

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 for all participating sites under its jurisdiction. 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 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. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name:

Rantoul City Schools

Date Completed:

9/27/24

Site Name:

J.W. Eater Junior High School

Completed by:

Heather Jacobs

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](#).

Goals for Nutrition Education

Goals for Nutrition Promotion

Goals for Physical Activity

Goals for Other School-Based
Wellness Activities

Unused Food Sharing Plan

Nutrition Standards for School Meals

Nutrition Standards for Competitive Foods

Standards for All Foods/Beverages
Provided, but Not Sold

Food & Beverage Marketing

Wellness Leadership

Public Involvement

Triennial Assessments

Reporting

Part II: Goal Assessment

Per USDA regulations, the triennial assessment must determine compliance with and progress made in attaining the goals of the wellness policy. 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 site 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				
Students in prek-8 shall receive nutrition education as part of the District's Health Nutrition Education		X		
Food providers ensure that student access to food beverage meets federal & local guidelines	X			
Nutrition education shall be provided by trained staff - to change student attitude towards nutrition		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Providing nutritional information of school meals to families			X	ask Food Service to post on line or on menu
innovative strategies, tasty, appealing and healthy school meals		X		increase food variety
food providers include families, students, and school personnel to choose food/beverage selections			X	
schools promote nutritious food and beverage choice consistent w/ dietary guidelines	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
It is recommended that students get 200 mins per week	X			
emphasis placed on promoting an active lifestyle	X			
Schools provide daily supervised and structured recess	X			
opportunity for wellness activities through before and after school opportunities		X		
actively engage physical activities w/ families beyond school day			X	staff will post activities in Parent Square

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Schools shall support parents' efforts to provide a healthy diet & physical activity			X	clarify the intent of the statement
parents provided information to help incorporate healthy eating & physical activity into their students lives				
Schools reserved in clean, pleasant, safe environment have adequate time to eat, relax, and socialize		X		
School personnel shall be encouraged to use nonfood incentives or rewards; not withhold food as punishment	X			
School shall not use physical activity as punishment or withhold participation in recess/PE	X			

Part III: Model Policy Comparison

As part of the triennial assessment, USDA requires sponsors to assess how their wellness policy compares to model wellness policies. Choose one of the model wellness policies below to compare against your local wellness policy. Indicate which model policy was chosen and provide a narrative for each prompt below based on the findings.

- Alliance for a Healthier Generation's Model Wellness Policy – Local wellness policy created in collaboration with USDA, which exceeds minimum requirements
- Rudd Center's WellSAT 3.0 – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users will need to create an account to access this tool.
- Other: _____

1. What strengths does your current local wellness policy possess?

relatively aligned to model policy.

2. What improvements could be made to your local wellness policy?

Some statements could be clarified with examples given. Goals should be listed as goals with descriptors underneath. Before and After school program snack guidelines included. Nutritional information provided.

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

- reformat the policy to make it easier to read/follow.
- provide nutrition information based on the menu to students/families

Eater Health Committee Meeting

Date: September 27, 2024

Time: 9am - 10am

Present: Heather Jacobs, Danielle Derby, Stephanie Eastin,
Kimmie Cooper

Agenda: reviewed the district plan and completed
the triennial assessment,

~~scored~~ scored on district plan to the Rudd
Center's WellSAT 3.0

finished the triennial after comparing.