

## 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: Dallas Elementary School District #327      Site Name: Dallas City Elementary School

Date Completed: **May 28, 2025**      Completed by: Administration & Wellness Team

### 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](#).

- 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
- 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>				
Include developmentally appropriate nutrition education as part of the District's education curriculum in grades K-8.	X			Now implemented (goal of last triennial assessment in 2022)

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Provide more promotions and marketing/advertising in the school cafeteria regarding healthy foods and promoting trying new foods.		X		Provide rewards (ex. stickers) for students who try a new food during breakfast or lunch.


Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Provide daily supervised recess period for all students meeting the Illinois minimum standard of 30 minutes for students in grades K-5		X		While improvements have been made, eg. Walking path for walking tickets, we could continue to improve. Maybe provide a "bonus recess" for students who meet behavioral expectations and also complete all work would be a better reward for those that meet expectations.
<b>Other School-Based Wellness Activities</b>				
Engage in community partnerships to encourage and promote physical activity and wellness.		X		We could support and encourage more youth sports leagues for students in primary grades. Offer open gyms over winter break and

summer break to encourage children to utilize the school facilities and be physically active.									

**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?

Our wellness plan and policies are holistic

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

In classrooms we are teaching students and are communicating student learning with parents. However, we wonder if we need to include more of the topics listed in the example plan.

Our staff has expressed a desire for increased wellness activities for themselves.

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

In classrooms we are using the “Essential Healthy Eating Topics in Health Education” topics with our students.

We could promote healthier lifestyles for our staff with monthly challenges and promotions for adults to engage in.

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

We have decided that we will share the “Essential Healthy Eating Topics in Health Education” topics with our teachers and encourage them to add a couple topics to lessons for next year. Our Dean of Students will create monthly wellness challenges for staff members ex. drinking a certain amount of water each day, mindfulness practices etc.