

## 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: NORTH BEACH SCHOOL DISTRICT

School Name: DISTRICT ASSESSMENT (All schools: PBE, OSE, NBMSHS)

Date Completed: 05/08/2023

Completed by: Heather Moodenbaugh

### 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](#).

- |                                                                                      |                                                                                              |                                                           |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <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             |

**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>				
Part of District's comprehensive Health Ed curriculum	X			
Teaching about healthy food options	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Foster sound relationship between sound nutrition, Physical activity & capacity of students to develop & learn	X			
Support & Promote sound nutrition for students	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Support & Promote an active lifestyle	X			
PE taught in all grades	X			
All students required to engage in daily PE course	X			With the exception of HS students. They must meet the credit requirement for graduation then they do not need to engage unless they choose to.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Promote nutritious food and beverage choices at school	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 covers all aspects of Health and Wellness for our students. It meets or exceeds the USDA guidelines/recommendations.

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

The Wellness Committee feels that are Wellness Policy encompasses all aspects of a healthy lifestyle. Our main concern is ensuring that the policy is being followed by all stakeholders.

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

We will expect that the principals know and follow the policy and make sure that their staff is implementing and following the policies throughout the school day as well.