

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: Peggy Loftus

Site Name: Holy Cross School

Date Completed: January 27, 2023

Completed by: Peggy Loftus, School Nutrition Director

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 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				
Nutrition education worked into classes besides Health Education classes.		X		
Promotion of fruits, veggies, whole grains, low fat dairy	X			
Emphasis on caloric balance (calories in – calories out)	X			
Links to other school programs		X		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Brand names, logos, trademarks visible only when on the actual container or beverage.	X			
Corporate logos replaced by generic signage on scoreboards, etc once contracts have expired.	X			
Limitations on corporate logos/trademarks on signage, newsletters, trash cans, etc	X			
Limitations on free product samples, taste tests and coupons displaying the advertising of products	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Children should participate in at least 60 min of physical activity each day	X			
Physical activity will not be withheld as a punishment for any reason	X			
Grounds and facilities are safe and equipment is available and inspected regularly	X			
Elementary (K-8) students will have PE for at least 60-100 minutes per week throughout the school year	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Offering at least 20 minutes of recess on all days during the school year, weather permitting	X			
Encouragement of periodic opportunities for movement in the classroom		X		
Provide opportunities for after school physical activity	X			
Encourage walking/biking to school opportunities	X			
Encourage community engagement between HCS and healthy living programs		X		

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?

The Holy Cross School Wellness Policy's strengths include incorporation of student members, encouragement of health lifestyles and activities from grades PK-8, maintaining nutrition promotion throughout the school year, encouraging Walk to School Days, a Health Fair, nutrition education posters in the school cafeteria, and lengthening of the lunch time to 20 min for eating and 20 min for recess (starting SY22-23) and the creation of an aquaponics lab whose vegetable production is being used in the school kitchen.

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

Holy Cross can continue to improve our Wellness Policy by encouraging family health fairs, increasing health education in the classroom, supporting a school breakfast program, especially during testing weeks, and encouraging more community partnerships.

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

The Holy Cross Wellness Team will strive to implement these continued strengths and changes in the coming school years.