

## 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: Whiteside School District #115

Site Name: Whiteside School District #115

Date Completed: June 2025

Completed by: Wellness Committee

### 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](#).

- |   |   |   |
|---|---|---|
| <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<br>Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing                                   | <input checked="" type="checkbox"/> Reporting             |
| <input checked="" type="checkbox"/> Unused Food Sharing Plan ( <b>Elementary Only</b> ) |   |   |

## 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)
<b>Nutrition Education</b>				
The District shall provide nutrition education to students in preschool through grade 8 as part of a comprehensive instructional program. Instruction shall be designed to equip students with the knowledge and skills necessary to make informed, healthy dietary choices.	X			
Nutrition education shall be integrated into the District's health and science curriculum.	X			
Students shall receive nutrition education annually. Instructional opportunities may include, but are not limited to, classroom instruction, cafeteria-based learning, health and career fairs, field trips, and school assemblies.	X			
The District shall make available resources and training materials to staff members and parents to support and reinforce nutrition education.		X		<b>Information on Type 1 Diabetes currently on the website and will continue to work to provide training for parents on nutrition.</b>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The District's food service program shall provide information regarding the nutritional content of school meals. This information shall be distributed monthly to schools and made accessible on the District's website.		X		<b>The District receives a report monthly from SD 118 and will submit for posting to the website.</b>
Schools shall promote healthy eating behaviors through strategies such as educational posters, color-coded food choices, and school-wide promotional activities.	X			
The District shall provide opportunities to engage families as partners in promoting healthy nutrition and physical activity beyond the school day. Such opportunities may include family nutrition nights, health fairs, open gym events, and communications that include healthy living tips.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Students in preschool through grade 8 shall participate in daily physical education in accordance with state requirements and shall be provided additional opportunities for physical activity throughout the school day.	X			
The District shall encourage student participation in organized physical activities through partnerships with community organizations, including but not limited to Belleville Parks and Recreation and the YMCA.	X			
School personnel shall not withhold participation in physical education as a form of punishment, except when a student's behavior poses a disruption to the instructional environment or a safety concern.	X			
Elementary schools shall provide a daily, supervised recess period to promote physical activity and social development. Please note that the 5 <sup>th</sup> grade is located at the middle school and also receives a daily recess period.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
School meals shall be served in clean, safe, and pleasant environments. Adequate time shall be provided for students to eat, consistent with state and federal guidelines.	X			
The District shall promote nutritious food and beverage choices consistent with current federal dietary guidelines, including an emphasis on fruits, vegetables, low-fat dairy products, and whole grains.	X			
Food service operations shall ensure that all foods and beverages available to students on campus comply with applicable federal, state, and local laws and regulations.	X			

### 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: \_\_\_\_\_ ISBE Model Template \_\_\_\_\_

#### 1. What strengths does your current local wellness policy possess?

The Whiteside School District #115 Wellness Policy demonstrates several key strengths. First, it provides a comprehensive and well-structured approach to student wellness by addressing nutrition education, nutrition promotion, physical activity, and other school-based wellness activities. This alignment ensures that student health is supported across multiple environments, including the classroom, cafeteria, and broader school community.

The policy emphasizes consistency and accessibility by integrating nutrition education into existing curriculum areas and ensuring students receive instruction annually. It also promotes family and community involvement through partnerships with organizations such as Belleville Parks and Recreation and the YMCA, as well as through events like health fairs and family nutrition nights.

Additionally, the policy reflects compliance with state and federal guidelines by addressing meal standards, physical education requirements, and equitable access to healthy food options. The inclusion of language that discourages withholding physical activity as punishment further supports student well-being. Overall, the policy is clear, actionable, and student-centered.

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

While the policy is strong, several areas could be enhanced to improve clarity, accountability, and impact. First, the policy could benefit from more specific implementation and monitoring procedures, including identifying responsible staff or committees and outlining how progress will be measured.

Second, adding measurable goals or benchmarks would strengthen the policy by allowing the District to track effectiveness over time. For example, specifying participation targets for wellness activities or frequency of family engagement opportunities could provide clearer direction.

Third, the policy could include more explicit language regarding communication, such as how wellness information will be shared with families and stakeholders beyond general references.

Finally, incorporating a formal review cycle and continuous improvement process would ensure the policy remains current with evolving state, federal, and community needs.

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

To strengthen the Wellness Policy, the District can take the following steps.

First, develop ways to clearly measure noted goals that are aligned to each section of the policy and identify data points that can be tracked annually, such as student participation in physical activity or engagement in nutrition programs.

Second create a communication plan to ensure wellness initiatives and resources are consistently shared with families, including updates on the District website, newsletters, and school events.

Finally, consider providing professional development for staff to ensure consistent understanding and application of wellness practices across all schools.