

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: Streator Elementary School Dist 44

Site Name: Centennial School

Date Completed: 11/28/23

Completed by: Kerry Jolly and Susie Thrush

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.

- | | | |
|---|--|---|
| ☒ 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 |
| ☐ 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				
Design a program to provide 2 nd -4 th students with the knowledge and skills necessary to adopt healthy eating behaviors, attitudes, and habits	x			
To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other subjects like math, science, language arts, physical education, health, and social sciences.		x		AHA Wellness Week information will be tied in with other curriculum subjects as a review/reinforcement of what students have and are learning.
Provide the recommended minimum of twenty-five hours of nutrition education each year.	x			
The nutrition education program shall include enjoyable inter-activities such as contests, promotions, taste testing, field trips, and school gardens.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school	x			Our school partners with Feed His Children. Needy students receive a large amount of healthy food biweekly.
Parents shall be provided information to help them incorporate healthy eating and physical activity into their student lives. This information may be provided in the form of handouts, postings on the school/district website, the information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles, and any other appropriate means available for reaching parents.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				

To improve the health and well-being of all students.	x			
Lower the risk for certain diseases, including obesity, heart disease, and diabetes.	x			
Physical activity helps improve brain function, allowing students to perform better in school.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
We partner with DelMone to bring in various vegetable snacks for all students bi-weekly to introduce students to various vegetables.	x			
We partner with AHA to have a Wellness Week.	x			
We partner with Feed His Children to send healthy food home with over 80 families biweekly.				

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?

We partner with the American Heart Association to get wellness information to the students in fun and interactive ways. This also includes a parent information component. We also partner with Feed His Children to send healthy food home to students in need biweekly. We also partner with DelMonte to have healthy vegetable snacks delivered to the school twice a week.

2. What improvements could be made to your local wellness policy?

We could improve in making wellness a cross-curricular a greater priority throughout the school year.

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

1. We have added SEL education to our daily curriculum, however, nutrition facts should be and can be included every day.