

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: La Center

School Name: La Center Elementary

Date Completed: June 16, 2022

Completed by: Michael Nolan and Greg Hall

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)
Nutrition Education				
offered in PE	x			Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies
posters in major hallways and cafeteria		x		Monitor location of posters and update consistently throughout the school year
website includes information on school meals, snacks, community resources	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
provide students with access to a variety of free/affordable nutritious food	x			
grade levels and individual teachers encourage students to bring healthy snacks and provide time to eat	x			

Healthy snacks are available throughout the day in the resolution Room	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Mileage Club/Happy Feet at recess (students track their laps around the field - walk or run)		x		Find parent volunteers to staff (two-three days/week) Implement the program on the playground, as well as the field
<u>Recess:</u> K/1st grade: one 20-minute recess and two 15-minute recesses outdoors 2nd-5th grade: Two 20-minute recesses outdoors	x			
<u>Kickball Tournaments</u> 5th grade - twice/year	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Bobcat Walk/Run - September	x			

Field 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?

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

- Including a link on the website
- Highlight nutrition on school FB page

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