

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: Monmouth-Roseville CUSD#238

School Name: Lincoln Early Childhood, Harding Primary, Central Intermediate, M-R Junior & Senior High Schools

Date Completed: February 9, 2021

Completed by: Teresa Allen, Director of Food Service

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				
Schools will support and promote good nutrition for students	X			
Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn	X			
Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, <i>Curriculum Content</i>	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans	X			
Reimbursable meals shall meet at a minimum, the nutrition requirements and regulations for the NSLP and/or SBP	X			

In order to promote student health and reduce childhood obesity, the superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act	X			
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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 include a planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases student's knowledge and encourages healthy habits and attitudes for a healthy lifestyle	X			
Unless exempted, all students will be required to engage daily during the school day in a physical education course.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
In order to promote student health and reduce childhood obesity, the superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act	X			

Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the USDA in foodservice areas during meal periods	X			
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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?

The policy addresses proper nutrition, education and physical health standards for the entire district

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

Designate a Wellness committee to review and update the policy as needed on an annual or triennial basis

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

Set up Committee at the beginning of each school year or ask for volunteers to be part of the committee for a three year period.

Update Board policy to include the Committee designation and reporting of Wellness activities by building site to help monitor.