

NORTH MAC COMMUNITY UNIT SCHOOL DISTRICT #34

Triennial School Wellness Policy Assessment

AGENDA

The triennial assessment of the North Mac School Wellness policy was held virtually on March 24, 2023. Members of the committee are Brian Carman (HS Athletic Director), Nick Troutwine (HS PE Teacher), Erin Lockwood (parent), Shelley Gray (parent), Ross Bryll (MS PE Teacher), Vanessa Reinhart (Nurse), Jodi Alexander (Board Member), John Downs (Principal), Ashley Mullen (HS Health Teacher), and Aprille Kuhar (Food Service Coordinator).

School Wellness Policy was read. The policy was compared to the Alliance for a Healthier Generation's Model Wellness Policy. The North Mac Wellness policy was determined to meet all required guidelines. Policy Assessments were completed and reviewed by the committee.

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: North Mac CUSD #34

Site Name: North Mac Elementary

Date Completed: March 24, 2023

Completed by: Aprille Kuhar

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)
Nutrition Education				
U of I extension participates in classroom nutrition lessons	X			
Health classes include information on nutrition (MS only)	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Support positive relationship between nutrition and physical activity	X			
Promote good nutrition for students	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Daily PE classes for all grade levels	X			
Support an active lifestyle	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Promote nutritious food/beverages at school	X			
Student Organized activities	X			

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?
 - Provides a foundation for students to understand the importance of nutrition and physical activity for their physical, mental, and emotional health.
2. What improvements could be made to your local wellness policy?
 - Find more ways to encourage students to take what they have learned out of the school building and help implement those ideas at home and in the community.
3. List any next steps that can be taken to make the changes discussed above.
 - Ensure Triennial assessment is done on time. Thought all paperwork was submitted to extend deadline to June 30, 2023.
 - Investigate other options to highlight the importance of nutrition and physical activity for all students

Local Wellness Policy Triennial Assessment

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Sponsor Name: North Mac CUSD #34

Site Name: North Mac Intermediate & Middle School

Date Completed: March 24, 2023

Completed by: Aprille Kuhar

Part I: Content Checklist

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| ☒ 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

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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
U of I extension participates in classroom nutrition lessons	X			
Health classes include information on nutrition (MS only)	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Support positive relationship between nutrition and physical activity	X			
Promote good nutrition for students	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Daily PE classes for all grade levels	X			
Support an active lifestyle	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Promote nutritious food/beverages at school	X			
Student Organized activities	X			

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☐ Other: _____

1. What strengths does your current local wellness policy possess?

- Provides a foundation for students to understand the importance of nutrition and physical activity for their physical, mental, and emotional health.

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

- Find more ways to encourage students to take what they have learned out of the school building and help implement those ideas at home and in the community.

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

- Ensure Triennial assessment is done on time. Thought all paperwork was submitted to extend deadline to June 30, 2023.
- Investigate other options to highlight the importance of nutrition and physical activity for all students

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Sponsor Name: North Mac CUSD #34

Site Name: North Mac High School

Date Completed: March 24, 2023

Completed by: Aprille Kuhar

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Physical Activity				
Daily PE classes for all grade levels	X			
Support an active lifestyle	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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Student Organized activities	X			

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