

Local Wellness Policy Triennial Assessment

(LINK: <https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx>)

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: [Medinah School District No.11](#)

School Name: [Medinah Middle School,](#)
[Medinah Intermediate School](#)
[Medinah Primary School](#)

Date Completed: February 1, 2024

Completed by: Melissa Langietti

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 | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> 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				
Supporting of Good Nutrition- Support and promote sound nutrition for students.	X			
Foster the positive impact relationship between sound nutrition, physical activity, and the capacity for students to develop and learn.	X			
Nutrition education will be a part of the District’s comprehensive health education curriculum.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Posters, Newsletters and Curriculum – Curriculum Night Handouts, Student Handbook policies and procedures	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Support and Promote active lifestyle in knowledge and development of movement skills, cooperation, habits & attitudes	X			
Physical Activity taught in all Grades	X			
Daily Engagement of physical activity/course	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Extra Curricula activities – Color Run, Girls on the Run, Summer School, intramurals, mindfulness club, basketball club	X			
Workout Wednesdays- student and staff participation	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: ISBE – Nutrition Department 'Local Wellness Policy' Template

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

- Students and staff physical activities: additionally, the staff enjoy being involved in physical activities alongside the students such as student versus staff volleyball or basketball games, cross country running celebrations, Color Run 5Ks, and much more.
- Instruction to students in health, wellness and social emotional learning.
- Reminders of healthy lifestyles – nutrition, physical activity.
- Extra-curricular focused on health and wellness for students.
- Celebrations and PTO events during the day focus on healthy foods and time for movement.

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


- Healthy snacks are at the discretion of the teacher and parent choice.
- Rewards and after school events may have unhealthy snacks.
- Continue to remind families of healthy life style choices.
- More supports needed for Tier 3 students, who are dealing with trauma.
- Student voice- how can we hear more from students.





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

- Work with team leaders and building leadership to focus on defining and enforcing healthy snack practices.
- Seek out leadership from school nurse.
- Discuss and share parent trainings on the topic of health and wellness
- Find more opportunities to support Tier III interventions – training for staff.
- Wellness committee members are working on a survey for student input into health and wellness in school.

Assessment draft – scroll down

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Templates and Tools 

- ISBE Triennial Assessment Template 
- Local Wellness Policy Template for Schools 
- Local Wellness Policy Template for Residential Child Care Institutions 
- Local Wellness Policy Content Checklist 

Intent of Use for Local Wellness Policy Templates

The Local Wellness Policy templates created by the Illinois State Board of Education serve as an interactive resource for Districts and Residential Child Care Institutions participating in the National School Lunch Program and/or School Breakfast Program. The Local Wellness Policy templates meet the minimum Local Wellness Policy requirements set forth by the U.S. Department of Agriculture. The intent is for organizations to tailor the template as needed based on their specific goals. Organizations should consider the needs of the population being served along with evidence-based resources and research when determining goals to be included in the Local Wellness Policy. These templates may be used as a Local Wellness Policy or as a supplement to an organization's Local Wellness Policy.

Instructions for Local Wellness Policy Templates

The text contained in the Local Wellness Policy templates is intended to be altered as organizations see fit. Organizations