

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: CS ACADEMY

Site Name: CS ACADEMY I

Date Completed: 09/07/2023

Completed by: S Mosley

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](#).

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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 |
| <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)
Nutrition Education				
1. Goal 1: Nutrition Education Curriculum				
2. Goal 2: Promoting Healthy Food Choices				
3. Goal 3: Creating a Healthier School Environment				
4. Goal 4: Engaging Families and the Community				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
School Website				
Email Newsletters				
Printed Menus:				

Cafeteria Displays:				
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
1. Daily Physical Activity Opportunities				
2. Active Recess and Break Times				
3. Physical Education Curriculum				
4. Active Transportation				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
1. Brain Breaks:				
2. Active Classroom Activities				
3. Track and Field Team:				
4. Cheerleading Squad:				

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: _____

CS Academy has chosen to compare its Local Wellness Policy with the Alliance for a Healthier Generation's Model Wellness Policy to ensure alignment with best practices and evidence-based strategies in promoting student health and wellness.

1. What strengths does your current local wellness policy possess?

Comprehensive Wellness Committee:

The policy establishes a multi-stakeholder Wellness Committee comprising administrators, teachers, parents, and community members. This diverse representation ensures that various perspectives are considered in the development and implementation of wellness initiatives.

Alignment with Federal Guidelines:

The policy aligns with federal guidelines for nutrition standards and physical activity requirements, ensuring that school meals and activities meet or exceed established standards for student health.

Promotion of Wellness Initiatives: CS Academy actively promotes wellness through various initiatives such as health fairs, fitness challenges, and nutrition education programs. These efforts contribute to creating a supportive environment that fosters healthy behaviors among students and staff.

Flexible and Adaptable:

The policy allows for flexibility and adaptation to the unique needs and circumstances of the school community. This flexibility enables CS Academy to tailor wellness initiatives to address specific challenges and priorities effectively.

Commitment to Continuous Improvement:

CS Academy demonstrates a commitment to continuous improvement by regularly reviewing and evaluating wellness initiatives. This ongoing assessment ensures that the Local Wellness Policy remains responsive to changing needs and emerging best practices in promoting student health and wellness.

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

1. Increased Stakeholder Engagement:

Enhancing engagement with stakeholders, including students, parents, and community members, could strengthen the implementation and impact of wellness initiatives. Encouraging active participation and feedback from all stakeholders can ensure that the policy reflects the diverse needs and preferences of the school community.

2. Expansion of Wellness Promotion Efforts:

While CS Academy currently promotes wellness through various initiatives, there may be opportunities to expand and diversify these efforts. Introducing new wellness programs, events, or partnerships with community organizations could further encourage healthy behaviors and create a culture of wellness within the school.

3. Enhanced Evaluation and Monitoring:

Implementing robust evaluation and monitoring mechanisms can provide valuable insights into the effectiveness of wellness initiatives and inform future decision-making. CS Academy could consider implementing regular assessments, surveys, or data collection methods to measure the impact of wellness programs on student health outcomes.

4. Clearer Communication of Policies:

Ensuring that the Local Wellness Policy is communicated effectively to all stakeholders is essential for its successful implementation. Providing clear and accessible information about wellness policies, procedures, and resources can improve awareness and compliance among students, staff, and families.

5. Incorporation of Mental Health and Well-being:

While physical health is addressed in the current policy, CS Academy will further incorporate mental health and well-being initiatives. Including provisions for mental health education, support services, and wellness activities can promote holistic wellness among students and staff.

6. Enhanced Parent and Student Engagement:

The policy could benefit from increased involvement of parents and students in the development and implementation of wellness initiatives. Strengthening communication channels and soliciting feedback from these stakeholders can ensure that their perspectives and preferences are adequately considered.

7. Expansion of Wellness Promotion Efforts:

While CS Academy currently implements various wellness promotion initiatives, there may be room to expand these efforts to reach a broader audience and increase participation. Exploring additional avenues for promoting wellness, such as social media campaigns or community partnerships, can enhance the impact of these initiatives.

8. Integration of Mental Health and Well-Being:

While physical health is addressed in the policy, there is an opportunity to further integrate mental health and well-being initiatives. Including provisions for mental health education, counseling services, and stress reduction strategies can support students' holistic well-being.

9. Evaluation and Monitoring Mechanisms:

CS Academy could strengthen its evaluation and monitoring mechanisms to ensure the effectiveness of wellness initiatives. Implementing regular assessments, data collection methods, and outcome evaluations can provide valuable insights into the impact of wellness efforts and inform future decision-making.

10. Alignment with Equity and Inclusion Principles:

Ensuring that the Local Wellness Policy reflects principles of equity and inclusion is essential. CS Academy could assess the policy to identify any disparities or gaps in access to wellness resources and opportunities among diverse student populations and take steps to address them.

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

Conduct Stakeholder Surveys:

Develop and distribute surveys to parents, students, and staff to gather feedback on the current wellness policy and areas for improvement. Analyze survey responses to identify common themes and priorities for enhancement.

Establish Focus Groups:

Form focusses groups comprising representatives from diverse stakeholder groups, including parents, students, teachers, administrators, and community members. Facilitate discussions to explore specific areas for improvement and gather insights on desired changes.

Review Best Practices:

Research best practices and evidence-based strategies in wellness policy development and implementation. Identify successful approaches used by other schools or districts and consider how they can be adapted to meet the unique needs of CS Academy.

Collaborate with Experts:

Consult with wellness experts, nutritionists, mental health professionals, and other relevant stakeholders to inform policy revisions. Seek guidance on integrating mental health and well-being initiatives, enhancing nutrition standards, and promoting physical activity effectively.

Draft Policy Revisions:

Based on stakeholder feedback, focus group discussions, and best practices research, draft revisions to the Local Wellness Policy. Ensure that proposed changes are clear, concise, and aligned with the goals and objectives of CS Academy.

Seek Input and Approval:

Present the draft policy revisions to the Wellness Committee, school administrators, and the school board for review and approval. Encourage open discussion and feedback to refine the proposed changes and address any concerns or questions.

Implement Changes:

Once approved, communicate the revised policy to all stakeholders and implement changes as outlined. Develop an action plan with specific timelines and responsibilities for carrying out the revised policy, including training sessions, resource allocation, and monitoring mechanisms.

Monitor and Evaluate:

Establish monitoring and evaluation mechanisms to track the implementation of policy changes and assess their impact over time. Collect data on key performance indicators, such as student participation in wellness activities, changes in health outcomes, and stakeholder satisfaction.

Provide Ongoing Support:

Offer ongoing support and resources to support the successful implementation of the revised policy. Provide training opportunities for staff, engage parents and students in wellness initiatives, and address any challenges or barriers that arise during the implementation process.

Review and Adjust as Needed: Regularly review and evaluate the effectiveness of the revised policy, soliciting feedback from stakeholders and adjusting strategies as needed. Continuously monitor emerging trends, best practices, and regulatory changes to ensure that the Local Wellness Policy remains relevant and impactful.