

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: Urbana School District #116 Site Name: Dr Preston Williams Jr Elementary School
Leal Elementary School
Martin Luther King Jr Elementary School
Thomas Paine Elementary School
Urbana High School
Urbana Middle School
Wiley Elementary School
Yankee Ridge Elementary School

Date Completed: June 30, 2022 Completed by: Caty Roland, Chief Financial Officer

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 | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input checked="" type="checkbox"/> Wellness Leadership |
| <input checked="" type="checkbox"/> Goals for Nutrition Promotion | <input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods | <input checked="" type="checkbox"/> Public Involvement |
| <input checked="" type="checkbox"/> Goals for Physical Activity | <input checked="" type="checkbox"/> Standards for All Foods/Beverages
Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based
Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |
| <input checked="" type="checkbox"/> 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)
Nutrition Education				
Schools will provide nutrition education that follows the Illinois Learning Standards for health curriculum.	X			
Unflavored drinking water will be available to all students throughout the school day and throughout every school campus.	X			
All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
District will promote healthy food and beverage choices for all students throughout the school campus using Smarter Lunchroom Techniques		X		
The community is engaged to support students and staff to practice lifelong healthy habits		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Children should participate in 60 minutes of physical activity every day	X			
All elementary schools will offer at least 20 minutes of recess on all or most days during the school year	X			
physical activity will not be withheld as punishment for any reason	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Integrate wellness across entire school setting		X		
All school-sponsored events will be encouraged to adhere to the wellness policy		X		

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?

- Policy sets forth best practices and baseline guidance for Nutrition Education, Nutrition Promotion, Physical Activity and integration of Other School-based Wellness Activities.

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

- COVID-19 affected the District's ability to implement policy goals
- Efforts could to be made to better align the School Wellness Administrative Procedures with the School Wellness Policy
- Policy goals could be stated more clearly and be written as specific and measurable goal statements.

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

- Reactivate Wellness Committee in School Year 2022-2023 to evaluate the policy for improvements and to set action steps to implement policy goals.
- Update District website with School Wellness page with information regarding the District's wellness policy, administrative procedures, Wellness Committee meeting agendas and minutes, triennial assessments, etc.
- Present annual progress report to Board of Education in spring 2023.
- Ensure that students and staff receive consistent and frequent nutrition, physical activity, and wellness messages throughout the school campus.
- Improve awareness and compliance with Smarter Lunchroom Techniques and Smart Snacks in Schools nutrition standards.