

## 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: Moline-Coal Valley School District 40

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Date Completed: February 24, 2021

Completed by: Dave McDermott

### 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)
<b>Nutrition Education</b>				
<p>The goals for addressing nutrition education and nutrition promotion include the following:</p> <ul style="list-style-type: none"> <li>• Schools will support and promote sound nutrition for students.</li> <li>• Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.</li> </ul> <p>Nutrition education will be part of the District’s comprehensive health education curriculum. See Board policy 6:60, <i>Curriculum Content</i> (Attachment 2).</p>	✓			n/a

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
<p>The goals for addressing nutrition education and nutrition promotion include the following:</p>	✓			n/a

<ul style="list-style-type: none"> <li>* Schools will support and promote sound nutrition for students.</li> <li>* Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.</li> </ul> <p>Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, <i>Curriculum Content</i> (Attachment 2).</p>				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
<p>The goals for addressing physical activity include the following:</p> <ul style="list-style-type: none"> <li>* Schools will support and promote an active lifestyle for students.</li> <li>* 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. See Board policy 6:60, <i>Curriculum Content</i> (Attachment 2) and Board policy 7:260, <i>Exemption from Physical Education</i> (Attachment 3).</li> </ul>	✓			n/a

<ul style="list-style-type: none"> <li>* During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, <i>Curriculum Content</i> (Attachment 2) and Board policy 7:260, <i>Exemption from Physical Education</i> (Attachment 3).</li> <li>* The curriculum will be consistent with and incorporate relevant <i>Illinois Learning Standards for Physical Development and Health</i> (Attachment 4) as established by the Illinois State Board of Education (ISBE).</li> </ul>				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
<p>The District's current Wellness Policy does not include verbiage pertaining to "other school-based wellness activities". The goal is to have the Wellness Committee incorporate this into the current plan.</p>			✓	<p>Incorporate "other school-based wellness activities" verbiage in the District Wellness Policy.</p>

### 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?

Based on USDA guidelines, our District Policy incorporates the following from the 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
- Food & Beverage Marketing

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

Based on USDA guidelines, our District Policy is missing one (1) component from the checklist:

- Goals for Other School-Based Wellness Activities

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

The District Wellness Committee will meet to discuss verbiage to incorporate "other school-based wellness activities" into the Wellness Policy.