

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 for all participating sites under its jurisdiction. 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 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. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name: Hamilton County CUSD # 10

Site Name: Dahlgren Elementary School, East Side Elementary School, and Hamilton County Jr/Sr High School

Date Completed: January 2023

Completed by: Alesha Storey BSN RN – District Nurse

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](#).

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

Part II: Goal Assessment

Per USDA regulations, the triennial assessment must determine compliance with and progress made in attaining the goals of the wellness policy. 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 site 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				
Nutrition tips, information, an overview of school menus, and snack standards are promoted to support sound nutrition standards for students.	X			
The schools will promote a positive relationship between good nutrition, physical activity, and a health-minded environment for students to develop and learn.	X			
Nutrition education will be a part of the district’s comprehensive health education curriculum.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The schools will comply will all ISBE Rules.	X			
Restrict the sale of competitive foods, as defined by the USDA, in the food service area during meals at the grade school level. Jr./Sr. High level will comply with the rules if selling competitive foods during meals.	X			
School-based marketing of brands promoting predominantly low-nutrition food and beverages is prohibited.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Schools will support and promote an active lifestyle for students.	X			
Physical Education will be taught in all grades and in duration per the policy.	X			
Schools will promote increased activity by having brain breaks, promoting participation in physical activity opportunities, and having extra wellness activities.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Yoga		X		Having it available at all schools.
Lunch Surveys	X			
Promote community activities; for example, health fairs, runs/walks, CrossFit, etc.	X			

Part III: Model Policy Comparison

As part of the triennial assessment, USDA requires sponsors to assess how their wellness policy compares to model wellness policies. Choose **one** of the model wellness policies below to compare against your local wellness policy. Indicate which model policy was chosen and provide a narrative for each prompt below based on the findings.

- Alliance for a Healthier Generation's Model Wellness Policy – Local wellness policy created in collaboration with USDA, which exceeds minimum requirements
- Rudd Center's WellSAT 3.0 – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users will need to create an account to access this tool.
- Other: _____

1. What strengths does your current local wellness policy possess?
 - Has all 13 standards included in the policy and modified to personally fit our district's unique needs.

2. What improvements could be made to your local wellness policy?
 - We continually work to find more ways to increase physical activity and other school-based activities.
 - Work to improve goals for the everchanging students.

3. List any next steps that can be taken to make the changes discussed above.
 - Work with PE teachers and other teachers to research new and exciting activities.
 - Continue to monitor the students and see what things they get excited about to promote well-being.