

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

School Name:

Eastlawn Elementary School

Date Completed:

10/04/2024

Completed by:

Eastlawn 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 type="checkbox"/> Goals for Physical Activity | <input 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 |

- bullying and behavior response plans
 - Using social emotional learning standards
 - promoting trauma informed approaches
 - Using diversity and inclusive practices
 - Connecting students with outside agencies (p 27-28)
- *doing these not in Board policy for School Wellness

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				
Schools will support and promote sound nutrition for students		x		increase whole foods; decrease food processed foods and sugar
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)
Nutrition Promotion				
Schools will support and promote sound nutrition for students			x	access to district wide signage and promotional materials.

Schools foster the positive relationship between sound nutrition, physical activity and the capacity of students to develop and learn.	x			access to district wide signage and promotional materials.
Nutrition education will be part of the District's comprehensive health education curriculum.	x			curricular resources and determine how they align to current grade level curriculum.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
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		Do teachers need training or resources to promote play activities during 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)
Other School-Based Wellness Activities				
No District policy - needs to be added to board policy				

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?

Eastlawn encourages movement through various activities, such as races, heart challenges, school-wide kickball games, and a variety of game and sports during ExPlores. These activities and competitions promote goal setting, while also helping students build

stamina and perseverance. Additionally, school rewards and special events are centered around physical movement and activity, reinforcing the importance of staying active. stamina and perseverance. Additionally, school rewards and special events are centered around physical movement and activity, reinforcing the importance of staying active

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

Develop a school wide plan for teaching students about nutrition and a plan for providing more whole foods with less processed food choices in the food service program.

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

- Explore nutrition programs that are available for physical education programs. \
- Determine if the food services program can prioritize and support offering less processed foods and more nutritious whole food options with a focus on reducing sugary food items and juices.