

## 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. 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 a sponsor's 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.

Sponsor Name: Dupo CUSD #196

Site Name: Bluffview Elementary School

Dupo J/S High School

Date Completed: March 9, 2022

Completed by: Dr. Kelly Carpenter

### 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

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 school 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)
<b>Nutrition Education</b>				
Schools will support and promote good nutrition for students	X			
Schools shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn	X			
Nutrition education will be part of the District's comprehensive health education curriculum. (Board policy 6:60)	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The district shall implement the following Smarter Lunchroom techniques: sliced/cut fruit and vegetables served at all service lines, fruit and vegetables are pre		X		Promote healthful posters need to be displayed

cutand paired with a low fat dip, milk cases are full, white milk is available in all coolers, lunch personnel smile and greet all students, attractive and healthful posters are hung on the walls, cleaning supplies are not in view, all lights work, trash cans are emptied when full				
Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans	X			
Reimbursable meals shall meet at a minimum, the nutrition requirements and regulations for the NSLP and/or SBP	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
All grade levels receive physical education at a minimum of 2 times per week for 45 minutes	X			
Schools will support and promote an active lifestyle for students	X			
Physical education will be taught in all grades and include a planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases student's knowledge and encourages healthy habits and attitudes for a healthy lifestyle	X			
Unless exempted, all students will be required to engage daily during the school day in a physical education course.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the USDA in foodservice areas during meal periods	X			
<p>The following health, wellness, and/or nutrition clubs shall be offered to students each year: Students in grade K through 4 participate in "Jump Rope for Heart."</p> <p>"Girls on the Run" is also offered to interested students in grades 3 through 6. Intramural activities are offered to students in grades 5 and 6. Numerous sports teams exist for grades 6 through 12. Within in our comprehensive health instruction, various units are taught with nutrition being one of many. Elementary grade levels (K - 4) have historically taught according to theme and include the food pyramid. EC through grade 4th- dental hygiene, playground safety, hand washing and grooming, food and nutrition, safety. Grades 5 through 8th, nutrition is sequential as body systems as related to healthy lifestyles are taught at different grades. Students in grade 9-12 are offered education opportunities through health classes and physical education. Grades 2, 3, and 4 are also taught aspects of nutrition during physical education class. During grades 5 and 6, the social worker and nurse address students regarding development as they approach adolescence. The nurse at the middle school provides puberty education to students. All of this education relates to healthy decision making including general nutrition. High school students are offered nutrition education</p>	X			

though the FACS program. Fitnessgram is now implemented and the pacer test has replaced the mile run. Heart rate monitors are also utilized to track fitness. The high school weight room class now includes the use of technology and devices to individualize and track growth. Student choice is often provided to students at the high school level in an effort to engage more students. Students are often allowed the choice to participate in competitive and noncompetitive activities.				

### Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

☒ [Alliance for a Healthier Generation's Model Wellness Policy](#)

☐ [Rudd Center's WellSAT 3.0](#)

☐ Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

Our policy addresses proper nutrition, education and physical health standards for the entire district.

2. What improvements could be made to your Local Wellness Policy?

An area of improvement for our policy is to expand our committee to include more representatives from various perspectives.

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

Set up Committee at the beginning of each school year or ask for volunteers to be part of the committee for a three year period.