

## 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: NGSD 66

School Name: Newark Grade School and Millbrook Junior High School

Date Completed: May 26, 2021

Completed by: NGSD 66 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)
<b>Nutrition Education</b>				
Preschool thru 8 <sup>th</sup> grade students will receive nutrition education as part of a sequential program within the health education curriculum providing them with knowledge and skills necessary to adopt healthy eating habits.	x			
Nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, PE, health, and social sciences.		x		Integrated into health/PE, but need to evaluate how to incorporate into other curriculum.
A recommended minimum of 35 contact hours of nutrition education opportunities will be provided to students annually. Contact hours may include a combination of classroom instruction, nutrition ed provided in the cafeteria, or health fairs, field trips, and assemblies providing nutrition education.		x		Evaluate other areas of where nutrition education opportunities exist.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Food providers will share information about the nutritional content of school meals and/or individually sold foods with students, families, and school staff by sharing Attachment A via the Enews, school website, and/or handouts.		x		Share Attachment A with the school community via handouts and electronic means.
School meals shall be served in clean, safe, and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Preschool thru 8 <sup>th</sup> grade students will participate in daily PE that is consistent with state standards and is coordinated within a comprehensive health ed. curriculum. PE topics will be integrated within other curricular areas.	x			
Elementary student will participate in PE for a minimum of 200 minutes per week and middle students for 215 minutes weekly with emphasis on promoting an active lifestyle. Accommodations will be made for students with disabilities.	x			
Daily supervised recess will be provided to elementary students.	x			
Students will be provided opportunities for physical activity through a range of before- and after-school programs such as intramurals, interscholastic athletics, and physical activity clubs.	x			
The PE program will actively engage families as partners in providing physical activity beyond the school day.		x		Started a mileage club last school year to continue next year. Incorporate more into newsletters to engage parents beyond the school day.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.		x		1. Evaluate ways this is being accomplished. 2. Plan for further strategies to involve stakeholders in nutritious food selections.
NGSD66 will make every effort to offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year: Kids Heart Challenge and Viking Mileage Club.	x			
Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.		x		1. Evaluate ways this is being accomplished. 2. Plan further strategies to provide information to stakeholders.

Schools are encouraged to develop community partnerships with other child-serving organizations such as park district and YMCA's to provide student with opportunities to be active.		X		1. Evaluate ways this is being accomplished. 2. Plan further strategies to provide information to stakeholders.
Schools are encouraged to work with the community to create a community environment that is safe and supportive of students walking or biking to school.	X			
Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.	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: ISBE Local Model Wellness Policy template

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

NGSD 66 Wellness Policy compares favorably to the model wellness policy provided by ISBE.

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

The policy itself has been amended to compare with the Model Wellness policy. The improvement needs to be communicating and following the policy with our staff, students and community.

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

- Provide Attachments A, B, C, and D to parents and staff via handouts and electronically at the beginning of each school year and at other times throughout the year.
- Use social media and our website to communicate message of nutrition and physical activity.