

# 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: Perandoe Special Education District

Site Name: Perandoe Educational Program

Date Completed: January 30, 2025

Completed by: Cheryl Ebers, Assistant 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](#).

- |   |   |   |
|---|---|---|
| <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<br>Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing                                   | <input checked="" type="checkbox"/> Reporting             |
| <input checked="" 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)
<b>Nutrition Education</b>				
School will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health.		X		<b>Provide staff with MyPlate resources to be used in the classroom: <a href="https://www.fns.usda.gov/tn/myplate">https://www.fns.usda.gov/tn/myplate</a></b>
The District shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
School will support and promote sound nutrition for students.	X			
School shall make cafeteria menus available through district website and monthly lunch bulletin sent home with students & posted various places in the school.		X		School menu is not posted on website

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

<b>Physical Activity</b>				
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	<b>X</b>			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.	<b>X</b>			

<b>Goals</b>	<b>Meeting</b>	<b>Partially Meeting</b>	<b>Not Meeting</b>	<b>Next Steps (If Applicable)</b>
<b>Other School-Based Wellness Activities</b>				
School will promote and participate in wellness activities.	<b>X</b>			
School will offer other school-based activities to support student health and wellness, including coordinated events.	<b>X</b>			

**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 Perandoe Wellness Plan is strong in several key areas, such as its commitment to providing nutritious meals, promoting physical activity, encouraging stakeholder involvement, and fostering sustainable food practices. Its comprehensive approach to wellness, including policies on food marketing, reducing food waste, and offering additional health-based activities, supports the development of healthy habits and environments for students. These strengths align with and complement the principles laid out by the Alliance for a Healthier Generation's Model Wellness Policy, creating a solid foundation for student health and well-being.

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

The Perandoe Wellness Plan could be improved in several areas to better align with the Alliance for a Healthier Generation's Model Wellness Policy. It could enhance stakeholder engagement by incorporating more structured participation, such as surveys and focus groups. Perandoe could also integrate physical activity into more subjects and daily routines, and expand nutrition education. Perandoe could provide more opportunities for students to engage in Farm Visits and Guest Speakers, organizing visits to local farms, orchards, or farmers' markets, and offering interactive taste tests and cooking demonstrations to expose students to fresh, local produce and agricultural practices.

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

To improve alignment with the Alliance for a Healthier Generation's Model Wellness Policy, Perandoe can engage stakeholders more actively through surveys and focus groups. The school can integrate physical activity into more subjects and expand nutrition education across the curriculum. Additionally, Perandoe can offer more farm visits, guest speakers, and interactive taste tests to expose students to fresh, local produce and agricultural practices.