

# 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: Mercer County School District 404      School Name: Apollo Elementary School

Date Completed: 4/7/2021      Completed by: Becky Hyett, CSN

## 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 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             |

## 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>				
PreK-Grade 12 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum, providing students' knowledge to adopt healthy eating habits.		X		
Nutrition education will be integrated into the standards based lesson plans ex. Math, science, Lang arts, PE, Health, and Social Science at all grade levels.	X			
Provide nutrition education opportunities to students at all grade levels in the cafeteria, health fairs, field trips, assemblies, taste testing, and/or school gardens.		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Promote nutrition through multiple channels including cafeteria, classroom, and social media accounts.	X			
Breakfast, Lunch, and Snack menus are made available through the District Website, Monthly News Bulletins, Facebook and Twitter pages.	X			

Provide Parents with information to help healthy eating and physical activity at home. Ex. Handouts, social media accounts, news bulletins, presentations.	X			
Food service personnel will have adequate training and participate in PD activities to provide appealing healthy school meals. Effective promotional techniques will be used to encourage healthy eating habits.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
PreK-Grade 12 will participate in regular physical education that enables them to achieve and maintain a high level of personal fitness using curriculum consistent with relevant Illinois Learning Standards.	X			
PE will be provided by trained and well-supported staff that is certified by the state to teach PE. Continuing Education classes will be encouraged to help promote lifelong healthy eating and physical activity among students.	X			
Students at all grade levels will participate in a Physical Education Class daily. Accommodations shall be made for students with disabilities, 504 plans, and other limitations  Elementary age students will be provided a supervised recess period daily.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Provide students with opportunities for physical activity through a range of before and after school programs. Ex. Football, Volleyball, Basketball, Weight Lifting, Track, Cross Country, Dance etc.	X			
Develop community partnerships with the YMCA/Park District to provide students opportunities to be active.	X			
Provide student and community access to and promote use of the school's facilities outside of the normal school day.	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: \_\_\_\_\_

\_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?
  - a. *Our Wellness Policy meets Federal Requirements based on the WellSAT 3.0 Assessment Tool meeting the #2 option at each level.*
  - b. *All boxes were checked on the Local Wellness Policy Content Checklist during our annual review of the policy. 11/2020*
  
2. What improvements could be made to your Local Wellness Policy?
  - a. *The assessment tool suggested adding working links to the Local Wellness Policy, such as The Smart Snacks guidelines link.*
  - b. *Add information about our After School Snack Program where appropriate.*
  - c. *Free water is always available – need to add statement to policy.*
  - d. *Documentation needed showing where we invite the public to be a part of the Wellness Committee.*
  
3. List any next steps that can be taken to make the changes discussed above.
  - a. *Review the current wellness policy and add active links where appropriate.*
  - b. *Review the current wellness policy and add information about our Child and Adult Care Center Food Program that was put into place 20-21 school year.*
  - c. *Students will be provided free access to drinking water throughout the school day. Water fountains or water filling stations are available in or near all cafeterias.*
  - d. *Add a statement on the website encouraging public involvement in the Local Wellness Policy development, implementation, updates and reviews.*

# 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: Mercer County School District 404      School Name: New Boston Elementary

Date Completed: 4/1/2021      Completed by: Marcus Bush, Principal

## 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](#).

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| <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             |

## 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>				
PreK-Grade 12 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum, providing students' knowledge to adopt healthy eating habits.		X		Students are provided nutrition education at various times throughout the year.
Nutrition education will be integrated into the standards based lesson plans ex. Math, science, Lang arts, PE, Health, and Social Science at all grade levels.		X		Nutrition education is integrated in our PE curriculum at various times throughout the year.
Provide nutrition education opportunities to students at all grade levels in the cafeteria, health fairs, field trips, assemblies, taste testing, and/or school gardens.			X	Opportunities for students in these areas are not utilized effectively.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Promote nutrition through multiple channels including cafeteria, classroom, and social media accounts.		X		We utilize posters in the cafeteria to provide nutritional information to students.
Breakfast, Lunch, and Snack menus are made available through the District Website, Monthly News Bulletins, Facebook and Twitter pages.	X			Monthly menus are presented through multiple outlets.

Provide Parents with information to help healthy eating and physical activity at home. Ex. Handouts, social media accounts, news bulletins, presentations.			X	We do not do this.
Food service personnel will have adequate training and participate in PD activities to provide appealing healthy school meals. Effective promotional techniques will be used to encourage healthy eating habits.	X			Our food service personnel participate in training as needed to ensure proper professional development.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
PreK-Grade 12 will participate in regular physical education that enables them to achieve and maintain a high level of personal fitness using curriculum consistent with relevant Illinois Learning Standards.	X			Students participate daily in regular physical education.
PE will be provided by trained and well-supported staff that is certified by the state to teach PE. Continuing Education classes will be encouraged to help promote lifelong healthy eating and physical activity among students.	X			Our PE teacher is well trained and certified to teach PE.
Students at all grade levels will participate in a Physical Education Class daily. Accommodations shall be made for students with disabilities, 504 plans, and other limitations  Elementary age students will be provided a supervised recess period daily.	X			Students participate daily in regular physical education.



Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Provide students with opportunities for physical activity through a range of before and after school programs. Ex. Football, Volleyball, Basketball, Weight Lifting, Track, Cross Country, Dance etc.			X	As an elementary building, we do not provide these after school activities.
Develop community partnerships with the YMCA/Park District to provide students opportunities to be active.			X	There was no interest from the community to partner with the YMCA.
Provide student and community access to and promote use of the school's facilities outside of the normal school day.		X		Community members may request building usage as they see the need for it.

### 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.

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[Rudd Center's WellSAT 3.0](#)

Other: \_\_\_\_\_

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1. What strengths does your current Local Wellness Policy possess?
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  - b. *All boxes were checked on the Local Wellness Policy Content Checklist during our annual review of the policy. 11/2020*
  
2. What improvements could be made to your Local Wellness Policy?
  - a. *The assessment tool suggested adding working links to the Local Wellness Policy, such as The Smart Snacks guidelines link.*
  - b. *Add information about our After School Snack Program where appropriate.*
  - c. *Free water is always available – need to add statement to policy.*
  - d. *Documentation needed showing where we invite the public to be a part of the Wellness Committee.*
  
3. List any next steps that can be taken to make the changes discussed above.
  - a. *Review the current wellness policy and add active links where appropriate.*
  - b. *Review the current wellness policy and add information about our Child and Adult Care Center Food Program that was put into place 20-21 school year.*
  - c. *Students will be provided free access to drinking water throughout the school day. Water fountains or water filling stations are available in or near all cafeterias.*
  - d. *Add a statement on the website encouraging public involvement in the Local Wellness Policy development, implementation, updates and reviews.*

# Local Wellness Policy Triennial Assessment

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District Name: Mercer County School District 404

School Name: Mercer County Intermediate School

Date Completed: 4/7/2021

Completed by: Julianne Smet RN

## 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)
<b>Nutrition Education</b>				
PreK-Grade 12 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum, providing students' knowledge to adopt healthy eating habits.		X		
Nutrition education will be integrated into the standards based lesson plans ex. Math, science, Lang arts, PE, Health, and Social Science at all grade levels.	X			
Provide nutrition education opportunities to students at all grade levels in the cafeteria, health fairs, field trips, assemblies, taste testing, and/or school gardens.		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Promote nutrition through multiple channels including cafeteria, classroom, and social media accounts.	X			
Breakfast, Lunch, and Snack menus are made available through the District Website, Monthly News Bulletins, Facebook and Twitter pages.	X			

Provide Parents with information to help healthy eating and physical activity at home. Ex. Handouts, social media accounts, news bulletins, presentations.	X			
Food service personnel will have adequate training and participate in PD activities to provide appealing healthy school meals. Effective promotional techniques will be used to encourage healthy eating habits.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
PreK-Grade 12 will participate in regular physical education that enables them to achieve and maintain a high level of personal fitness using curriculum consistent with relevant Illinois Learning Standards.	X			
PE will be provided by trained and well-supported staff that is certified by the state to teach PE. Continuing Education classes will be encouraged to help promote lifelong healthy eating and physical activity among students.	X			
Students at all grade levels will participate in a Physical Education Class daily. Accommodations shall be made for students with disabilities, 504 plans, and other limitations  Elementary age students will be provided a supervised recess period daily.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Provide students with opportunities for physical activity through a range of before and after school programs. Ex. Football, Volleyball, Basketball, Weight Lifting, Track, Cross Country, Dance etc.	X			
Develop community partnerships with the YMCA/Park District to provide students opportunities to be active.	X			
Provide student and community access to and promote use of the school's facilities outside of the normal school day.	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: \_\_\_\_\_

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1. What strengths does your current Local Wellness Policy possess?
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  - b. *All boxes were checked on the Local Wellness Policy Content Checklist during our annual review of the policy. 11/2020*
  
2. What improvements could be made to your Local Wellness Policy?
  - a. *The assessment tool suggested adding working links to the Local Wellness Policy, such as The Smart Snacks guidelines link.*
  - b. *Add information about our After School Snack Program where appropriate.*
  - c. *Free water is always available – need to add statement to policy.*
  - d. *Documentation needed showing where we invite the public to be a part of the Wellness Committee.*
  
3. List any next steps that can be taken to make the changes discussed above.
  - a. *Review the current wellness policy and add active links where appropriate.*
  - b. *Review the current wellness policy and add information about our Child and Adult Care Center Food Program that was put into place 20-21 school year.*
  - c. *Students will be provided free access to drinking water throughout the school day. Water fountains or water filling stations are available in or near all cafeterias.*
  - d. *Add a statement on the website encouraging public involvement in the Local Wellness Policy development, implementation, updates and reviews.*

# 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: Mercer County School District 404

School Name: Mercer County Junior High School

Date Completed: 4/7/2021

Completed by: Becky Hyett, CSN

## 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.

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<b>Nutrition Education</b>				
PreK-Grade 12 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum, providing students' knowledge to adopt healthy eating habits.		X		
Nutrition education will be integrated into the standards based lesson plans ex. Math, science, Lang arts, PE, Health, and Social Science at all grade levels.	X			
Provide nutrition education opportunities to students at all grade levels in the cafeteria, health fairs, field trips, assemblies, taste testing, and/or school gardens.		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Promote nutrition through multiple channels including cafeteria, classroom, and social media accounts.	X			
Breakfast, Lunch, and Snack menus are made available through the District Website, Monthly News Bulletins, Facebook and Twitter pages.	X			

Provide Parents with information to help healthy eating and physical activity at home. Ex. Handouts, social media accounts, news bulletins, presentations.	X			
Food service personnel will have adequate training and participate in PD activities to provide appealing healthy school meals. Effective promotional techniques will be used to encourage healthy eating habits.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
PreK-Grade 12 will participate in regular physical education that enables them to achieve and maintain a high level of personal fitness using curriculum consistent with relevant Illinois Learning Standards.	X			
PE will be provided by trained and well-supported staff that is certified by the state to teach PE. Continuing Education classes will be encouraged to help promote lifelong healthy eating and physical activity among students.	X			
Students at all grade levels will participate in a Physical Education Class daily. Accommodations shall be made for students with disabilities, 504 plans, and other limitations  Elementary age students will be provided a supervised recess period daily.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Provide students with opportunities for physical activity through a range of before and after school programs. Ex. Football, Volleyball, Basketball, Weight Lifting, Track, Cross Country, Dance etc.	X			
Develop community partnerships with the YMCA/Park District to provide students opportunities to be active.	X			
Provide student and community access to and promote use of the school's facilities outside of the normal school day.	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: \_\_\_\_\_

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1. What strengths does your current Local Wellness Policy possess?
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  - b. *Add information about our After School Snack Program where appropriate.*
  - c. *Free water is always available – need to add statement to policy.*
  - d. *Documentation needed showing where we invite the public to be a part of the Wellness Committee.*
  
3. List any next steps that can be taken to make the changes discussed above.
  - a. *Review the current wellness policy and add active links where appropriate.*
  - b. *Review the current wellness policy and add information about our Child and Adult Care Center Food Program that was put into place 20-21 school year.*
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District Name: Mercer County School District 404

School Name: Mercer County High School

Date Completed: 4/1/2021

Completed by: Stacey Day, Principal

## 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](#).

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<b>Nutrition Education</b>				
PreK-Grade 12 will receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum, providing students' knowledge to adopt healthy eating habits.	X			7-8/HS HEALTH
Nutrition education will be integrated into the standards based lesson plans ex. Math, science, Lang arts, PE, Health, and Social Science at all grade levels.		X		
Provide nutrition education opportunities to students at all grade levels in the cafeteria, health fairs, field trips, assemblies, taste testing, and/or school gardens.		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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Promote nutrition through multiple channels including cafeteria, classroom, and social media accounts.	X			
Breakfast, Lunch, and Snack menus are made available through the District Website, Monthly News Bulletins, Facebook and Twitter pages.	X			

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<b>Other School-Based Wellness Activities</b>				
Provide students with opportunities for physical activity through a range of before and after school programs. Ex. Football, Volleyball, Basketball, Weight Lifting, Track, Cross Country, Dance etc.	X			
Develop community partnerships with the YMCA/Park District to provide students opportunities to be active.	X			
Provide student and community access to and promote use of the school's facilities outside of the normal school day.	X			

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[Rudd Center's WellSAT 3.0](#)

Other: \_\_\_\_\_

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