

Local Wellness Policy Triennial Assessment

Schools 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 school 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.

District Name: Mount Vernon Township High School

School Name: Mount Vernon Township High School

Date Completed: 08/20/24

Completed by: Emily York

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) 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

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)
Nutrition Education				
School will support and promote sound nutrition for students	X			
School will foster the positive relationship between sound 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. See Board policy 6:60 <i>Curriculum Content</i> .	X			Nutrition Education will continue to be taught to all freshmen.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
School will support and promote eating school meals through increasing community member involvement.	X			More promotion of school meals to the students through inviting community members to help serve meals directly to students.
		X		Continue to improve website posting of nutrition information.

Offer vs serve documents will be posted and promoted, in the cafeteria and online.				Screen was brought into the cafeteria is displaying nutritional materials digitally. It is malfunctioning, and is not currently working. When issues have been resolved, nutritional materials and menus will be displayed daily for students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Schools will support and promote sound nutrition for students.	X			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See policies 6:60, Curriculum Content and 7:260, Exemption from Physical Education.	X			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See policies 6:60, Curriculum Content and 7:260, Exemption from Physical Education.	X			

The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Il. State Board of Education (ISBE).	X			
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
<p>In collaboration with the District's local health department, the Superintendent or designee will:</p> <ol style="list-style-type: none"> 1. Develop and support a food sharing plan (Plan) for unused food that is focused on needy students. 2. Implement the Plan throughout the District. 3. Ensure the Plan complies with the Richard B. Russel National School Lunch Act, as well as accompanying guidance from the U.S. Department of Agriculture on the Food Donation Program. 4. Ensure that any leftover food items are properly donated to combat potential food insecurity in the District's community. Properly means in accordance with all federal regulations and State and local health and sanitation codes. 		X		Cart to be purchased, exclusively for Share Table, so food is easily transportable to other areas.
Food insecurity- A Cabinet filled with shelf stable foods for students who face food insecurity to be implemented by Student Services Department.			X	<p>Currently in development by Student Services Department.</p> <p>Grant has been written and funds are in the process of being distributed.</p>

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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?

Covers many different areas of concern, and broadly expresses the intent of the goal. Many different school districts across the state worked together to adopt this policy.

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

- More specific goals to address nutrition promotion, differentiating between nutrition education and nutrition promotion.
- Wellness Committee needs to be appointed and meet regularly to address current wellness policy.

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

Food Service Director can assist with nutrition promotion in the cafeteria through displaying information, and utilizing screen outside of serving area to rotating nutritional marketing materials.

A Wellness committee needs to be established with a named head or leader nominated by our Superintendent. This committee needs to be to discuss each item required per ISBE standards and appropriately update or add these elements into the current policy.