

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: Liberty CUSD2

School Name: Liberty School

Date Completed: January 25, 2021

Completed by: Kelle Bunch, ED. D. Superintendent

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				
Part of curriculum	X			
Interdisciplinary lessons	X			
Contact hours with various opportunities	X			
Interactive activities	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Nutrition Promotion within classrooms		X		Need to add more info. to the policy and specify section.
Promoted in PE and Health	X			
Added activity time for older students	X			
Facilities used for various physical activity and promoting healthy wellbeing.	X			

Community Implementation & Involvement section X

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Incorporates personal fitness with standards	X			
Engaged in physical activity daily/weekly	X			
Physical activity offered after school	X			
Promote family engagement activities	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Support parents as partners	X			
Provide healthy meals/snacks	X			
Food providers are trained	X			
Fundraisers/ concession stand have healthy snacks	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?

Reviewed every two years. The committee consists of parents, food service personnel, administrators, Superintendent, Health/PE teacher, nurse, and Cafeteria Manager. Always reviewed by the school board and approved every other year. Had most of the components as the comparison model above.

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

Certainly not as flashy and colorful as the comparison model, but we do not have a marketing department. All the committee members involved already have many tasks that they must do to keep the District functioning effectively and efficiently. More information should be included under the Nutrition Program and listed as a separate section like the other components. It is buried within the Physical Activity and School-Based Promotion section.

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

- We will ask the Wellness Committee for their input to this assessment and add other topics that are pertinent to Wellness. Social-emotional wellness may need to be added to ensure a comprehensive policy.

- Also, we did not mark triennial assessment in the checklist at the beginning of the document, as this will be the first time doing so.
- Not sure what the Reporting means in the checklist at the beginning of this document. The model for comparison had no Reporting section. There was an Accountability section which discussed doing a triennial assessment. By completing this document, we have now established a baseline for the Triennial Assessment to be conducted.