**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: New Simpson Hill District #32 School Name: New Simpson Hill School

Date Completed: 1/25/2021 Completed by: Joe Nighswander, Supt.

**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](https://www.isbe.net/Documents/Local-Wellness-Policy-Content-Checklist.pdf).

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 Triennial Assessments

Provided, but Not Sold

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** | | | | |
| **New Simpson Hill will support sound nutrition for students** | **x** |  |  |  |
| **New Simpson Hill will foster the positive relationship between sound nutrition, physical activity, and the student’s capacity to develop and learn.** | **x** |  |  |  |
| **Nutrition education will be a part of the District’s comprehensive health education program.** | **x** |  |  |  |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goals** | **Meeting** | **Partially Meeting** | **Not Meeting** | **Next Steps (If Applicable)** |
| **Nutrition Promotion** | | | | |
| **New Simpson Hill will promote sound nutrition for students** | **x** |  |  |  |
| **New Simpson Hill will promote the positive relationship between sound nutrition, physical activity, and the student’s capacity to develop and learn.** | **x** |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goals** | **Meeting** | **Partially Meeting** | **Not Meeting** | **Next Steps (If Applicable)** |
| **Physical Activity** | | | | |
| **New Simpson Hill will support and promote an active lifestyle 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.** | **x** |  |  |  |
| **During the school day, all students will be required to engage in a daily physical education course, unless exempt.** | **x** |  |  |  |
| **The curriculum will be consistent with the Illinois Learning Standards for Physical Development and Health.** | **x** |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goals** | **Meeting** | **Partially Meeting** | **Not Meeting** | **Next Steps (If Applicable)** |
| **Other School-Based Wellness Activities** | | | | |
| **Jump Rope for Heart** | **x** |  |  |  |
| **Healthy Cooking Class** | **x** |  |  |  |
| **Work in collaboration with the University of Illinois Extension to promote nutrition education in grades pre-K through 3.** | **x** |  |  |  |
| **Offer athletics to boys and girls in grades 4-8.** | **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](https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your)

[Rudd Center's WellSAT 3.0](http://www.wellsat.org/)

Other::

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

Comprehensive policy from PRESS POLICY. Meeting standards.

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

We are constantly trying to improve the wellness of our students and one way to improve is to continually promote healthy eating and exercise.

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

Increase staff awareness at a schoolwide workshop.