

## 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: Palestine CUSD #3

School Name: Palestine Grade School/Palestine High School

Date Completed: June 14, 2021

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### 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.

X Goals for Nutrition Education	X Nutrition Standards for School Meals	X Wellness Leadership
X Goals for Nutrition Promotion	X Nutrition Standards for Competitive Foods	X Public Involvement
X Goals for Physical Activity	X Standards for All Foods/Beverages Provided, but Not Sold	X Triennial Assessments
X Goals for Other School-Based Wellness Activities	X Food & Beverage Marketing	X 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>				
The District will teach, model, encourage and support healthy eating by all students	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active.	X			
The District will conduct necessary inspections and repairs.	X			
All schools in the district will be encouraged to participate in Let's Move! Active Schools ( <a href="http://www.letsmoveschools.org">www.letsmoveschools.org</a> ) in order to successfully address all CSPAP areas	X			
The use of punishment from physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) is strongly discouraged. Staff are strongly encouraged to seek alternate forms of punishment when disciplining students. This does not include participation on sports teams that have specific academic requirements. The district will provide a list of alternative ways to discipline students.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food	X			

and beverage venues and physical activity facilities.				
The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes	X			
The District will support active transport to and from school, such as walking or biking	X			
Schools in the District are encouraged coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.	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.

X Alliance for a Healthier Generation's Model Wellness Policy

X Rudd Center's WellSAT 3.0

☐ Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

The wellness policy in place is fully comprehensive. It covers all areas accurately.

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

The professional development component can be more supportive overall and provide specific examples of available areas for outreach/growth.

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

The school improvement committee will work to build a component of professional development that focuses on wellness in the district.

