

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: The Children's Home Association of Illinois

School Name: Kiefer School & Academy for Autism

Date Completed: 3/23/2021

Completed by: Dan Ramos

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				
Inform and educate students as part of a school classroom program, placing special emphasis on eating habits.	X			
Maximize and integrate time to achieving positive changes in eating habits & nutrition information as part of other school subjects		X		Enhance school wide mini lessons or as part of reinforcing social lessons & activities.
Kitchen personnel share information with stakeholders and parents about the nutritional content of all school meals.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Display positive promotions in the dining areas and helpful hints, like posters, for healthy eating.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Each student is afforded an IEP which has a plan for physical activity as part of their school day routine	X			
Provide information to parents to help them incorporate physical activity into home life.		X		Systematic and routine handouts and brochures about active lifestyles and activities.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Food Service staff receive training regarding nutrition, meal planning, and food safety.	X			
School staff restrict the utilization of soft drinks and candy as part of incentives and snacks.	X			
School staff limit extended periods of inactivity and provide active or “brain breaks” to promote active lifestyle.	X			

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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?

- Nutritional education is incorporated into the classroom.
- Promoting active activities into student learning – students are not stagnant in their seats.
- Kitchen staff are well trained and strictly follow nutritional guidelines.
- On site nurse is a part of student health considerations and decisions.
- Food Service utilize fresh foods and produce – voluntary options like Salad Bar.

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

- Requires specific sections as listed: Nutrition Standards for Competitive Foods, Food & Beverage Marketing, Reporting, and Wellness Leadership, Monitoring
- Expand on Community Involvement

3. List any next steps that can be taken to make the changes discussed above.
 - Identify stakeholders needed & request input from stakeholders/community.
 - Seek out model wellness policies.
 - Identify processes and procedures that will allow for maintenance of enacted(new) policies.
 - Evaluate all foods and classify as either mandatory, a la carte, or voluntary.
 - Promote a staff wellness policy.
 - Update any existing nutritional curriculum.