

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: CUSD 201

School Name: Westmont High School, Westmont Jr. High School
J.T. Manning Elementary School, C.E. Miller Elementary
School

Date Completed: May 2021

Completed by: Francesca Canzoneri, District Director of Foodservice
& Debbie Dickert, School 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) 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](#).

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Goals for Nutrition Education | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input 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 type="checkbox"/> Goals for Other School-Based
Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> 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				
Schools will support and promote sound nutrition for students.	X			Broaden nutrition education to families and District Staff by way of newsletters and special events.
Schools will foster the positive relationship between sound nutrition, physical activity and the capacity of students to develop and learn.	X			
Nutrition education will be a part of the District's comprehensive health education curriculum. <i>Board Policy 6:60, Curriculum Content.</i>	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Restrict the sale of competitive foods, as defined by the USDA, in the foodservice area during meal periods.	X			
Comply with all ISBE rules.	X			
Prohibit marketing, during the school day, of foods and beverages that do not meet the standards listed in Board policy 4:120, <i>Food Services</i> , i.e. in-school marketing of food and beverage items must meet competitive foods standards.	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.	X			
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, <i>Curriculum Content and Board policy 7:260, Exemption from Physical Education.</i>	X			
The curriculum will be consistent with and incorporate relevant <i>Illinois Learning Standards for Physical Development and Health as established by ISBE.</i>	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
None at this time.			x	Develop goals to include in our policy.

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?

Includes 10 of the 12 content checklist items.

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

We need to update our policy to include the other 2 content checklist items:

1. *Goals for Other School-Based Wellness Activities*
2. *Wellness Leadership*

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

1. Establish goals for other school-based wellness activities by collaborating with the Wellness Committee; then add these goals to the Wellness Policy.
2. Add into the Wellness Policy the specific make-up the Wellness Committee to include committee members and role.