

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: Leyden High School District 212

Site Name: East/West Leyden High School

Date Completed:

10/01/2026

Completed by: Mr. Bradley Sterk - Food Services Supervisor

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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

☒ Goals for Physical Activity

☒ Goals for Other School-Based
Wellness Activities

☐ Unused Food Sharing Plan

☒ Nutrition Standards for Competitive Foods

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

☒ Food & Beverage Marketing

☒ 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				
Be part of the District's comprehensive health education, family consumer science, and culinary programs.	X			Continue incorporating nutrition education into health education, family and consumer science, and culinary programs. Review the curriculum periodically to ensure it remains current.
Integrate nutrition education into the standards-based lesson plans of other school subjects such as science, math, language arts, social science and physical education.	X			Continue integrating nutrition education into other subject areas and identify additional opportunities for cross-curricular nutrition instruction.

Cover USDA's MyPlate, nutrient breakdowns, how to read/interpret food labels, how to develop an individualized diet plan, and the dangers of eating disorders.	X			Continue teaching these nutrition topics and review instructional materials regularly to ensure they reflect current USDA nutrition guidance.
Educate our students on selecting nutritious meal components during their breakfast and lunch.	X			Continue educating students on healthy meal choices during breakfast and lunch and look for additional ways to promote nutritious selections.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Nutrition Education promoted through activities, lectures, readings, and websites that utilize calorie counters and BMI calculations.	X			Continue promoting nutrition education through classroom activities and educational resources, and review materials regularly to ensure they remain current and appropriate.
Instructors encourage students to make healthy nutrition choices.	X			Continue encouraging healthy nutrition choices and provide staff with resources and opportunities to reinforce healthy habits.
Food Services Team promoting fruits and/or vegetables with every meal.	X			Continue offering and promoting fruits and vegetables with meals and evaluate student preferences to encourage participation.
Reevaluate a la carte items regularly to meet USDA Smart Snacks requirements and provide the healthiest choices for students.	X			Continue reviewing a la carte items to ensure compliance with USDA

				Smart Snacks requirements and provide healthy choices.
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health related fitness, and encourages healthy habits.	X			Continue implementing the physical education curriculum across all grades and review it regularly to ensure it supports fitness, movement skills, and healthy habits.
Students must participate in the main activity for the day.	X			Continue encouraging active participation in daily physical education activities and monitor student participation.
Teachers are encouraged to provide students with the best opportunities to stay active and seek improvements to better promote health and wellness.	X			Continue providing opportunities for students to be physically active and identify additional ways to promote health and wellness throughout the school day.
Physical Education teachers are required to follow a set curriculum that includes cardio every Monday and core class every Wednesday to encourage lifelong fitness.	X			Continue following the established physical education curriculum, including cardio and core fitness activities, and evaluate opportunities to strengthen lifelong fitness skills.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Students have the opportunity to develop an exercise plan based on their fitness levels during their Wellness Safety class in their sophomore year and/or take a Physical Management class during their Junior and Senior year.	X			Continue providing students with opportunities to develop individualized exercise plans and participate in wellness-focused courses that support lifelong fitness.
To promote physical activity before and after the school day; swimming, soccer, intermural sports, and football are offered at different times throughout the year.	X			Continue offering a variety of before- and after-school physical activities and evaluate opportunities to expand participation and provide additional activities based on student interest.
Physical Education teachers keep track of the students' physical activity levels. Fitness Gram and Presidential Tests are required to be performed every school year to monitor the physical activity levels of the students.	X			Continue monitoring student fitness and physical activity levels through established assessments and use the information to support student fitness and wellness goals.
Students must choose from a variety of physical education classes before each semester, which include individual sports, team sports, adventure education, and athletic physical education. Students are required to participate and receive a passing grade (to be eligible to graduate) in the 30 minutes of physical activity during each class period.	X			Continue offering a variety of physical education courses that provide students with opportunities to participate in different types of physical activity and develop lifelong fitness skills.

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?

Our current Local Wellness Policy provides a strong foundation for student health and wellness. It addresses nutrition education, healthy food choices, physical education, physical activity, school meals, and other wellness activities. The policy also promotes collaboration among food service, teachers, administrators, and other staff to support student wellness.

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

Our Local Wellness Policy could be improved by providing more specific details on implementation, monitoring, and accountability. The policy should also be reviewed and updated regularly to reflect current USDA and ISBE requirements and strengthen goals related to nutrition, physical activity, wellness promotion, and food and beverage marketing.

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

Review and update the Local Wellness Policy to reflect current USDA and ISBE requirements, clarify implementation and monitoring responsibilities, and strengthen goals related to nutrition, physical activity, wellness promotion, and food and beverage marketing. The wellness team will meet regularly to review progress and make additional updates as needed.