

School Wellness Policy Triennial Assessment
Under the Healthy, Hunger-Free Kids Act of 2010 (Final Rules July, 2016)

Keep a copy of these forms as documentation of compliance during the next RIROE Compliance Review.

School District: Sherrard Community Unit School District #200

Date of Completion: June 10, 2019

Members of your Local School Wellness Policy Committee:

| Name | Title/Position |
|------------------------|---|
| Marla Miller | Business Manager/Food Service Director |
| Alan Boucher | Superintendent |
| Tim Wernentin | Administrator |
| Rick Basala | Administrator |
| Jeff Shillinger | Administrator/Parent |
| Kari Roberts | Administrator/Parent |
| Konnie Fry | Administrator |
| Sanya Boucher | School Nurse |
| Kelly Fratzke | Health Aide/Parent |
| Norma Galvin | Food Service |
| Julie Burns | Teacher |
| Todd Volkert | PE Teacher/Parent |
| Paula Zigler | Health Teacher |
| Sarah Souhrada | PE Teacher/Parent |
| Kim DeBlock | School Board Member/Parent |

The following elements are a required part of Local School Wellness Policies. Use this form as a record that the District's Local School Wellness Policy includes all required components.

| Yes | No | Regulation | Notes |
|----------|----|---|-------|
| | | Our District's School Wellness Policy includes: | |
| X | | Specific goals for nutrition promotion and education for each grade level | |
| X | | Standards and nutrition guidelines for all foods and beverages sold on school campus during the school day that are consistent with: <ul style="list-style-type: none"> • School meal nutrition standards • Smart Snacks in School nutrition standards • Iowa Healthy Kids Act standards | |
| X | | Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. classroom parties, classroom snacks brought by parents, incentive foods, etc.) | |
| X | | Requirements that food and beverages marketed on campus must meet Smart Snacks in School standards | |
| X | | Individual or team that provides wellness policy leadership and has the authority and responsibility to ensure schools comply with the District policy | |
| X | | Outlines the opportunity for public input into the development and implementation of the Local School Wellness Policy | |
| X | | Outlines the way the Local School Wellness Policy is made available to the public. | |
| X | | Describes the assessment process for the Local School Wellness Policy | |
| X | | Describes how assessments are made available to the general public for review | |

It is required that Local School Wellness Policies conduct an assessment to determine:

- 1) How the wellness policy compares to model wellness policies**
- 2) Progress made in attaining the goals of the wellness policy.**
- 3) Compliance with the wellness policy.**

Use this form as a record that the District's Local School Wellness Policy includes these required components.

| Model Policy Items | Last Assessment Period _____ to _____ Implementation of the school wellness policy | | | | Today's Implementation of the school wellness policy | | | |
|--|---|-------------------------------|------------------------------|---|---|-------------------------------|------------------------------|---|
| | <i>fully in place</i> | <i>partially in place</i> | <i>under development</i> | <i>have not considered this</i> | <i>fully in place</i> | <i>partially in place</i> | <i>under development</i> | <i>have not considered this</i> |
| <i>Our School:</i> | | | | | | | | |
| Offers the USDA School Breakfast program. | X | | | | X | | | |
| Offers an after-school snack program. | | | | X | | | | X |
| Offers meals and snacks that meet federal nutrition standards. | X | | | | X | | | |
| <i>Competitive foods and beverages (a la carte, vending and regulated fundraising)</i> | | | | | | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, General Standards | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010 Calories | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, | | X | | | X | | | |

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| Our School: | | | | | | | | |
| Hunger-Free Kids Act of 2010, Sodium | | | | | | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Saturated Fats | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Trans Fats | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Total Fats | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Sugar | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Dietary Fiber/Whole Grain | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Milk | X | | | | X | | | |

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| <i>Our School:</i> | | | | | | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Fruit-Vegetable Juice | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Caffeine | X | | | | X | | | |
| Must meet all competitive food standards according to the USDA's Healthy, Hunger-Free Kids Act of 2010, Flavored or Carbonated Beverages | X | | | | X | | | |
| <i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt,</i> | | | | | | | | |

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| <i>Our School:</i> | | | | | | | | |
| <i>maintain and enjoy healthy eating habits in:</i> | | | | | | | | |
| Elementary Grades (at least 50 hours per academic year) | | | | | | | | |
| Kindergarten | | X | | | | X | | |
| First Grade | | X | | | | X | | |
| Second Grade | | X | | | | X | | |
| Third Grade | | X | | | | X | | |
| Fourth Grade | | X | | | | X | | |
| Fifth Grade | | X | | | | X | | |
| Middle School Grades (at least 50 hours per academic year) | | | | | | | | |
| Sixth Grade | | X | | | | X | | |

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| <i>Our School:</i> | | | | | | | | |
| Seventh Grade | | X | | | | X | | |
| Eighth Grade | | X | | | | X | | |
| High School Grades (at least 50 hours per academic year) | | | | | | | | |
| Ninth Grade | | X | | | | X | | |
| Tenth Grade | | X | | | | X | | |
| Eleventh Grade | | X | | | | X | | |
| Twelfth Grade | | X | | | | X | | |
| <i>Provides age- appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop</i> | | | | | | | | |

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| <i>Our School:</i> | | | | | | | | |
| <i>the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, <u>physically active</u> lifestyles in:</i> | | | | | | | | |
| Elementary Grades (50 – 150 minutes per week) | | | | | | | | |
| Kindergarten | X | | | | X | | | |
| First Grade | X | | | | X | | | |
| Second Grade | X | | | | X | | | |
| Third Grade | X | | | | X | | | |
| Fourth Grade | X | | | | X | | | |
| Fifth Grade | X | | | | X | | | |
| Middle School Grades (minimum of 120 minutes per week) | | | | | | | | |
| Sixth Grade | X | | | | X | | | |

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| <i>Our School:</i> | | | | | | | | |
| Seventh Grade | X | | | | X | | | |
| Eighth Grade | X | | | | X | | | |
| High School Grades (minimum of 120 minutes per week) | | | | | | | | |
| Ninth Grade | X | | | | X | | | |
| Tenth Grade | X | | | | X | | | |
| Eleventh Grade | X | | | | X | | | |
| Twelfth Grade | X | | | | X | | | |
| Prohibits withholding physical activity as a punishment (recess and/or physical education). | X | | | | | X | | |
| Physical education is provided by credentialed teachers (degree in | X | | | | X | | | |

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| | | | | | | | | |
| physical education and certified). | | | | | | | | |
| Physical education is provided in appropriate teacher: student ratios (maximum 30:1). | X | | | | X | | | |
| Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period. | X | | | | X | | | |
| Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child). | | X | | | X | | | |
| Has adequate outdoor facilities for physical education (75 square feet per child). | X | | | | X | | | |
| Has enough equipment for meaningful participation in physical education. | X | | | | X | | | |

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| <i>Our School:</i> | | | | | | | | |
| Has provisions to maintain and replace physical education equipment as necessary. | X | | | | X | | | |
| Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems. | X | | | | | X | | |
| Assures that physical education is graded as an academic subject (middle/high school grades). | X | | | | X | | | |
| Assures that physical education grades count in the overall GPA (middle/high school grades). | X | | | | X | | | |
| Requires physical education every year (high school). | X | | | | | X | | |
| Required that all students take physical education (no exemptions). | X | | | | | X | | |
| Policies include nutrition standards for foods and beverages offered at | X | | | | | X | | |

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| parties, celebrations and social events. | | | | | | | | |
| Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours | X | | | | X | | | |
| Provides communication to parents/guardians regarding nutrition and physical activity policies within the district. | X | | | | X | | | |
| Prohibits using food as a reward. | | X | | | | X | | |
| Prohibits withholding food as a punishment. | X | | | | X | | | |
| Provides after school opportunities for physical activity for all students. | X | | | | | X | | |
| Makes indoor facilities (gymnasium) available to all/most students after school hours. | | | | X | X | | | |

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| <i>Our School:</i> | | | | | | | | |
| Prohibits withholding recess (participation in unstructured physical activity) as a punishment. | X | | | | | X | | |
| Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades. | X | | | | X | | | |