

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: La Center School District

School Name: La Center Elementary School

Date Completed: June 13th, 2025

Completed by: Steve Avery and Greg Hall

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

☐ Food & Beverage Marketing

☒ Reporting

Wellness Activities

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				
Nutrition lessons integrated into PE	X			Continue incorporating nutrition educations across subject areas.
Nutrition posters in hallways and cafeteria	X			Continue updating posters regularly; review content annually. Check school hallways for any potential new spaces for posters. Consider posters for each classroom.
Website included information on school meals, snacks, and community resources	X			Consider adding parent feedback section.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Access to a variety of free/affordable nutritious foods	X			Continue partnerships with local farmers for fresh produce donations.

Teachers encourage healthy snacks and provide eating time	X			Consider healthy posters for classrooms so teachers can review on a more regular basis.
Healthy snacks available throughout the day in the Bobcat Den	X			Continue to provide healthy snack options for students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Regular outdoor recess for all grade levels	X			Maintain current Master Schedule, assess playground equipment needs for variety and safety.
Mileage Club/Happy Feet		X		Recruit additional parent or community volunteers to increase frequency.
Kickball Tournament	X			Consider expanding to other grades or adding alternative physical activity events for other grades.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Field Day	X			Maintain event; gather post-event feedback for continuous improvement.

Bobcat Walk/Run	X			Bi-annual fundraiser.

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: _____

- What strengths does your current Local Wellness Policy possess?
 - Comprehensive coverage of nutrition, physical activity, and wellness activities.
 - Consistent integration of wellness efforts into school culture.
- What improvements could be made to your Local Wellness Policy?
 - Increase family and community involvement in wellness policy updates.
 - Expand public visibility of wellness efforts (newsletters and social media).
- List any next steps that can be taken to make the changes discussed above.
 - Include regular wellness updates on school Facebook page and parent newsletters.