

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: James Calabrese

Site Name: Taft School

Date Completed: October 25, 2023

Completed by: Wellness Committee

James Calabrese – Superintendent

Roberta McGraw – School Nurse

Kim Thompson – 1st Grade Teacher

Pete Howard – Physical Education Teacher

Jerri Zimmerman – Lunch Room Coordinator

Melanie Schuldt – Parent/Community Member

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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| ☒ 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				
Nutrition Education Curriculum will be consistent with current state standards	X			

Nutrition Education will be integrated across the curriculum and focused on as part of the health and physical education curriculum	X			The district will begin looking at opportunities to expand our efforts in more areas outside of health and physical education curriculum. The committee will work with classroom teachers to see how learning opportunities can be added to various science curricula as well.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The school promotes it lunch menu on a monthly basis by sending paper copies home, emailing menus directly to parents, adding information to the school website and newsletters.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students will receive supervised recess daily at all grade levels	X			
Students will receive physical education class up to 3 days a week	X			
Students will receive a minimum of 150 minutes of physical activity a week with junior high receiving 215 minutes per week		X		Due to the nature of our physical education A/B class schedule junior high students may only receive approximately 200 minutes one week and then 230 minutes the next week. The committee will work with the junior high teachers to determine steps to provide some additional time within the schedule.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
The school encourages handwashing on a regular basis	X			
School encourages healthy snacks and food for classroom parties	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?

According to the Rudd Center's WellSat 3.0 assessment tool our Wellness Plan is particularly strong with Physical Education and Physical Activity along with being strong in Wellness Promotion and Marketing and Evaluation.

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

Our school could benefit for improvement in Nutrition Education and Nutrition Standards

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

Next steps would be for future committee work to be guided some of the resource materials provided as part of the assessment tool and engage our school-wide community about some action items to improve our work in the outlined areas.