

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: Edwards County CUSD #1

School Name: Albion Grade School, West Salem Grade School
Edwards County High School

Date Completed: 5-4-21

Completed by: Dale Schmittler

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](#).

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|---|--|---|
| <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 Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |

Wellness Activities

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				
The district aims to teach, model, encourage, and support healthy eating by students. The schools will provide nutrition education and engage in nutrition promotion that:				
Is designed to provide the students with the knowledge and skills necessary to promote and protect their health.	X			
Not only is this a part of our health classes, but it also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.	X			
To include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens.	X			
Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.	X			

Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).		X		We need to be more consistent with this on a daily basis.
Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.	X			
Teach media literacy with an emphasis on food and beverage marketing; and include nutrition education training for teachers and other staff.		X		We need to look for the appropriate training for staff.
All district health education teachers may provide opportunities for students to practice or rehearse the skills taught through the health education curriculum.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.				

Students and staff will receive consistent nutritional messages throughout schools, classrooms, gymnasiums, and cafeterias.	X			
Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.	X			
The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion may occur through: Implementing evidence-based healthy food promotion Techniques through the school meal programs using (Smarter Lunchroom techniques: (http://smarterlunchrooms.org/ideas) and Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Children and adolescents should participate in 30 to 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, and classroom-based physical activity	X			

<p>("Brain Breaks"), and the district is committed to providing these opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in A.C.E.S. (All Students Exercising Simultaneously) in order to successfully address CSPAP areas.</p>					
<p>Physical activity during the school day (including but not limited to physical activity breaks, or physical education) should not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.</p>	X				
<p>To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.</p>	X				
<p>The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.</p>	X				
<p>All students will be provided opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable</p>	X				

participation for all students and will adapt physical education classes and equipment as necessary.						
All district K-6 elementary students in each grade will receive physical education for at least 90 minutes per week throughout the school year.	X					
All district 7-12 students (junior-senior high school) are required to take the equivalent of one academic year of physical education.	X					
The district physical education program will promote student physical fitness through individualized fitness and activity assessments (via Fitness Gram, the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.	X					
Students will be moderately to vigorously active for at least 50% of class time during most or all Physical Education class sessions.	X					
All physical education classes in district are taught by licensed teachers who are certified or endorsed to teach Physical Education.		X				We have a staff member for 6-8 that is licensed but we are trying to get a teacher for grades K-5 .
Waivers, exemptions, or substitutions for Physical Education classes are not granted. Exceptions to this rule are detailed in the ECUSD #1 student handbooks.	X					

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<p>Other School-Based Wellness Activities</p> <p>The district will encourage wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Teachers in the district are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.</p>	X			
<p>Community Health Promotion and Engagement</p> <p>The district will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. As described in the “Community Involvement, Outreach, and Communications” subsection, the district will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.</p>		X		<p>We are working on getting more information posted on the website on a regular basis.</p>
<p>Staff Wellness and Health Promotion</p> <p>The Edwards County CUSD #1 will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness. Schools in the</p>		X		<p>COVID-19 has affected our ability to do these activities on a regular basis.</p>

<p>District will implement strategies to support staff wellness. Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools could use, as well as specific actions staff members can take, could include “Wednesday Walk Day” early a.m. walk with students, led by teachers/staff), The district promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.</p>			
<p>Professional Learning When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (eg., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help district staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.</p>	<p>X</p>	<p>X</p>	<p>We are looking to expanding our partnerships outside of the district boundaries as services and facilities are limited within our rural communities.</p>
<p>Community Partnerships The district will enhance relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships</p>			

and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. Currently, the schools have developed relationships with the University of IL Extension office, Edwards County Health Department, AG in the Classroom.

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?

The nutrition sections and smart lunchroom techniques included in the school meals section is outstanding in that it provides detailed techniques that are implemented consistently by all staff within the buildings. It addresses student participation and gives them a voice in making appropriate menu selections and promoting healthy meals in and out of the school setting.

The physical activity section is also a strength of the wellness policy as it gives specific detailed information on all physical activities taking place district wide at both attendance centers. It takes into consideration regular physical education classes and the general education classes as well.

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

Community partnerships and community engagement needs expanded upon. Our rural geographic location gives limited options in the smaller communities to partner with local agencies. We need to reach outside of the district to gain access to better and more updated facilities opportunities.

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

We are partnering with the local Edwards County Health Department and the University of Illinois Extension offices to explore expansion opportunities for our students and staff.