals for Nutrition Promotion

Nutrition Standards for Competitive Foods

Public Involvement

Goals for Physical Activity

Standards for All Foods/Beverages
Provided, but Not Sold

Triennial Assessments

Goals for Other School-Based
Wellness Activities

Food & Beverage Marketing

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				
To teach student how to count calories and read nutritional information on products. Create weekly food list.	X			Continue to provide educational materials.
To provide monthly nutritional newsletters to families		X		Continue to educate students and families.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
In collaboration with the Department of Defense, we will provide fresh fruits and vegetables to all students.	X			Continue program.
We will provide educational material, a food APP, and appropriate signage to promote healthy eating habits to all students.	X			Ongoing

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
To provide opportunities to compete in the Movement Challenge	X			
To complete the yearly FitnessGram	X			
To provide a variety of activities for fitness in PE class and encourage physical fitness outside of the school day.		X		
Ride a bike or walk to school activities in May		X		Organization of this event is forthcoming.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
To continue to provide organized and intramural athletics for all students.	X			
To continue to participate in the Movement Challenge	X			
Create recipe binders that include all food groups, learns cuts of meat, participate in outside organizations (FFA and FCCLA).	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?

The Wellness Plan is comprehensive and provides for several ideas for teachers, staff, administration, and students to implement throughout the school year. The plan allows for teachers and sponsors to include a variety of activities in their programs for kids to learn and participate in healthy environment.

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

Need to continuously follow-up on programs and other activities being offered to students. North School needs to implement its activities with fidelity and allow for a variety of activities to be offered. These activities need to be reported out to the District and the public.

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

The Wellness Policy Committee can meet more frequently.

Implement Mile Day for entire school.

The week of May 3, 2021 will be Wellness Week – ride bike to school, walk to school, try-days at school that includes fruits and vegetables, and other activities.