

# 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: Millburn C.C. School District 24  
Elementary & Millburn Middle School

School Name: Millburn

Date Completed: May 19, 2021  
Johns, Business Mgr/CSBO

Completed by: Stephen

## 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  
 Wellness Leadership

Nutrition Standards for School Meals

Goals for Nutrition Promotion  
 Public Involvement

Nutrition Standards for Competitive Foods

Goals for Physical Activity  
 Triennial Assessments

Standards for All Foods/Beverages

Provided, but Not Sold

Goals for Other School-Based  
 Reporting  
Wellness Activities

Food & Beverage Marketing

## 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  
Illinois State Board of Education, Nutrition Department

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 &amp; Nutrition Promotion</b>				
Schools will support and promote sound nutrition for students	X			
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn	X			
Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, Curriculum Content				64% meeting; 36% partially meeting <sup>73</sup>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Schools will support and promote an active lifestyle for students.				73% meeting, 27% partially
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. See Board Policy 6:60, Curriculum Content and Board Policy 7:260 Exemption from Physical Education.				2 days a week at MES; typically 5 days at MMS; This year, MMS is 3 days a week. 82% meeting; 18% partially meeting
During the school day, all students will be required to engage in a daily	91%	9%		

physical education course, unless otherwise exempted. See Board Policy 7:260, Exemption from Physical Education				
The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education (ISBE).	100%			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board Policy 4:120, Food Services (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) Smart Snacks rules).	100%			

**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?

- Fruit/Veggie Bar – reminding to take healthy food choices
- PTO Party Treats eliminated – Food allergies
- No vending machines at MMS

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

Milk – why not 2% - guidelines require 1% or Skim – 2 different kinds of milk must be offered

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