

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 for all participating sites under its jurisdiction. 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 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. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name: Kyle Povolish, Wellness Coordinator

Site Name: Carbondale Community High School

Date Completed: 9/29/24

Completed by: Kyle Povolish and Stacey Massie

Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on the 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

Per USDA regulations, the triennial assessment must determine compliance with and progress made in attaining the goals of the wellness policy. 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 site 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				
Receiving Nutrition Education/comprehensive health curriculum.	X			
Consistent with IL Learning Standards	X			
Provide Students with knowledge and skills to adopt healthy eating behaviors.	X			<i>Language is not specific Recommend: Rewrite the goal to be more specific to skills on food labels.</i>
Influence Students' knowledge, attitudes, and eating habits	X			<i>Language is not specific. Recommend: Rewrite the goal to be more specific to knowledge on differentiation of nutrient-dense vs. calorie-dense foods.</i>
Integrated into other school subjects like math etc.	X			
Classroom Teachers receiving professional development	X			
Include enjoyable interactive lessons as part of the curriculum.	X			

<i>Goals mentioned in the WellSat 3.0 that we don't have language for, include the following:</i> - <i>Time spent on Nutrition Education within the Curriculum</i>				<i>Recommend: Add language regarding the duration of a Nutrition Unit.</i>
Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Standards				
Milk options available to students will include low-fat and skim milk with a variety of flavors depending on availability.	X			
Salads will be offered daily to students and include options for low-fat salad dressings.	X			
All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that: (specific examples are listed in the policy)	X			
Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually, in the vending machines, and al a carte.	X			<i>Attachment C includes guidelines for smart snacks, but the language under the Competitive Food section is not clear regarding Smart Snacks. Recommend: Language regarding compliance with Smart Snacks needs to be included in this section.</i>
Vending machines available to students will include low-fat and healthy options for purchase. Dialogue with the	X			

vending supplier will be ongoing to ensure these choices are available.				
Soda vending will be less than 50% carbonated choices.	X			
School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.	X			
Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B)	X			
<p><i>Goals mentioned in the WellSat 3.0 that we don't have language for, include the following:</i></p> <ul style="list-style-type: none"> - <i>non-food options for rewards offered to students,</i> - <i>availability of free drinking water</i> - <i>communication with vendors regarding smart snacks</i> - <i>Privacy of students receiving free or reduced meals</i> - <i>Efforts to protect privacy for students with unpaid balances</i> - <i>Parent communication on how to apply for free and reduced lunch</i> - <i>Time allowance of bus routes to get here early enough for students to have breakfast.</i> 				<p><i>Recommend:</i></p> <p><i>CCHS does a variety of things to address these goals but they are not mentioned in the current policy.</i></p> <p><i>Goals for each of the following areas should be added to the policy.</i></p>

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The school makes an effort to promote nutritious food and beverage choices consistent with attachment A	X			
Fruits, Vegetables, and low-fat dairy are offered and highlighted on the menu online.	X			
Food providers shall offer appealing foods consistent with attachment A	X			
Non-disposable serving trays and utensils will be used to serve meals to students and staff and provide recycling bins for student participation.		X		<i>Recommend: We are using non-disposable trays but not utensils. The word utensils should be removed from the language.</i>
<i>Additional goals were mentioned in the Wellsat 3.0 regarding farm-to-table and reduction of food loss waste reduction.</i>				<i>Recommend: CCHS does a variety of things to address these goals but they are not mentioned in the current policy. Goals for farm-to-table and food loss reduction should be added. Also, add language about where the school menu can be found and the encouragement of staff to model healthy lifestyles.</i>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
<p>1. Participate in physical education taught by a credentialed physical education teacher who meets the Illinois State Learning Standards for Physical Education and Health, which promotes activities that build skills for lifelong wellness activities and integrates technology where age-appropriate. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.</p>	X			
<p>2. Participate in physical education that encourages lifelong wellness through a curriculum that integrates technology and provides numerous interactive opportunities to try a variety of activities in a safe environment.</p>	X			
<p>3. Participates in fitness assessments that measure their success in achieving milestones for cardiovascular fitness, muscular endurance, and flexibility. This will help to increase the use of individualized fitness plans on an ongoing basis.</p>	X			
<p>4. Participate in daily physical education that enables them to achieve and maintain a high level of personal fitness.</p>	X			

5. Physical education classes will have a student-to-teacher ratio that is comparable to those in other curricular areas.	X			
6. Engage in daily activity that is moderate to vigorous during 50% of P.E. class time. This will be periodically evaluated using Plat4m.	X			
7. Find physical education class enjoyable, while learning a variety of activities to use at home and options for activities in the community.	X			
<i>There are specific goals mentioned in the Wellsat 3.0 regarding P.E. exemptions and substitutions. Goals for P.E. class offerings are also mentioned.</i>				<i>Recommend: CCHS does a variety of things to address these goals but they are not mentioned in the current policy. Add goals for reducing the number of students who can obtain a P.E. waiver and the availability of courses offered in P.E.</i>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
<i>There were no specific goals written in the current plan.</i>				<i>Recommend:</i>

				<p><i>CCHS does a variety of things to address these goals but they are not mentioned in the current policy.</i></p> <p><i>Add current options available to staff such as Staff wellness day and collaboration with school-based health clinics to provide health education to staff. Also, add self-care promotion efforts done by the trauma team.</i></p>
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Part III: Model Policy Comparison

As part of the triennial assessment, USDA requires sponsors to assess how their wellness policy compares to model wellness policies. Choose **one** of the model wellness policies below to compare against your local wellness policy. Indicate which model policy was chosen and provide a narrative for each prompt below based on the findings.

- [Alliance for a Healthier Generation's Model Wellness Policy](#) – Local wellness policy created in collaboration with USDA, which exceeds minimum requirements
- [Rudd Center's WellSAT 3.0](#) – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users will need to create an account to access this tool.
- Other: _____

1. What strengths does your current local wellness policy possess?

The following stakeholders/committee members were consulted during the evaluation process:

- T'Neesha Jefro, Head cook (Nutrition Standards)
- Kyle Povolish, Health/Driver Education Department Chair (Nutrition Education Goals)
- Haley Karayiannis, Physical Education Department Chair (Physical Activity Goals)
- Brandi Jones, Student Activities Director (Fundraising goals)

One strength of our current wellness policy is the goals for Physical Activity, Nutrition Education, and Nutrition Standards. We are meeting most goals. In addition to these goals, we are also meeting the goals mentioned in the WellSat 3.0 tool, but not mentioned in our Wellness policy. Even though these goals are not currently addressed in our Wellness Policy, the fact that we do have systems currently in place to address these will allow us to easily add these goals to our updated policy. Another strength of our Wellness Policy is the continued active involvement of our Wellness Committee. The committee has 16 active members who attend the monthly Zoom meetings regularly. These members are instrumental assets and play a vital role in our School's continued efforts to meet our wellness policy goals.

2. What improvements could be made to your local wellness policy?

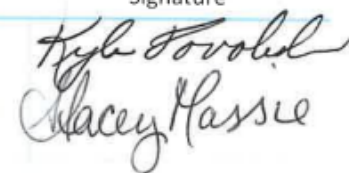
According to the WellSat 3.0, our school's policy scored a comprehensive score of 70 and an overall strength score of 62. WellSat 3.0 is an updated version of the WellSat 2.0 which has been used in the past and is a more comprehensive assessment tool than the 2.0. Last spring Kyle Povolish attended the Wellness Policy workshop and received information on a Wellness Policy template that could be utilized to help districts ensure that they are addressing all necessary components. After completing the WellSat 3.0, the Wellness Committee recommends that the current Wellness Policy be updated and rewritten using the Policy template provided at the workshop. All previous language from the old policy will be included, but additional language will be added for the areas not mentioned in the above summary. There was only one goal in our policy that we were only partially meeting. The policy currently states that we use non-disposable trays and utensils, however, we use disposable utensils. We need to update the language in this section and remove the word utensils.

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

The Local Wellness Policy has been updated to follow the Policy Template provided at the Local Wellness Policy Workshop. A highlighted copy is included in the evaluation report to differentiate between template language, old language, and newly added language. The template language is highlighted in pink. The language transferred from the old policy is highlighted in yellow and the newly added information is highlighted in green. One step that needs to be taken is to change the language regarding our use of disposable trays and utensils to only include trays. We do not allow students access to metal forks and knives as this would create a safety issue. The policy was updated on 9/27/24 to include all recommended changes and will be presented to the Superintendent on 10/4/24 to obtain approval before replacing the old policy.

Triennial Assessment Tracking Form

USDA regulations require sponsors participating in the National School Lunch Program and/or School Breakfast Program to assess their Local Wellness Policy at least once every three years. This is called the “triennial assessment.” Use the table below to track completion dates of the triennial assessment and additional details for future reference. Please note, this form is only for tracking purposes and is not considered the triennial assessment. For more information on the triennial assessment, including a triennial assessment template, check out ISBE’s [Local Wellness Policy webpage](#).

Date Completed	Assessment Tool Used	Name of Staff Person(s) Completed By	Title of Staff Person(s)	Signature
9/29/24	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input checked="" type="checkbox"/> Other: WellSat 3.0	Kyle Povolish Stacey Massie	Wellness Coordinators	
<input type="checkbox"/> Check box if completed within 3 years of your last triennial assessment	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input type="checkbox"/> Other: _____			
<input type="checkbox"/> Check box if completed within 3 years of your last triennial assessment	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input type="checkbox"/> Other: _____			
<input type="checkbox"/> Check box if completed within 3 years of your last triennial assessment	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input type="checkbox"/> Other: _____			
<input type="checkbox"/> Check box if completed within 3 years of your last triennial assessment	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input type="checkbox"/> Other: _____			
<input type="checkbox"/> Check box if completed within 3 years of your last triennial assessment	<input type="checkbox"/> ISBE Triennial Assessment Template <input type="checkbox"/> CDC’s Wellness Policy in Action Tool <input type="checkbox"/> Other: _____			

Clear Form