

## 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: Auburn Community School District #10

Site Name: Auburn Elementary, MS, Jr. High, and High School

Date Completed: 4/10/2025

Completed by: Kala Dudley

### 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 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
<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>				
To provide nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum for all students.	x			
Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Promote nutrition education through activities such as taste testing, interactive lessons and contests.	x			Cafeteria staff implemented “try it Tuesday” to promote healthful food choices and increase exposure to new food items.

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
<b>Physical education taught daily in all grades to enable students to achieve and maintain a high level of personal fitness; emphasize self-management skills for a healthful lifestyle; is consistent with state/district's standards/guidelines/framework; and coordinated within a comprehensive health education curriculum.</b>	x			
<b>Students in all grades participate, at minimum, in daily physical education that meets the National Association of Sports and Physical Education recommendations.</b>	x			
<b>Schools provide daily supervised recess periods to all K-5 students. This meets the National Association for Sport and Physical Education recommendation of a minimum of 60 minutes of physical activity/day.</b>	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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<b>Other School-Based Wellness Activities</b>				
<b>Schools will promote and participate in wellness activities</b>	<b>x</b>			
<b>Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs (intramurals, interscholastic athletics, and physical activity clubs)</b>	<b>x</b>			

### **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?

Auburn CUSD10s' wellness policy has many areas of strength, specifically in areas of Health, Physical, and Nutrition Education. Offering physical education to all students k-12, meeting federal meal standards for school meals and ensuring smart snack guidelines are met.

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

We are working to establish a wellness committee for each school. We are also working to make our wellness policy more comprehensive using the ISBE sample policy as a guide.

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

- Establish a wellness committee for each school
- Complete an updated wellness policy using ISBE sample policy and the WellSAT tool as a guide to strengthen policy statements and ensure all essential requirements are addressed.