

# 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: Nicole Green

Site Name: St, Teresa Catholic School

Date Completed: August 16, 2024

Completed by: Jackie Tewell & Nicole Green

## 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                            |   |   |

**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>				
<b>Kindergarten and 1<sup>st</sup> Grade are taught "My Plate." Healthy Eating, Making Good Choices, and Exercise</b>	X			
2nd, 5th, and 8th are educated again on "My Plate" and how food affects the digestive system. Healthy eating is also discussed on how our bodies need vitamins, minerals, and nutrients from food and that eating a wide variety of the 5 food groups taught to 2nd, 5th and 8th grade effects other body systems. Including the Circulatory, Respiratory, Immune, Digestive, and Brain/Nervous System.	X			
st, 3rd, and 7th are taught about healthy eating for the same reasons above when learning about skin, Mouth/Teeth, Bones, Muscles and Healthy Snacking.	X			
<b>Health and Wellness Days in May over announcements Hydration, Exercise, Mindfulness, and Sleep</b>	X			
<b>Healthy Habits &amp; Mindfulness Enrichment Classes</b>	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
School Website	X			
Tiger News	X			
Personal Emails to Families	X			
Paper Copies Sent Home with Student	X			
School Community Garden	X			
Discover Dairy	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
PE Class 4 <sup>th</sup> – 8 <sup>th</sup> Grade 46 minutes each week	X			
PE Class Preschool – 3 <sup>rd</sup> Grade 46 minutes twice a week	X			
Recess Preschool – 4 <sup>th</sup> grade 46 minutes daily	X			
Recess 5 <sup>th</sup> – 8 <sup>th</sup> Grade 25 minutes Daily	X			
5 <sup>th</sup> – 8 <sup>th</sup> Grade Change classes	X			
Enrichment 5 <sup>th</sup> – 8 <sup>th</sup> Grade Extra PE 4 times a week	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)																						
<b>Other School-Based Wellness Activities</b>																										
Health and Wellness Days leading up to Field Day in May Advertised on Social Media, Tiger News, and Student Handouts <ul style="list-style-type: none"> <li>• Hydration</li> <li>• Exercise</li> <li>• Mindfulness</li> <li>• Sleep</li> </ul>	X																									
Enrichment Classes <ul style="list-style-type: none"> <li>• Tiger Garden</li> <li>• Art Club</li> <li>• Healthy Habits</li> </ul>	X																									
Soccer and Twirl Girls offered to K-8 all other sports 5th – 8 <sup>th</sup> (with some 3 <sup>rd</sup> / 4 <sup>th</sup> grade exceptions) <table border="0" style="width: 100%; margin-top: 10px;"> <tr> <td style="width: 50%;"><b>Fall Season</b></td> <td style="width: 50%;"><b>Winter Season</b></td> </tr> <tr> <td style="text-align: center;"><b>Spring Season</b></td> <td></td> </tr> <tr> <td>Boys' Baseball</td> <td>Boys' Basketball</td> </tr> <tr> <td style="text-align: center;">Boys' Track and Field</td> <td></td> </tr> <tr> <td>Boys' Soccer</td> <td>Girls' Basketball</td> </tr> <tr> <td style="text-align: center;">Girls' Track and Field</td> <td></td> </tr> <tr> <td>Girls' Soccer</td> <td>Boys' Volleyball</td> </tr> <tr> <td style="text-align: center;">Girls' Twirl Girls</td> <td></td> </tr> <tr> <td>Boys' Cross Country (3-8)</td> <td>Girls' Volleyball</td> </tr> <tr> <td>Girls' Cross Country (3-8)</td> <td>Girls' Twirl Girls</td> </tr> <tr> <td>Girls' Twirl Girls</td> <td></td> </tr> </table>	<b>Fall Season</b>	<b>Winter Season</b>	<b>Spring Season</b>		Boys' Baseball	Boys' Basketball	Boys' Track and Field		Boys' Soccer	Girls' Basketball	Girls' Track and Field		Girls' Soccer	Boys' Volleyball	Girls' Twirl Girls		Boys' Cross Country (3-8)	Girls' Volleyball	Girls' Cross Country (3-8)	Girls' Twirl Girls	Girls' Twirl Girls		X			
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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?

St. Teresa Catholic School's Local Wellness Policy demonstrates several strengths when compared to the Alliance for a Healthier Generation Model Wellness Policy.

First, the policy clearly establishes a **wellness committee with identified leadership and members** representing administration, food service, health education, and physical education. This ensures multiple perspectives are involved in developing, implementing, and reviewing wellness initiatives.

Second, the policy strongly supports **nutrition standards** by requiring that all reimbursable meals meet or exceed USDA requirements for the National School Lunch Program. The school also enforces **Smart Snacks in Schools standards** for competitive foods. These practices promote healthier eating habits among students.

Another strength is the policy's emphasis on **nutrition education and promotion**. Students receive instruction on healthy eating and nutrition concepts across several grade levels through health education and integrated curriculum activities. The school also promotes nutrition awareness through cafeteria menus shared with families and participation in **Farm to School initiatives**, including the school/community garden and Discover Dairy program.

The policy also provides **multiple opportunities for physical activity**. Students participate in structured physical education classes, daily recess, classroom brain breaks, enrichment activities, and organized school athletics. Additional events such as Field Day, Walk for the Poor, and Anything But a Run encourage schoolwide participation in physical activity.

Finally, the policy demonstrates strong **community engagement and transparency** by providing opportunities for public involvement and sharing wellness updates, assessments, and policy information through the school website and the Tiger News newsletter.

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

While St. Teresa Catholic School's wellness policy aligns with many components of the Alliance for a Healthier Generation Model Wellness Policy, several areas could be strengthened.

One potential improvement is the inclusion of **more measurable wellness goals** related to nutrition education, physical activity, and student wellness outcomes. Establishing clear benchmarks or targets would allow the school to better evaluate progress during triennial assessments.

Additionally, the policy could further expand on **staff wellness initiatives**. While the policy focuses strongly on student wellness, incorporating activities or programs that promote the health and well-being of faculty and staff would align more closely with model wellness policy recommendations.

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

To strengthen the Local Wellness Policy and further align with the Alliance for a Healthier Generation Model Wellness Policy, the following steps may be considered:

1. **Develop measurable wellness goals** related to nutrition education, physical activity participation, and student wellness outcomes that can be reviewed during the triennial assessment.
2. **Expand staff wellness opportunities**, such as wellness challenges, professional development related to health and wellness, or staff participation in wellness initiatives.
3. **Enhance nutrition promotion efforts in the cafeteria**, including signage encouraging healthy choices.
4. **Increase family and community engagement** by sharing wellness initiatives through newsletters, social media, and school events, and inviting families to participate in wellness-related activities such as garden projects or health-focused events.

5. **Continue reviewing the wellness policy annually** through the Wellness Policy Committee to ensure it reflects current best practices and the needs of the St. Teresa Catholic School community.