# 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: Sherrard School District #200

Date Completed: May 12, 2026 Completed by: Wellness Committee

**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

☒Goals for Nutrition Promotion

☒Goals for Physical Activity

☒Goals for Other School-Based Wellness Activities

☒Unused Food Sharing Plan

☒Nutrition Standards for School Meals

☒Nutrition Standards for Competitive Foods

☒Standards for All Foods/Beverages Provided, but Not Sold

☒Food & Beverage Marketing

☒Wellness Leadership

☒Public Involvement

☒Triennial Assessments

☒Reporting

**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** | | | | |
| **Nutrition curriculum for PreK through Grade 12** | **X** | | | |
| **Provide students with knowledge and skills for healthy eating.** | **X** | | | |
| **Maximize classroom time** | **X** | | | |
| | | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|---|---|---|---|---|
| **Nutrition Promotion** | | | | |
| **Participation in NSLP and SBP** | **X** | | | |
| **Promote healthy food and beverages for all grade levels** | **X** | | | |
| **Foods served outside of meal times follow the guidelines as provided by the Guide to Smart Snacks in Schools** | **X** | | | |
| | | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|---|---|---|---|---|
| **Physical Activity** | | | | |
| **Students in grades PreK through 12 shall participate in physical education or physical activities** | **X** | | | |
| **K-4 students will receive physical education for at least 60 minutes per week and an additional 60 minutes of supervised physical activity per day.** | **X** | | | |
| **Students in grades 5-12 are required to take the equivalent of one academic year of physical education** | **X** | | | |
| **Grades 5-6 have an additional 45 minutes of supervised activity per day. Students in grades 9 through 12 have the ability to flex out their schedules.** | **X** | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|---|---|---|---|---|
| **Other School-Based Wellness Activities** | | | | |
| **Schools are encouraged to provide student and community access to the school's physical activity facilities outside of the normal school day in accordance with district policy. The district will conduct necessary inspections and repairs to maintain facilities and equipment on school grounds.** | **X** | | | |
| **Physical education shall be provided by trained and well-supported staff that is certified to teach physical education. The program shall be coordinated with other components of the overall school health program.** | **X** | | | |
| **School personnel are strongly encouraged to use nonfood incentives as rewards and food shall not be withheld from students as punishment.** | **X** | | | |

**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: Illinois Local Wellness Policy

1. What strengths does your current local wellness policy possess?
   Our local policy is evaluated and assessed as required. As a district we strive to encourage wellness among students and staff. We have utilized USDA guidelines in the formation of our policy and we have shared a copy with our local health department and asked for their input. Our policy will be updated to prevent food waste and to provide unused packaged food for those with food insecurity. We also have other resources available for those with food insecurity.

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

   Continuing to share information with staff and parents in order to prevent food waste.

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

   Information will be provided to parents and students through announcements and district social media/website.

   Wellness Committee: Marla Miller, Foodservice Director; Administrators Alex Johnson, Brady Stromquist, Jeff Shillinger, Kari Roberts, Casey Wyant; School Nurses Sanya Boucher and Kelly Fratzke; Teacher Vanessa Schulenberg, Todd Volkert, Sarah Souhrada; Counselor Stacey Blackwell; School Board Member and Parent Kim DeBlock