

## 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: Lubavitch Girls High School      Site Name: G2841

Date Completed: 01/29/2024      Completed by: Sarah Spalter

### 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](#).

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| <input checked="" type="checkbox"/> Goals for Nutrition Education<br><input checked="" type="checkbox"/> Goals for Nutrition Promotion<br><input checked="" type="checkbox"/> Goals for Physical Activity<br><input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities<br><input checked="" type="checkbox"/> Unused Food Sharing Plan | <input checked="" type="checkbox"/> Nutrition Standards for School Meals<br><input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods<br><input checked="" type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold<br><input type="checkbox"/> Food & Beverage Marketing<br><input checked="" type="checkbox"/> Wellness Leadership<br><input checked="" type="checkbox"/> Public Involvement<br><input checked="" type="checkbox"/> Triennial Assessments<br><input type="checkbox"/> Reporting |
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**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			Next Steps (if Applicable)
	Meeting	Partially Meeting	Not Meeting	
<b>Nutrition Education</b>				
Gym Classes for every grade	✓			
Elective strength training course	✓			
10th grade biology class has a unit on nutrition and the effects of nutrition on the body	✓			
In 11th grade, a nutritionist or public health professional comes to give a lecture on adult woman nutrition and other health topics	✓			
<b>Nutrition Promotion</b>				
Menus are posted	✓			
School herb garden			✓	See if can be a possibility and work on this with science teachers
gardening elective			✓	work on planning for next year

Physical Activity	Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (if Applicable)
	9th-12 gym every week	✓			
	Strength training elective	✓			
	swimming and basketball as after school activity	✓			

Other School-Based Wellness Activities	Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (if Applicable)
	Production	✓			
	<del>Field</del> Field trips that promote physical activities	✓			

### 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?

Meets all requirements

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

Farm to school programs and activities

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

~~Call~~ Call meeting with wellness policy committee members and see how we can improve in all areas especially farm to school.