

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. 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 a sponsor's 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.

Sponsor Name: St. Thomas the Apostle School

Site Name: Same

Date Completed: 6-28-24

Completed by: Maureen Bentley

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](#).

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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

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				
St. Thomas School aims to teach, model, encourage and support healthy eating by students. School will provide nutrition education and engage in nutrition promotion that:	X			
Is designed to provide students with the knowledge and skills necessary to promote and protect their health.	X			
Is part of not only science/health education classes, but also integrates into other classroom instruction through subjects such as math, language arts, social sciences, etc...	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Students and staff will receive consistent nutrition messages, throughout our school, classrooms, gymnasiums and cafeteria	x			

Promote 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				
Physical education classes offered twice weekly for Pre-3 through 8th grade	x			
Will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Conducting necessary inspections and repairs.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Teachers are encouraged to coordinate content across curriculum areas that promote student health such as teaching nutrition concepts in mathematics		x		

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?

We work hard to incorporate healthy choices and living throughout our curriculum, not just in our science and health classes, but throughout our curriculum.

We just built a new outdoor playground to encourage our students to be more active and engaged outdoors.

We also added a new game for outdoors with the newly installed gaga pit. It keeps students moving and encourages sportsmanship.

Step It Up fundraiser replaced long standing food fundraiser- promotes more movement through the Day of Awesomeness.

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

Community partnerships and community engagement could be improved.

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

Look to partner with others to bring further nutrition and fitness opportunities to our students and teachers.