

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: St. Patrick School

School Name: St. Patrick School

Date Completed: 2/10/23

Completed by: Nicholas Blackburn

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](#).

Goals for Nutrition Education

Nutrition Standards for School Meals

Wellness Leadership

Goals for Nutrition Promotion

Nutrition Standards for Competitive Foods

Public Involvement

Goals for Physical Activity

Standards for All Foods/Beverages
Provided, but Not Sold

Triennial Assessments

Goals for Other School-Based
Wellness Activities

Food & Beverage Marketing

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				
The school's comprehensive health education curriculum will include nutrition education	X			
School will support and promote sound nutrition for students	X			
School will foster a positive relationship between physical activity, sound nutrition, and the capacity of students to develop and learn	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
During the school day, the school will not market or advertise any foods or beverages that do not meet Smart Snacks nutrition standards	X			
Competitive foods, as defined by the USDA, will not be sold in the foodservice area during meal periods	X			
Will maintain compliance with all ISBE rules	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
All students will take part in physical education/activity during the school day, unless otherwise exempt	X			
Physical education and health curriculum will be aligned with <i>Illinois Learning Standards for Physical Development and Health</i> as established by the ISBE	X			
In all grades and in duration, physical education will be taught per the policy	X			
An active lifestyle for the students will be supported and promoted by the school	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Jumprope for Heart	X			
Competitive and Intramural sports are offered to students	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?

We currently have all ten components in their entirety.

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

We can continue to make our goals more specific. We could also begin to look into more school-based wellness activities.

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

Work with our Physical Education and health teachers to research new initiatives to enhance our student wellness.