

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: La Moille C.U.S.D. #303

School Name: La Moille High School

Date Completed: April 28, 2021

Completed by: Brent Ziegler

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](#).

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

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				
Including topics regarding essential healthy eating	X			
Nutrition education by cooking demonstrations in 21 st CCLC	X			
Healthy food preparation methods in 21 st CCLC	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Ensuring 100% of foods & beverages promoted meet USDA Smart Snacks		X		Removing beverages containing caffeine from vending machines
Promoting health foods using 10 Smarter Lunchroom techniques		X		Continue using techniques

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Participating in <i>Let's Move!</i> Active Schools		X		
Moderately to vigorously active 50% of PE class time		X		Hard to meet with COVID restrictions this year

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Participating in Perry Memorials Health Walk		X		Cancelled due to COVID this year
Promote staff participation in healthy eating/weight management.		X		Continue to promote opportunities through our health insurance

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?

Nutrition education, nutrition standards for competitive and other foods & beverages, addressing implementation & evaluation of wellness policy.

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

Implement removal of beverages containing caffeine. Updating new information necessary for a complete Wellness Policy.

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

Including language in the Wellness Policy that is currently in place in the District but not included in the policy. Include more information in the policy regarding availability of Free/Reduced lunch program applications.

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District Name: La Moille C.U.S.D. #303

School Name: Allen Jr. High

Date Completed: April 28, 2021

Completed by: Brent Ziegler

Part I: 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

Part II: Goal Assessment

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
Including topics regarding essential healthy eating in health	X			
Including cooking demonstrations, farm visits, promotions		X		No field trips this year due to COVID restrictions
Including nutrition education training for teachers		X		Continue to offer opportunities to teachers and staff

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Ensuring 100% of foods & beverages promoted meet USDA Smart Snacks	X			
Promoting health foods using 10 Smarter Lunchroom techniques		X		Continue using techniques
All 21 st CCLC program snacks offered meet USDA Smart Snacks	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Participating in <i>Let's Move!</i> Active Schools		X		
Meeting minimum minute requirements for PE		X		Hard to meet with COVID restrictions this year

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Participating in Kids Heart Challenge	X			
Promote staff participation in healthy eating/weight management.		X		Continue to promote opportunities through our health insurance

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?

Nutrition education, nutrition standards for competitive and other foods & beverages, addressing implementation & evaluation of wellness policy.

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

Updating new information necessary for a complete Wellness Policy.

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

Including language in the Wellness Policy that is currently in place in the District but not included in the policy. Include more information in the policy regarding availability of Free/Reduced lunch program applications.

Local Wellness Policy Triennial Assessment

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District Name: La Moille C.U.S.D. #303

School Name: Van Orin Elementary

Date Completed: 4/28/2021

Completed by: Brent Ziegler

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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
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
Including topics regarding essential healthy eating in health	X			
Including cooking demonstrations, farm visits, promotions		X		No field trips this year due to COVID restrictions
Including nutrition education training for teachers		X		Continue to offer opportunities to teachers and staff

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Ensuring 100% of foods and beverages promoted meet USDA Smart Snacks	X			
Promoting healthy foods using 10 Smarter Lunchroom techniques		X		Continue using techniques
All 21 st CCLC program snacks offered meet USDA Smart Snacks	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Participating in <i>Let's Move!</i> Active Schools		X		
Meeting minimum minute requirements for PE		X		Hard to meet with COVID restrictions this year

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Participating in Kids Heart Challenge	X			
Promote staff participation in healthy eating/weight management		X		Continue to promote opportunities through our health insurance

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?

Nutrition education, nutrition standards for competitive and other foods & beverages, addressing implementation & evaluation of wellness policy.

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

Updating new information necessary for a complete Wellness Policy.

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

Including language in the Wellness Policy that is currently in place in the District but not included in the policy. Include more information in the policy regarding availability of Free/Reduced lunch program applications.