

Triennial Assessment Report

Background

An assessment of your school wellness policy must be conducted a minimum of once every three years; however, Local Educational Agencies may assess their policy more frequently if they wish. The results of the assessment must be made available to the public.

Districts may use a variety of methods to assess compliance and determine progress of their goals and objectives. For example, action planning documents that contain timelines, goals, and key tasks may assist you in assessing changes over time. One recommended online tool that helps with action planning and recordkeeping is using the School Health Index.

You may use the form below to organize your notes regarding the assessment your district has conducted. Remember to have a copy of the most recent assessment of the school wellness policy available during your school nutrition programs administrative review.

General Information

Reporting Timeframe (Month, Year – Month, Year):	Through November 2019
School(s) included in the assessment:	Brownstown Elementary School Brownstown Jr/Sr High School
Designated leader(s) of the wellness policy team:	Mike Shackelford- Superintendent
Web site address for the wellness policy and/or information on how the public can access a copy:	www.bcusd201.com

Assessment Information

Describe how your school(s) is in compliance with the wellness policy regulations.	Upon assessment of each building, it is determined that BES is approximately 80% compliant with policy regulation and the Jr/Sr HS is approximately 75% compliant.
Describe how your wellness policy compares to model wellness policies. (Example: the Alliance for a Healthier Generation template)	The district's wellness policy is aligned with the provisions of the final rule for content, leadership, assessments, and documentation under the Healthy, Hunger-Free Kids Act of 2010.
Explain the progress made in attaining the goals of the wellness policy.	Several items of non-compliance were identified in the school wellness assessments. The following steps are being taken to attain the goals of the policy.

	<p>BES-</p> <ol style="list-style-type: none"> 1. Cease withholding of recess or other physical activity time and implement an "alternative recess" in which students can have activity time. 2. Send home more health related information to parents such as pamphlets to highlight healthy choices. 3. Display healthy related posters such as "Treat this, not that" type messages. <p>Jr/Sr HS-</p> <ol style="list-style-type: none"> 1. Send home more health related information to parents such as pamphlets to highlight healthy choices. 2. Eliminate all food related fundraisers during the school day. 3. Eliminate non smart food related items during the day.
Attach copies or reports of any assessments that have been conducted.	School Wellness assessments for BES and Jr/Sr HS done on November 6, 2019.
Additional notes, if necessary:	

Instruction

School Wellness

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).

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- 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*.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- 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 Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, *Curriculum Content* and Board policy 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 Illinois State Board of Education (ISBE).

Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, *Food Services* (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules).

In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall:

1. Restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and

3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, *Food Services*, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards.

Competitive foods standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the “general nutrition standards for competitive foods” specified in federal law.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

The Superintendent or designee in a participating school may grant an EFD for grades 9 through 12 in participating schools. To request an EFD and learn more about the District’s related procedure(s), contact the Superintendent or designee. The District’s procedures are subject to change. The number of EFDs for grades 9 through 12 in participating schools is set by ISBE rule.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy’s implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the District’s implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy
- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment

The Board will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

Community Involvement

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board* and/or the **Community Engagement** subhead in policy 8:10, *Connection with the Community*.

Recordkeeping

The Superintendent shall retain records to document compliance with this policy, the District’s records retention protocols, and the Local Records Act.

Local Wellness Policy Checklist

Use this checklist to ensure that your Local Education Agency's local school wellness policy is meeting the regulations set forth by the U.S. Department of Agriculture (USDA) under the Healthy, Hunger-Free Kids Act of 2010. For additional information on the requirements for local wellness policies, visit the Illinois State Board of Education's webpage.

Policy Document

✓	The district has a wellness policy.
✓	A copy of the written local school wellness policy is kept on file.
✓	The wellness policy is posted on the school website
✓	The district updates or modifies the wellness policy as appropriate, identified by the triennial assessment.

Wellness Committee

✓	An identified leader, who has the authority and responsibility to ensure each school complies with the policy, has been selected to oversee the wellness policy work in the district. <i>Mike Shackelford</i>
✓	The wellness committee has a meeting schedule to regularly meet with members.

Policy Content

✓	The policy contains specific goals for nutrition promotion and education.
✓	The policy contains specific goals for physical activity.
✓	The policy contains specific goals for other school-based activities that promote student wellness.
✓	The policy contains nutrition guidelines for all foods and beverages for sale on the school campus during the school day that are consistent with Federal regulations for Smart Snacks in School nutrition standards.
✓	The policy contains locally developed guidelines for other foods and beverages available on the school campus during the school day, not sold (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
✓	The policy allows marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Public Updates

✓	The district updates the public on the wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum. <i>Web Page, Registration</i>
✓	Documentation is kept on file of efforts to provide annual updates to the local wellness policy including who was involved in the process and how stakeholders were permitted to participate.
✓	Documentation is kept on file demonstrating how the policy and updates are made available to the public.
✓	The district updates the public on the Triennial Assessment, including progress toward meeting the goals of the policy.

Triennial Assessment

✓	The district conducts an assessment of the wellness policy every three years, at a minimum. <i>Nov. 6, 2019</i>
✓	This assessment contains the following components: <ul style="list-style-type: none">✓* Compliance with the wellness policy.✓* How the wellness policy compares to model wellness policies.✓* Progress made in attaining the goals of the wellness policy.
✓	The most recent triennial assessment is kept on file.

Local Wellness Policy Content Checklist

This tool is intended to help schools meet the USDA regulations for Local Wellness Policies when developing the content of those policies. This checklist is not intended to take the place of the required triennial assessments of the Local Wellness Policy.

- ☒ **Nutrition Education** – Specific goals for Nutrition Education are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- ☒ **Nutrition Promotion** – Specific goals for Nutrition Promotion are included in the Local Wellness Policy. These goals were developed using evidence-based strategies. Please note, USDA expects LEAs to review “Smarter Lunchroom” tools and strategies, at a minimum.
- ☒ **Physical Activity** – Specific goals for Physical Activity are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- ☒ **Other School-Based Activities that Promote Student Wellness** – Specific goals for Other School-Based Activities that Promote Student Wellness are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- ☒ **Nutrition Standards for School Meals** – Nutrition standards for school meals that are consistent with the Federal regulations are included in the Local Wellness Policy.
- ☒ **Nutrition Standards for Competitive Foods** – Nutrition standards that are consistent with the Federal regulations for competitive food and beverage items (i.e. Smart Snacks in Schools nutrition standards) sold to students on the school campus during the school day are included in the Local Wellness Policy.
- ☒ **Standards for All Foods and Beverages Provided, but Not Sold** – Standards for all foods and beverages provided, but not sold to students (e.g. classroom parties, rewards, etc.) are included in the Local Wellness Policy. These standards are developed at the local level.
- ☒ **Food and Beverage Marketing** – Policies that allow the marketing of only food and beverage items that meet Smart Snacks in School nutrition standards are included in the Local Wellness Policy.
- ☒ **Wellness Leadership** – The position title of the LEA or school official(s) responsible for Local Wellness Policy oversight is identified in the Local Wellness Policy.
- ☒ **Public Involvement** – Language permitting the school community, including parents and students, and the general public to be involved in Local Wellness Policy processes, including development, implementation, and periodic reviews and updates, is included in the Local Wellness Policy.
- ☒ **Triennial Assessments** – Language regarding the completion of triennial assessments is included in the Local Wellness Policy. Please note, LEAs may conduct assessments more often than every three years. Local Wellness Policies must be updated or modified as appropriate.
- ☒ **Reporting** – Language outlining measures taken by the LEA to ensure public notification and access to the Local Wellness Policy and any assessments, reviews, and updates is included in the Local Wellness Policy.



School Wellness Assessment

Date: 11/6/19 School: Brownstown Elementary School
 Assessors' name(s): Wellness Team

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities in the school.	2	1	0	N/A
"Treat This, Not That" poster is displayed in the school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a school garden, and students are active participants in the garden.	2	1	0	N/A

Total Score: 20 / 26 = 77 %

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Soda is prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
*"Healthy" foods and beverages: <ul style="list-style-type: none"> Not more than 30% of total calories of the food item, excluding nuts or seeds, is from fat Not more than 10% of total calories of the food item, excluding reduced-fat cheeses, eggs and nut butters, is from saturated fat <u>Not more than 35%</u> of the total weight of food item, excluding fruits or vegetables, is composed of sugar Elementary & Middle School beverage categories: bottled water, fat-free and low-fat milk, flavored and unflavored; 100% juice without added sweeteners High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz; other drinks, up to 12 oz servings with no more than 99 calories/ 12 oz; no diet soda or energy drinks 				

Total Score: 17 / 30 = 57 %

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, field trips that include physical activity, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
• 5 days/week, full day: 600 minutes per month	2	1	0	N/A
• 5 days/week, half day: 300 minutes per month	2	1	0	N/A
• <5 days/week, full day: 30 minutes per day	2	1	0	N/A
• <5 days/week, half day: 15 minutes per day	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A

Total Score: 26 / 28 = 93 %



Please return to:
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Brownstown Schools
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Fax: 618-427-3704

School Wellness Assessment

Date: 11/6/19

School: Braintree Jr/Sr HS

Assessors' name(s): Wellness Team

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities in the school.	2	1	0	N/A
"Treat This, Not That" poster is displayed in the school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a school garden, and students are active participants in the garden.	2	1	0	N/A

Total Score: 18/26 = 69 %

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Soda is prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
*"Healthy" foods and beverages: <ul style="list-style-type: none"> Not more than 30% of total calories of the food item, excluding nuts or seeds, is from fat Not more than 10% of total calories of the food item, excluding reduced-fat cheeses, eggs and nut butters, is from saturated fat Not more than 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar Elementary & Middle School beverage categories: bottled water, fat-free and low-fat milk, flavored and unflavored; 100% juice without added sweeteners High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz; other drinks, up to 12 oz servings with no more than 99 calories/ 12 oz; no diet soda or energy drinks 				

Total Score: 14/30 = 47%

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, field trips that include physical activity, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
• 5 days/week, full day: 600 minutes per month	2	1	0	N/A
• 5 days/week, half day: 300 minutes per month	2	1	0	N/A
• <5 days/week, full day: 30 minutes per day	2	1	0	N/A
• <5 days/week, half day: 15 minutes per day	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A

Total Score: 26/28 = 93%



Please return to:

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