

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: Zion-Benton Township HS District #126

School Name: Zion-Benton HS and New Tech HS at Zion-Benton East

Date Completed: May 19, 2021

Completed by: Lonnie Bible

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				
Students shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum	X			N/A
As possible, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, PE, health and family and Consumer Sciences.		X		While our nutrition education in health, PE and family and consumer education classes is solid, we currently do not have enough cross-over into the math, science, English or social studies curriculums due to a lack of promotion of the wellness committees goals. Our committee needs to get more active and promote nutrition education.
Nutrition education shall be a part of the curriculum of all PE, health, advisory and family and consumer science classes	x			N/a

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Parents shall be provided information to help them incorporate healthy eating into their student's lives.	x	x		Much information about nutrition is tastefully displayed in the lunchrooms. However more effort needs to be done to put that information into parent's hands.
Schools shall support parents' efforts to provide a healthy diet for their children	x			N/A
Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for our school through surveys, committees, taste-testing and similar activities		x		This is an area for growth and development. Due to a new food service provider and COVID limitations this past year and a half, we have been unable to do as many surveys/taste testing activities as we would have liked. The reformation of the wellness committee and establishment of regular meetings again will give an outlet for our food service provider to be able to do more of these activities.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				

Students shall participate in daily physical education as required by law that allows them to achieve and maintain a high level of personal fitness	x			N/A
We will have our students participate in a minimum of 225 minutes of PE per week	x			N/A
Students shall be provided opportunities for physical activity through a range of school programs including intramurals, interscholastic athletics, and physical activity clubs	x	x		Students are definitely provided many opportunities for physical activity in our schools. However, we could offer more intramurals and physical clubs like dancing, hiking or even skiing.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
School meals will be served in clean, safe and pleasant settings with adequate time for students to eat	x			N/A
All food service personnel shall have adequate pre-service training and regularly participate in professional development activities	x			N/A
Food provider will work with suppliers to obtain foods and beverages that meet the nutritional requirements of school meals and nutrition standards	x			N/A

<p>Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options</p>		<p>x</p>		<p>We need to do more promotional efforts to put actual lists in stake holder's hands</p>
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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?

Our policy is pretty solid, as it was originally modeled after the Alliance for a healthier Generation's model wellness policy

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

While our policy is solid, our wellness committee needs to be reinvigorated with new membership and ideas to promote wellness across the school spectrum. I think we should adjust the policy to also require triannual assessments instead of yearly assessments as our policy currently calls for. Assessing EVERY year has proven to be too cumbersome.

3. List any next steps that can be taken to make the changes discussed above. A new chair of the wellness committee needs to be appointed to run the committee. New committee members also need to be brought on and integrated into the group. The committee needs to communicate to all stake holders the goals of the group and policy.

Committee Members Include:

Jack Niemi	Executive Director of Athletics	847-731-9360
Jacob Carlson	Executive Director of Student & Specialized Services	847-731-9340
Jason Ponivas	Director of Food Services - Aramark	847-731-9745
Michael Wollney	Department Chair – Phy Ed/Science/Health	847-731-9570
Lauren Grom	School Nurse	847-731-9335
Dayle Boyle	Athletic Trainer/Teacher	847-731-9433