

## 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

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### 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)
<b>Nutrition Education</b>				
Every child K-8 <sup>th</sup> Grade will receive appropriate nutrition education during the school year	X			
High school student 9 <sup>th</sup> – 12 <sup>th</sup> grades will have options available that addresses areas of nutrition education	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
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)
<b>Physical Activity</b>				
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)
<b>Other School-Based Wellness Activities</b>				
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.