

## 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:

Rantoul City Schools #137

Date Completed:

10/15/2024

School Name:

Broadmeadow Elementary

Completed by:

Broadmeadow Health and Wellness Team

### 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 type="checkbox"/> Goals for Nutrition Education                                | <input type="checkbox"/> Nutrition Standards for School Meals                                | <input type="checkbox"/> Wellness Leadership   |
| <input type="checkbox"/> Goals for Nutrition Promotion                                | <input type="checkbox"/> Nutrition Standards for Competitive Foods                           | <input 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 type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> -Goals for Other School-Based Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing   | <input 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>				
Schools will support and promote sound nutrition for students		x		Decrease processed foods and sugars in rewards. "Taste" of the week/month (resource would be needed for the development of this program
Schools foster the positive relationship between sound nutrition, physical activity and the capacity of students to develop and learn.		x		resources for staff; curricular alignment/timeline for PE and/or classrooms.
Nutrition education will be part of the District's comprehensive health education curriculum.			x	resources for staff; curricular alignment/timeline for PE and/or classrooms.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Schools will support and promote sound nutrition for students			x	access to district wide signage and promotional materials.
Nutrition education will be part of the District's comprehensive health education curriculum.			x	Current PE schedule does not allow for health education minutes. Curricular resources needed for grade levels

Standards for all beverages-provided but not sold (class parties, rewards, etc)

x

Better uphold/enforce policy on healthy snacks and birthday treats, and Positivity Parade.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Schools will support and promote an active lifestyle for students	x			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills. enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	x			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted			x	Accessing information from resources such as <a href="https://www.playworks.org">Playworks.org</a> to encourage fitness/play at recess
The curriculum will be consistent with and incorporate relevant <i>Illinois Learning Standards for Physical Development and Health</i> as established by the Illinois State Board of Education (ISBE).	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Staff success committee has brought up how to promote self care for staff		x		Find ways of giving the gift of time so that teachers can take a moment for self care.
Making a connection between SEL & Physical education			x	Curricular resources,

### 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?

Broadmeadow encourages movement through various activities, such as races, heart challenges, football, soccer, and basketball at recess. Our PE teacher spends a fair amount of time teaching the skills of proper physical fitness.

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

Develop a school wide plan for teaching students about nutrition and the importance it has on proper development. We would also like to see a more explicit connection being made to movement, fitness, and whole body wellness.

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

- Explore curriculum that can support explicit instruction on health and wellness.