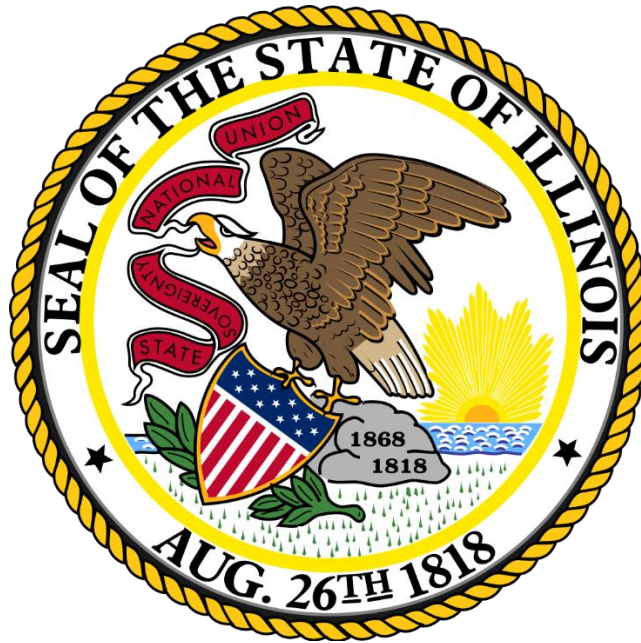


River Bend CUSD 2



River Bend CUSD #2

Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- **The Local Wellness Policy is located on the District Website.**
- **Parents and students are invited to attend the annual review.**
- **Local nutrition professionals are also invited to participate and provide input.**

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. River Bend CUSD 2 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2021. Since the creation of the School Wellness Policy in 2010 and prior to Covid and 2020, the District annually reviewed the School Wellness Policy as set forth by Healthy, Hunger, and Hunger-Free Kids ACT of 2010. The District will continue evaluating the current School Wellness Plan every three years. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The District will provide updates and evaluations to the policy using its webpage.

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both over consumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat. River Bend provides a salad bar at Fulton High School. Fresh fruits and vegetables are provided daily at Fulton High School. The middle school provides chef salads for both students and staff. Salads are available upon request. Elementary teachers have access to the salads at the middle school.

- Vending sales will not be permitted in elementary schools.
- During the school day, sales of food items that meet the nutritional guidelines as stated in this policy are only allowed in locations other than the area where federal meal programs operate.
- Beverage sales are limited to beverages containing less than or equal to 15 grams of sugar per serving.
 - 100% fruit juice is allowed with maximum portion size 16.9 ounces
 - Electrolyte replacement beverages may not contain more than 20 grams of added sweetener per 8 ounce serving and may not exceed 16.9 ounces.
 - Non-fat and 1% flavored milk with greater than 15 grams of added sugar per serving are allowed as long as the portion size does not exceed 16 ounces.
 - Sugar content of foods must be less than or equal to 15 grams per serving (not including fresh, dried or frozen fruits or vegetables or dairy products other than milk).

- Foods will have no more than 40% of its total calories derived from fat, and no more than 10% of its calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- Current contracts will be brought to compliance upon renewal.

Food Service Programs and Ala Carte Sales

- Fruits and vegetables should be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible.
- Food pricing strategies shall be designed to encourage students to purchase nutritious items.
- Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition goals of the school.
- School menus to be approved by the district Cafeteria Manager.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

- A.** The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:
- Non-Food rewards include: Writing utensils, social rewards with students and teachers, recognition, privileges, class rewards, school supplies, and athletic gear.
 - [*Constructive Classroom Rewards Bonus Tip Sheet from The Quick & Easy Guide to School Wellness*](#) from the Healthy Schools Campaign.
 - Cheese sticks and other protein based food provides energy.
 - Use of physical activity IE recess or extra-time outside will also provide a non-food reward.

Fundraisers

- A.** All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Non-food related fund raising includes: Book fairs, books, clothing and athletic items.
- For ideas, please see the Action for Healthy Kids Tip Sheet on [*Healthy Fundraisers*](#).]

- B.** Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Building Principals will need to approve any food or non-food fund raising.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- Local community health advisors and dieticians provide class activities and consultation as needed. Primary topics include diabetes and chronic illnesses.
- First grade touches on healthy eating and nutrition at the very beginning of the school year in August when we're talking about what we bring for school lunch and daily snacks. We also touch briefly on it again in February along with our Dental Health unit and then again a little during our plant units for science in April.
- [Dietary Guidelines for Americans](#), [MyPlate](#), [Team Nutrition](#), and [FoodMASTER](#).

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- Every child K-9th grade will receive age appropriate nutrition education during the school year.

- High School students 10-12th grades will have course options available that address areas of nutrition education. Nutrition education has been placed into advanced foods. The HS foods classes are beginning to grow their own vegetables.
- Nutrition education will include one or more of the following:

Elementary	Intermediate	High School
Accepting body size difference	Dietary Guidelines for Americans	Dietary Guidelines for Americans
Balancing food intake and activity	Eating disorders	Eating disorders
Benefits of healthy eating	Healthy weight control	Healthy weight control
Eating more fruits, vegetables, whole grains and calcium rich dairy foods	Understanding influence on food choices	Understanding influences on food choices
Following food safety practices		
My Plate Guide or My Pyramid		
Making healthy food choices for meals and snacks		
Using food labels		

- Optional items for discussion are encouraged and may include the following:
 - Nutritional knowledge, including the benefits of healthy eating, essential nutrients, the benefits of healthy weight management, the use and misuse of dietary supplements and safe food preparation;
 - Nutrition related skills, including planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation and commercial food advertising; and
 - How to assess one’s personal eating habits, set goals for improvement and achieve those goals.
- Food service program shall model the Dietary Guidelines for Americans and coincide with nutrition instruction.
- Food service staff shall also work closely with those responsible for the other components of the school health program to achieve common goals.
- ISBE 23 Ill. Admin. Code 305.15 junk food rule limits the types and amounts of food and beverages that may be sold to students in grades 8 or below before school or during the regular school day in any school that participates in the School Breakfast Program or the

National School Lunch program. The Board may place additional limitations on the sale of minimally nutritious or junk food.

Goals:

- 1. Provide nutrition education experiences at each grade level.**
- 2. Consult with outside nutrition agencies to provide input and nutrition experiences for students.**

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Student Breakfast and Lunch menus are found in the following locations:
- All three buildings provide provides menus on the TV screens posted throughout the buildings.
- Daily breakfast and lunch announcements are made each morning at the beginning of the day.
- The District Website posts breakfast and lunch menus

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Culinary arts programming in grades 9-12 in both science and culinary arts have purchased their own indoor grow lights to grow food to be served to students and staff.
- Culinary arts have also worked with the construction class to build raised garden beds. The garden beds will be used this spring and summer to grow foods for the fall.
- For more information related to Farm to School, visit USDA's [Farm to School website](#). For examples of activities and events, see the [Farm to School Activity Ideas](#) handout from the New Jersey Department of Agriculture's Jersey Fresh Farm to School Program, and the [Illinois Farm to School Network](#).

Goals:

- 1. Use nutrition promotion posters in common lunch spaces and on TV Screens in the buildings.**
- 2. Promote trying new fruits and vegetables at least quarterly**
- 3. Provide calorie counts and other nutrition information on monthly menus**
- 4. Use fruits and vegetables grown on site in recipes and foods that are made in class.**

Food loss and waste continue to be an issue facing the nation’s food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA’s Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Sharing Table- Students drop off pre-packaged uneaten food to a designated table in the lunch room so that other students can eat the un-opened food items.
- [What You Can Do to Help Reduce Wasted Food](#) guide and the [Food Waste Reduction Toolkit for Illinois Schools](#) from Seven Generations Ahead. Additional guidance on food donation in the Child Nutrition Programs can be found in USDA memos [SP 11-2012: Guidance on the Food Donation Program in Child Nutrition Programs](#) and [SP 41-2016: The Use of Share Tables in Child Nutrition Programs](#) .
- If we are unable to reuse any extra food, the kitchen staff prepares individual servings and adds it to the sharing table where students can grab the extra food.
- If we have extra food that we are unable to use, we will drop it off to our local food bank.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- Unless otherwise exempted, the amount of physical education per week is as follows:
 - Elementary students will receive an average of 60 to 100 minutes.
 - Intermediate students will receive an average of 60 to 240 minutes
 - High School students will receive an average of 80 to 215 minutes per week or within a block schedule format.
- Physical education curriculum will include:
 - Exposure to a wide range of physical activity that teach skills to help maintain lifelong health and fitness;
 - Curriculum components will include instruction of individual activities and competitive and non-competitive group activities;
 - Curriculum will include Physical Education units for students consistent with national standards for Physical Education and focus on students' development of motor skills, movement forms, and health-related fitness
- Developmentally appropriate physical fitness assessments will be given in grades K-12 annually.
 - Physical fitness assessment scores
 - Individual student's goals will be provided with opportunities for physical movement in and out of classrooms during the school day.

Goals:

- 1. Students will identify when and where they can add physical activities to their time outside of the school day.**
- 2. Increase the amount of students that participate in activities that increase their heart rate outside the school day.**
- 3. Add a gym between the middle and elementary school. This would provide additional opportunities to expand PE for both the middle and elementary school.**

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- PK-5th grade Recess
- 6-8 Recess following lunch
- FHS Weight room participation
- Multiple school and area recreation team participation opportunities. Students are provided with community sports flyers.

The following opportunities for participation in school-based sports shall be offered to students each year:

- PK-6th grade sports activities include football (flag and tackle based on age), basketball, baseball, and softball through community recreation leagues. 5th grade students have the opportunity to compete in IESA wrestling with the middle school.
- 6-8th Middle school students can play volleyball, boys and girls basketball, wrestling, and track. Football is offered through a community league. Volleyball, baseball and softball are also provided through a community league.
- 9-12 fall sports include volleyball and football, Winter sports include girls and boys basketball, and wrestling, Spring sports include boys and girls track, softball and baseball.

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Walking School Bus
- Sensory walks throughout the elementary school
- Family fun nights engage both students and families
- Various classroom teachers provide walking breaks during the day
- Jump Rope-Kids heart challenge
- Examples include [Fuel Up to Play 60](#), [All Children Exercise Simultaneously \(ACES\)](#), etc.). More Physical Education resources and ideas can be reviewed through the Illinois Public Health Institute's [Enhanced Physical Education Resource Guide](#).]

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Family Fun Night at FES- A variety of family friendly interactive programming
- Middle school and high school dances
- New playgrounds were added to FES that provide a variety of activities for students and families to use after school hours.
- A Culinary Arts club exists at Fulton High School that provides an opportunity for students to cater events in the Steamer Suite. The Steamer Suite is a private rentable suite for guests and families to book. Students provide menu options and often food grown in the class is provided.

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Culinary Arts Club.

River Bend Food Service Meal Charge Policy

The goal of the Food Service Program is to ensure that students are provided with well-balanced, nutritious meals at the lowest possible cost to students and parents. The Breakfast and lunch programs are non-profit by design and depend upon revenues derived from meals for their support. For this reason, the following policy guidelines have been established for students at all grade levels.

Elementary School

When a student reaches a negative balance, a letter will be generated and sent home with the student notifying the parent of the negative balance. If the account reaches -25.00 dollars or more a letter will be mailed to the parent that the debt needs to be cleared or they may contact the Food Service Department to make alternate arrangements. If parents or guardians have an email attached to their students push coin account, they will receive an email everyday the student makes any purchases.

Middle School and High School

When a student reaches a negative balance, an email will be generated and sent to each student's family letting them know about the negative balance. Students can also inquire about account balances at the time of purchase. If the account reaches -25.00 or more a letter will be mailed to the parent/guardian indicating the debt needs to be cleared or they may contact the Food Service Manager to make alternate arrangements. If parents or guardians have an email attached to their students' push coin account, they will receive an email every day the student makes any purchases.

When an account is negative only reimbursable meals will be allowed. Purchases of ala carte items are not allowed at any grade level unless there are funds in the student account. Students will be told about the negative balance and that the item cannot be purchased and must be returned.

This system is a debit system, **not a credit system.** Immediate payment is expected when the student balance is negative.

Meal assistance in the form of free or reduced price meals are available for the breakfast and lunch programs. Applications are available on the website or by contacting the Food Service Department at 815-589-2911.

End of year Balances

At the end of each school year balances (positive or negative) on student accounts will carry over to the next school year. Graduating seniors with positive balances will be transferred to younger siblings or refunded upon request. Any remaining funds from graduating seniors with no siblings or from students that transfer out of the district who have not requested a refund within 5 business days after the last day of school will forfeit those funds to the District Food Service Program.

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: River Bend Community Unit School District #2

School Name: Fulton High School, River Bend Middle School, and Fulton Elementary School

Date Completed: March 18, 2021

Completed by: Stacey Collachia

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 Triennial Assessments
- Provided, but Not Sold

- Goals for Other School-Based Food & Beverage Marketing
- 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				
Every child K-8 th Grade will receive appropriate nutrition education during the school year	X			
High school student 9 th – 12 th grades will have options available that addresses areas of nutrition education	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Have posters hung in the cafeteria	X			
Have some taste testing of fruits and vegetables	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Elementary students receive 60-100 min weekly of physical activity	X			
Intermediate students receive on an average of 60-240 min weekly of physical activity	X			
High School students receive on an average of 80-125 min Weekly of physical activity	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Increase healthy options in the cafeteria	X			
Increase healthy options in the concessions	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?

The Wellness Committee meets annually as a district team along with community experts in the field.

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

Implementation of activities, specifically, nutrition education activities with students.

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

1. Schedule time for health and wellness experts to work with students in classes.
2. Communicate wellness throughout the district.
3. Continue with triennial assessments.