

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: Zion Lutheran School

Site Name: Zion Lutheran School

Date Completed: 3/21/22

Completed by: Renee Hardwick

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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| <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
Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |
| <input checked="" type="checkbox"/> 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				
Provide students with the knowledge and skills necessary to promote and protect their health	X			
Nutrition Education is not only part of the health education classes but is also encouraged to be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.	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			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Zion makes cafeteria menus available through the school newsletter and on our website, www.zlsbethalto.org	X			
Promotes healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Implement evidence-based healthy food promotion techniques through the school meal program using Smarter Lunchroom Techniques; and promote foods and beverages that meet the USDA Smart Snacks in school nutrition standards.	X			
Zion shall participate in Farm to School activities. (i.e. Dairy Council Adopt a Cow, 2 Bite Club, planting a variety of seeds, field trips to the apple orchard and pumpkin patch, plant modules in the spring in which we plant, transplant seedlings, and monitor growth of our plants over the course of 1.5 months, participate in C.A.R.E.E. [the 4 th grade comprehensive "Land of Illinois" program].	X			

Zion will follow the Food Sharing Plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes.	X			
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Zion will strive to participate in Let's Move! Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.	X			
Encourage all staff to not withhold physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) as a punishment for any reason.	X			
Ensure that our grounds and facilities are safe and that equipment is available to students to be active and that inventory and supplies are known and will work to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible. Offer at least 20 minutes of recess on all or most days during the school year with outdoor recess when weather is feasible for outdoor play.	X			
All students will receive physical education for at least 45-89 minutes per week throughout the school year. Zion's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting to each student. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Extracurricular activities are available to students throughout the school year. Students in grades 5 th – 8 th can participate in track, volleyball, basketball and cross country. Students in 3 rd thru 8 th grade can participate in a Running Club.	X			
Teachers are encouraged to incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible and do their part to limit sedentary behavior during the school day.	X			
The Board of Education and Administration encourages that all-school sponsored events adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities (i.e. PTL sponsored Jog-a-Thon).	X			

Continue relationships with community partners (i.e. hospitals, universities/colleges, the National Council on Alcohol and Drug Abuse, the Bethalto Police Department and other local businesses) in support of this wellness policy's implementation.	X			
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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?

Zion's Wellness Policy meets all criteria based on the ISBE Local Wellness Policy. According to the Rudd Center's Well SAT 3.0, Zion excels in the "Standards for USDA Child Nutrition programs and School Meals" as well as "Implementation, Evaluation and Communication" scoring 100% in both categories. Zion rates very well in "Nutrition Education" scoring 83% and 70% in "Nutrition Standards for Competitive and Other Foods and Beverages".

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

To meet the criteria set by the ISBE Local Wellness Policy, the following verbiage has been added:

- Nutrition Education section "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-8)".

- Nutrition Education section “Help children acquire skills for reading food labels and menu planning”.
- Nutrition-School Meals section “Applications for free/reduced priced meals are sent out to all families at the beginning of the school year. Zion will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced-price meals. Zion will serve a student a reimbursable meal, regardless of whether the student has money to pay or owes money.”
- Nutrition-School Meals section “Zion Lutheran School protects the privacy of students who qualify for free or reduced-price meals. The cafeteria is cashless - all students, regardless of the type of payment they make for school meals, or the food being purchased are included on the classes’ lunch printout in the same manner as other students. There is nothing referencing how the student paid or did not pay for their school meal.”
- Nutrition-School Meals section “Students have at least 20 minutes to eat lunch after obtaining their food.”

According to the Rudd Center’s Well SAT: 3.0, the lowest ratings were in “Physical Education Physical Activity” scoring 58% and “Wellness Promotion and Marketing” scoring 33%,

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

Added all verbiage stated above on 3/18/22.

Rating 0, 1 or 2 (with 2 being the best score) –

In the “Physical Education Physical Activity” all categories received a 2 with the except of

- “Addresses time per week of physical education instruction for all elementary school students”. In this category Zion rated a 1 because the Well SAT 3.0 required 150 minutes/week of physical education. ZLS students receive physical education for at least 45-89 minutes per week. Physical education hours could possibly be increased, but it is not the recommendation of this committee to take away academic hours and replace physical education hours. Instead, ZLS will encourage physical activity throughout the entire school day by including activities in academic curriculum as well as recess and activity breaks.

- “Addresses family and community engagement in physical activity opportunities at schools”. In this category Zion rated a 1. Although physical activity opportunities are provided at the school for families and community members, Zion does not have a requirement to develop comprehensive school physical activity program that address family and community engagement in physical activity, and provide a wide variety of offerings as stated in the WellSAT 3.0. Zion will strive to look for additional opportunities to engage family and community members in physical activity (i.e. Jog-a-thon, 5-K Runs, etc.).

In the “Wellness Promotion and Marketing” Zion rated seven 1’s and four 2’s due to verbiage. Where Zion uses the verbiage “encourages/discourages”, in order to receive a 2 rating according to WellSAT 3.0 the verbiage used would need to be “prohibits”. The committee will address the possible need to change the verbiage if applicable to our policies and procedures.