

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: Grant Community High School District #124

Site Name: Grant Community High School

Date Completed: May 6, 2025

Completed by: District Wellness Committee – Jeremy Schmidt, Blair Schoell, Nate Miller, Cheryl Bengston, Jill Schroeder, Dawn Kalk, Patti Bergl, Chef Mel VanLue, Lily Wu, Beth Reich

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](#).

☒ 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

☒ 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				
The District will teach, model, encourage and support healthy eating by all students.	X			
The District will include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.		X		Verify Science Curriculum
The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels: Strength and Conditioning – grades 9-12, Health – grades 9 -12, Personal Fitness and Nutrition – grades 9-12	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The District is currently working to create the environment so that students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums and cafeterias.		X		Work towards non-food related PBIS rewards
The District also strives to increase nutrition promotion that includes the marketing and advertising of nutritious foods and beverages to students.		X		Create internship opportunity to meet with food service department to create marketing materials utilized in cafeteria and throughout school

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	X			
The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	X			
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities.		X		Wellness Fair, PBIS, Drug and Alcohol awareness campaign, healthy choices initiatives. Increase promotion in common spaces – restrooms, library, TEAM Live, Podcast – monthly focus on different wellness topics
Identify and promote community partnerships that support student wellness			X	Identify, and develop relationships with community partners – hospitals, Lake County Forest Preserves, fitness venues

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?

We're meeting 50% of our total goals primarily in Nutrition Education and Physical Activity. We have a committed, diverse committee who values student voice. Our local wellness policy allows for student voice to be heard and implemented. We are compliant.

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

Community Partnerships need to be created and then made stronger. Student wellness promotion throughout the building in spaces and content areas could be stronger. Add a mental health piece – it is non-existent for students and staff.

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

- *Write these improvements into our Wellness Policy*
- *Add mental health/emotional/stress*
- *Employee wellness – District office Employee Assistance Plan, notify staff that BCBS benefits exist beyond the traditional medical plans*
- *Staff challenges*
- *Recognize and award students more in physical education classes.*