

# 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:** Paris Union School District No. 95

**Site Names:** Creative Center for Children,  
Memorial Elementary School,  
Carolyn Wenz Elementary School,  
Mayo Middle School, and  
Paris High School

**Date Completed:** August 29, 2022

**Completed by:** District 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                            |   |   |

**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)
<b>Nutrition Education</b>				
Health education incorporated in physical education	X			N/A
My plate and smart snacks compared to my pyramid in health module – Health education	X			N/A
Nutrition models in health class	X			N/A

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Conduct smarted lunchroom assessment annually	X			N/A
Elementary school field trips	X			N/A
Monthly Ag in the Classroom lessons	X			N/A
Menu on District Website	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Elementary School – Meeting state requirements	X			N/A
Middle School – Meeting state requirements	X			N/A
High School – meeting state requirements	X			N/A

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Sample food with students	X			N/A
Field Days for Students	X			N/A

### 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?

- Provides a good foundation for students to understand the importance of nutrition and physical education.
- Students receive daily physical activity.

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

- Include more sequential and comprehensive nutrition education for all students.

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

- Investigate different avenues to advocate the importance of nutrition education for all students