

# 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. 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 a sponsor’s 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.

Sponsor Name: Saunemin CCSD 438

Site Name: Saunemin Elementary School

Date Completed: July 22, 2022

Completed by: Gary Doughan

## 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](#).

- |                                                                                      |                                                                                              |                                                           |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <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**

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)
<b>Nutrition Education</b>				
Physical Education classes for all students daily.		X		This goal will be implemented in the 22-23 school year
Nutrition education in science curriculums that is taught at all grade levels	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.	x			
The District shall make cafeteria menus and nutrition information available through the following platforms: School website; monthly menus that are sent home.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Physical Education is offered to all students, PreK-8 <sup>th</sup> grade for at least 30 minutes daily.		X		This goal will be fully implemented in the 22-23 school year.
The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day.	x			
The following opportunities for participation in school-based sports shall be offered to students each year	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs			x	During the 22-23 school year, the school will offer Cafeteria try days, organize/implement exercise events, and develop at least one club that encourages physical activity outside of the school day.


**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?

Elementary students have been consistently getting at least three days of week of physical education for at least 30 minutes; junior high students have gotten at least 40 minutes of physical education daily. Students are given recess time daily, of at least 15 minutes, during the lunch period, and elementary students are given more recess time throughout the day. Teachers implement brain breaks into their classroom plans, and many teachers take students for nature walks. Healthy snacks are incorporated into the school day, and fundraisers are primarily non-food-based.

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

The district's wellness policy needs to include more "other" options to encourage health and wellness that goes beyond the normal offerings of P.E. and recess. The district needs to encourage students to push themselves outside their comfort zones by trying new foods that they may not have access to at home regularly. The district also needs to include more physical activity promotion activities such as jump rope for heart, Fuel Up and Play, etc.

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

Of the improvements listed above, the district will make it a priority to start providing activities and opportunities to students to try new foods, participate in physical activity at home, and actively think about making healthy choices all of the time.