

Local Wellness Policy Triennial Assessment

Sponsors 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 site under a sponsor's 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.

Sponsor Name: Dr. John L. Walsh

Site Name: Lake Zurich District 95

Date Completed: 5/13/22

Completed by: Dr. John Walsh

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) and state 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](#).

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|---|---|---|
| <input checked="" type="checkbox"/> Goals for Nutrition Education | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input checked="" type="checkbox"/> Wellness Leadership |
| <input checked="" type="checkbox"/> Goals for Nutrition Promotion | <input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods | <input checked="" type="checkbox"/> Public Involvement |
| <input checked="" type="checkbox"/> Goals for Physical Activity | <input checked="" type="checkbox"/> Standards for All Foods/Beverages
Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based
Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |
| <input checked="" type="checkbox"/> Unused Food Sharing Plan | | |

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 foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.		x		Explore including nutrition in the elementary physical education/health curriculum.
Nutrition education will be part of the District's comprehensive health education curriculum.		x		Explore including nutrition in the elementary physical education/health curriculum.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Schools will support and promote sound nutrition.	x			

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 shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	x			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.	x			
The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Ill. State Board of Education (ISBE).	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Schools will incorporate wellness based activities outside of the cafeteria and gym.		X		Explore other physical activity initiatives available to District 95.

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?

Lake Zurich Community Unit School District 95 is fortunate to offer many different opportunities for our students to engage in physical activity. There are a wealth of typical extracurricular activities, such as basketball, baseball, softball, cheerleading, wrestling, and more. But we also offer K-POP Dance Club, Girls on the Run, Adventure Club, a 24 hour-run, a walk-a-thon, and others. Our students also participate in comprehensive physical education curriculum K-12.

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

-At the elementary level, nutrition education needs to be addressed consistently at every school. Depending on the school, nutrition may be taught in science or physical education.

-The Wellness Committee will have to investigate participating in physical activity initiatives, such as Fuel Up to Play 60 and All Children Exercise Simultaneously (ACES).

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

-Beginning in the 2022-2023 school year a group of elementary PE teachers will come together and review the elementary health standards. They will modify or write curriculum to address those standards.

-The Wellness Committee will begin to review what physical activity initiatives are available to the school district. They will then discuss what options we have to bring those initiatives to District 95.