

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: Sherrard School District #200

Date Completed: April 27, 2022

Completed by: Wellness Committee

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) |
|--|---------|-------------------|-------------|----------------------------|
| Nutrition Education | | | | |
| Nutrition curriculum for PreK through Grade 12 | X | | | |
| Provide students with knowledge and skills for healthy eating | X | | | |
| Maximize classroom time | X | | | |
| | | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Nutrition Promotion | | | | |
| Participation in NSLP and SBP | X | | | |
| Promote healthy food and beverages for all grade levels | X | | | |
| Foods served outside of meals times follow the guidelines as provided by the Guide to Smart Snacks in Schools | X | | | |
| | | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Physical Activity | | | | |
| Students in grades PreK through 12 shall participate in physical education or physical activities | X | | | |
| K-4 students will receive physical education for at least 60 minutes per week and an additional 60 minutes of supervised physical activity per day. | X | | | |
| Students in grades 5-12 are required to take the equivalent of one academic year of physical education. | X | | | |
| Grades 5-6 have an additional 45 minutes of supervised activity per day. Students in grades 9 through 12 have the ability to flex out their schedules. | X | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Other School-Based Wellness Activities | | | | |
| Schools are encouraged to provide student and community access to the school's physical activity facilities outside of the normal school day in accordance with district policy. The district will conduct necessary inspections and repairs to maintain facilities and equipment on school grounds. | X | | | |
| Physical education shall be provided by trained and well-supported staff that is certified to teach physical education. The program shall be coordinated with other components of the overall school health program | X | | | |

| | | | | |
|---|----------|--|--|--|
| Foodservice leadership staff will share information about the nutritional content of school meals and/or individually sold foods with students and guardians as requested. | X | | | |
| School personnel are strongly encouraged to use nonfood incentives as rewards and food shall not be withheld from students as punishment. | X | | | |

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: Illinois Local Wellness Policy

1. What strengths does your current Local Wellness Policy possess?
2. Our local policy is evaluated and assessed as required. As a district we strive to encourage wellness among students and staff. We have utilized USDA guidelines in the formation of our policy and we have shared a copy with our local health department and asked for their input. Our policy will be updated to prevent food waste and to provide unused packaged food for those with food insecurity. We also have other resources available for those with food insecurity.

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

The district has added language in regard to the sharing of food so as to avoid waste. The district will share that information with staff and parents in order to prevent food waste.

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

Information will be provided to parents and students through announcements and district social media/website.

Wellness Committee: Marla Miller, Food Service Director; Administrators Alan Boucher, Tim Wernentin, Rick Basala, Jeff Shillinger, Kari Roberts, Casey Wyant; School Nurses Sanya Boucher and Kelly Fratzke; Teachers Vanessa Schulenberg, Julie Burns, Todd Volkert, Paula Zigler and Sarah Souhrada; Counselor Stacey Blackwell; Board Member Kim DeBlock