

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: **Lisle Community Unit School District 202** School Name: **Lisle High School**

Date Completed: **May 24, 2021** Completed by: **Marilyn Buchholz**

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](#).

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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 |

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				
Students in grades Pre-K – 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum.	X			
Nutrition education is integrated into the standards-based lesson plans of other subjects.	X			
Staff who teach Health or Nutrition attend health conferences and County Institute Days. Nurses attend nutrition related conferences/workshops.	X			
Health Education is a required curriculum for all high school students in 10 th grade and must pass Health class to graduate. Nutrition is emphasized in all Health classes.	X			
A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips or assemblies provide 50 contact hours each year for each student.	X			Unit in Biology; My Plate Posters; Utilize boards to have nutrition “Tip of the Day”; Offer nutrition foods and nutrition information.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day				
Food providers offer a variety of age-appropriate, appealing foods and beverages choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans.	X			

All foods and beverages sold individually (apart from reimbursable school meal) on school campuses during the school day meet the nutrition standards.	X			
Nutritious and appealing foods and beverages are available wherever and whenever food is sold or offered at school.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
District Website	X			Website will be updated periodically throughout the year with updates
Bulletin Board by Cafeteria	X			My Plate Posters; Utilize boards to have nutrition "Tip of the Day"; Offer nutrition foods and nutrition information.
Email to Parents	X			Weekly Parent Newsletter

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Activities Designed to Promote Student Wellness				
Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through high school.		X		PE department share this information during open houses
Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives.		X		Included on website and will continue to be update

Food providers share information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.	X			Each month menus are posted on the bulletin boards outside the cafeteria and on the Lisle 202 website.
School meals are served in a clean, safe and pleasant setting with adequate time to eat. The National Association of State Boards recommends that students have at least 10 minutes after sitting down for breakfast and 20 minutes for lunch to eat.	X			If students are not finished they can stay to eat.
Food service personnel have pre-service training and regularly participate in professional development activities.	X			Meet prior to the school year and with any new staff.
Food providers involve families, students and other school personnel in food and beverage selections for their local school.	X			The servers unofficially check with the students for preferences as children go through the line.
Food provider's work with suppliers to obtain food and beverages that meet nutrition requirements of school meals and nutrition standards for those sold individually.	X			Food orders through Cisco follow strict Child nutrition guidelines in order to be purchased.
Food providers reinforce school nutrition and foster an environment where students can learn about and practice healthy eating.	X			In addition to the food pyramid posters, the schools also display additional age appropriate signs.
Food providers take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.	X			
Foods and beverages brought into school for parties/celebrations/meetings are encouraged to be healthful options.	X			
School-based organizations are encouraged to raise funds with non-food items.	X			Prior to Covid there was an occasional sale that didn't conflict with school lunches.
Students are not permitted to leave school grounds to purchase food and beverages.	X			

Commercial advertising involves only foods and beverages that meet nutrition standards.	X			
Foods and beverages are consistent with the current Dietary Guidelines for Americans and Food Guidance System are promoted.	X			
All foods and beverages on campus comply with the federal, state and local food safety and sanitation regulations.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students in grades PK-12 participate in daily standards-based physical education aligned with Illinois Learning Standards for Physical Development and Health and is coordinated within a comprehensive health education curriculum by state certified staff that regularly participates in continuing education.	X			
Middle and High School students participate in physical education for a minimum of 225 minutes per week.	X			PE class 5 X 44 minutes; Early Option at HS
Physical education classes have a student to teach ratio comparable to those in other curricular areas.				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Physical activities are available to students through a range of before and after school programs. The physical education program actively engages families as partners in providing physical activity beyond the school day.		X		Promote local physical activities like 5K runs
Community partnerships provide students with additional opportunities to be active.	X			Increase family opportunities; nutrition education and physical

				activities or advertise park district opportunities; family events.
The physical activity facilities on school grounds are safe.	X			Bike racks available for HS students.
The school's physical activity facility is available to the community and students outside the normal school day.	X			No food fundraisers; handouts
School personnel are encouraged to use nonfood incentives or rewards with students, and do not withhold food from students as punishment.	X			
School personnel do not use physical activity as punishment or withhold participation in recess or physical education class as punishment.	X			No food fundraisers; handouts
The school's physical activity facility is available to the community and students outside the normal school day.		X		Weight room is available for students.
IHSA sports programs are offered throughout the school year – football, volleyball, basketball, soccer, tennis, scholastic bowl, and bowling	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?

Lisle 202 participates in *Forward* through DuPage County Health Department. Nurses collect data from students' physicals and send students' height, weight -, students' body mass index (BMI) data in grades kindergarten, sixth, and ninth grades. The district receives school reports for each academic school year in comparison to participating schools in DuPage County and the United States.

Strong communication between the schools and Aramark (the Food Service provider).

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

More communication with our families and their needs. Communicate on FB sites

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

Provide additional options for parent/guardian input through methods such as surveys or comment sections on websites