

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: Elgin Math and Science Academy

School Name: Elgin Math and Science Academy

Date Completed: 5/25/2121

Completed by: Lezlie Fuhr

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 - Y

Nutrition Standards for School Meals - Y

Wellness Leadership - Y

Goals for Nutrition Promotion - Y

Nutrition Standards for Competitive Foods - Y

Public Involvement - Y

Goals for Physical Activity - Y

Standards for All Foods/Beverages
Provided, but Not Sold - Y

Triennial Assessments - Y

Goals for Other School-Based
Wellness Activities - Y

Food & Beverage Marketing - Y

Reporting - Y

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				
All grade levels receive physical education for a minimum of 2 times per week for 45 minutes	X			Students get PE 5 times a week for 25 minutes
The LEA shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate	X			
Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources: MyPlate, Harvest of the Month or Food tastings provided by the school's FSMC	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The district shall make cafeteria menus and nutrition information available through the following platforms: school website, newsletter sent home to parents and posted on website, social media		X		
The district shall implement the following Smarter Lunchroom techniques: sliced/cut fruit and vegetables served at all service lines, fruit and vegetables are precut	X			

and paired with a low fat dip, milk cases are full, white milk is available in all coolers, lunch personnel smile and greet all students, attractive and healthful posters are hung on the walls, cleaning supplies are not in view, all lights work, trash cans are emptied when full, opportunities for student volunteers				
The district shall participate in the following Farm to School activities: Harvest of the Month – sponsored by Gourmet Gorilla	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
All grade levels receive physical education at a minimum of 2 times per week for 45 minutes	X			Students have PE 5 x per week at 25 minutes a session
The district shall include additional physical activity opportunities, outside of physical education class, during the school day through the following: 30 minute recess per day, 5 minute movement breaks throughout the day, 15 minute Crew Initiatives once per day	X			
The following opportunities for participation in school-based sports shall be offered to students each year: Boys and Girls Club will be offered each year where students participate in their 8 curricular components each day	X			
The district shall promote physical activity through the participation in the following initiatives: Illinois Physical Education State Standards, MyPlate, Fitness Gram	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
The following events shall be organized and promoted each year: TV Turnoff Week	X			
The following health, wellness, and/or nutrition clubs shall be offered to students each year: Boys and Girls Club will be offered each year where students participate in their 8 curricular components each 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?

Our policy includes ample amounts of physical movement opportunities for students, including traditional PE time, recess time, movement breaks, and active crew initiatives that occur daily. Our students are engaged in kinesthetic and movement based instruction regularly. Other strengths of our policy are our health education and nutritional standards for all food offered at EMSA.

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

An area of improvement for our policy is to expand our committee to include more representatives from various perspectives. Additionally, while we offer great selections of food and beverage to students, it is not as specifically stated as it could be within our policy.

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

Provide more details on the specific protocols we utilize at EMSA regarding nutrition, physical activity, water, and celebrations and rewards pertaining to non-food party ideas.