

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: Safe School ROE 50

School Name: Alternative Education Center

Date Completed: 4/19/2024

Completed by: Stacy Louderrman

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
- 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
- Triennial Assessment
- Provided, but Not Sold
- Goals for Other School-Based

- Food & Beverage Marketing (N/A)
- 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				
Incorporate Dietary Guidelines for Americans	Yes			Continue
Support and promote sound nutrition	Yes			Continue
Foster positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn		Yes		Develop and expand curriculum to meet needs and interests of students to better engage the overall population
Curriculum 5th-8th incorporated, High School Credited Health Class offered	Yes			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Mail, email and post throughout school building	Yes			

Support and promote sound nutrition	Yes			
Nutrition Education part of the AEC curriculum	Yes			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Daily PE for all grade levels (5th-12th)	Yes			
PE curriculum which fosters 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	Yes			
Alternative options as needed, "Brain Breaks," "Talk and Walks," Alternative Exercise Options all available as needed	Yes			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Introduction of new/alternative physical options	Yes			

Overall nutritional guidance and encouragement	Yes			

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.

[Rudd Center's WellSAT 3.0](#)

[Alliance for a Healthier Generation's Model Wellness Policy](#)

Other: _____

1. What strengths does your current Local Wellness Policy possess?

The current wellness policy has encouraged support from both staff and students alike. Goals listed are achievable and attainable, yet in many circumstances are challenging. Concepts presented often are new, yet applicable to guide people of all ages into the future with positive knowledge and a holistic skill set to pursue a healthy future.

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

The student population is ever changing within the AEC Safe School and needs vary greatly in regards to interests and previous education and experience. Individual based assessments upon arrival could assist in molding the Wellness Policy as a whole.

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

Creating an overall independent based assessment will be a goal of the committee to be added to the current policy goals to assess more finite areas of need upon in-take.