

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: Herrin Unit No. 4

School Name: Herrin High School, Herrin Junior High School
Herrin Elementary School, North Side Primary

Date Completed: June 8, 2021

Completed by Jeannine Coffey, 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](#).

☒ 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				
Health Education	X			Continue to monitor where taught and how often.
CATCH Resources	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Staff promote physical education.	X			Nurse and PE teacher continue to work together.
Nutrition integrated into other subjects.		X		Identify what subjects are promoting nutrition in the classroom.
Cafeteria try-it days.		X		Work with vendors and staff to provide taste tests during lunch.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Engage families in physical activities beyond the school day.	X			Continue to offer activities outside regular school time.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Continue district Wellness Team/Council	X			Parent outreach and involvement.
Provide district wellness newsletters.	X			Post digital resources on Herrin CUSD No. 4 web page and other media sources.
Tiger Outreach Night K-12	X			Make connections with community for wellness resources for booths/displays for T.O.N. night.

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 current Local Wellness Policy for Herrin CUSD NO. 4 is following the local wellness policy requirements and guidelines. The wellness policy committee evaluates the policy on a yearly basis allowing for changes, additions, and improvements to be made as needed.

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

Herrin CUSD No. 4 policy was very lengthy. We have condensed our policy using the template that the Illinois State Board of Education provided. Farm to school activities can be implemented to promote the consumption of healthy foods. The district

could promote additional opportunities for school-based activities outside of school hours, provide additional opportunities during school for exercise and offer additional student school- based club opportunities that support good health.

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

Herrin CUSD No. 4 will continue to conduct progress reports with stakeholders on a yearly basis. The Wellness Committee will review any policies or programs that need improvement. The policy will be updated annually, and results will be shared with the public for comment. A Triennial Assessment will be conducted every three years and results will be shared with the public for comment.