

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: LaSalle/Putnam County Educational Alliance for Special Education Site Name: Circuit Breaker School

Date Completed: 5/21/2024

Completed by: Dawn Roalson-Zavada, LEASE Assistant Director

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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| ☒ 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

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				
Teach, model, encourage, and support healthy eating through classroom lessons and by example.	X			Continue to provide information on healthy habits to students. Provide additional information to parents/guardians.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Incorporate healthy eating topics into Health Education courses.	X			Continue classroom discussions. Provide information to families via email and social media outlets.

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Elementary classes have 60-90 minutes per week throughout the school year.	X			Continue
All middle school and secondary school students are required to have a course in PE. High School must have 4 years of PE credits for graduation.	X			Continue

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
School provides a sharing bin.	X			Continue to promote the use of the sharing bin.
Physical breaks are incorporated into classrooms throughout the day. These are 3-5 minutes at a time.	X			Continue
Active academics – include movement and kinesthetic learning into the curriculum.	X			Continue
Mindfulness – promote strategies that benefit mind and body. These strategies are provided through SEL class	X			Continue

Staff wellness and health promotion-screenings and walking club	X			Continue to offer screenings and walking club
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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?

CBS continually works on mindfulness, nutrition and healthy eating habits in class and during SEL. Fruits and vegetables are provided to students on a daily basis. The sharing bin is available to all students. Active movement is encouraged. The sensory room provides students the opportunity to practice healthy breaks.

Water bottles with filtered water is provided to students multiple times throughout the day. Staff promotes drinking water on a consistent basis.

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

Provide parents/guardians regular updates on the fresh fruits and vegetables that are available to students on a weekly basis.

Provide healthy eating and physical activity tips to parents/guardians 1x month via social media outlets and/or Remind.

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

Use leadership meetings to discuss how to promote healthy tips with students and families. Staff input will be valuable.

Continue to reach out to agencies that can provide presentations to students/staff on the following topics: healthy eating, physical movement/physical fitness, wellness, and mindfulness.

Check with local hospital to see if they offer healthy heart programs. Check with Red Cross regarding potential programming for healthy hearts/physical activities.