

# 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: The Baby Fold

Site Name: Hammitt on Willow, Hammitt Jr Sr High

Date Completed: 1/31/2024 - Completed as the 2023 Triennial Assessment

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## 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<br>Provided, but Not Sold | <input type="checkbox"/> Triennial Assessments          |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>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

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)
<b>Nutrition Education</b>				
High School students shall receive nutritional education as a part of a school classroom curriculum program. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes, and eating habits. Special emphasis on education about nutrition shall be emphasized for our younger students as eating habits are established at this age.	X			Continue this initiative.
To maximize classroom time and to achieve positive change in students' eating behavior, education about nutrition shall be integrated or embedded into lesson plans of other school subjects like math, science, language arts, physical education, health, vocational education, and social sciences.	X			maintains copies of lesson plans for documentation
The nutritional education program shall include emotional regulation, wellness, and physical movement to support K-12 student success.	X			maintains a sample of lesson plans across grade levels
The Baby Fold promotes activities such as field trips, school gardens, student council activities, and building-wide incentives.	X			maintains documentation of activities

The Food Service Team will supply schools with links to My Plate, team nutrition, and other nutritional education resources that would aid in nutritional education.	X			provides documentation
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Hammitt Schools will implement nutritional promotion through multiple communication activities.	X			maintain documentation of communication
Food service staff distribute breakfast and lunch menus to all staff.	X			
School breakfast and lunch menus are posted in each classroom.	X			
Breakfast and lunch menus are sent home with students, shared in Hammitt School newsletters, and shared on our website	X			
Hammitt School participates in a food-sharing plan. Qualifying (nonperishable) unused food is accessible and provided to students in need through a shared table. The shared table is located in a central location in each building to allow for equal opportunity.	X			Send a reminder to staff and students at least twice a year of the food sharing program.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
It is recommended that the Hammitt Willow students participate in movement education for a minimum of 125 minutes per week. Hammitt High School students shall participate in physical education for a minimum of 175 minutes	X			Documentation is found in student schedules

per week. Special emphasis shall be placed on promoting an active lifestyle as healthy living habits are established at a young age.				
Hammitt School shall provide a daily supervised movement period for the Willow Campus.	X			Provided in lesson plans
Both campuses provide sensory breaks and regulation breaks to promote the mental health and physical wellness of their students	X			Documented in lesson plans and supervised by staff.
Physical education and movement shall be provided by a trained and well-supported staff that is certified by the state to teach physical education and emotional well-being.	X			ISBE-monitored
Physical education and movement classes shall have a student-to-teacher ratio comparable to those in other curricular areas.	X			ISBE monitored
Hammitt School Staff are encouraged to limit extended periods of inactivity. When activities such as testing make it necessary for students to be inactive for long periods, it is recommended that Hammitt School Staff give students periodic breaks during which students are encouraged to stand and be moderately active. Examples of this would be stretching in place and light calisthenics.	X			built within lesson plans

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
The following health, wellness, and/or nutrition clubs/ activities are offered to students annually: <ul style="list-style-type: none"> <li>Both school campuses (K-12) host an annual Thanksgiving event. This event promotes</li> </ul>	X			Documentation of events

<p>wellness and connection between our staff, our students, and our families. This event is coordinated between school administrative staff and food service staff.</p> <ul style="list-style-type: none"> <li>• Both campuses (K-12) host annual open houses. This event is a time for fellowship with our students and their families. Activities are planned during the open house, including family photo opportunities.</li> <li>• Holiday parties occur annually, bringing students, staff, and families together</li> </ul>				
<p>The following student-based groups related to health, wellness, and/or nutrition clubs/ activities are being offered to students:</p> <ul style="list-style-type: none"> <li>• Hammitt Junior-Senior High (6-12) and Hammitt Willow (K-12) have active student councils</li> <li>• Hammitt Junior-Senior High maintains internal sports teams (6-12)</li> <li>• Student council sponsored events on both Hammitt Willow (k-12) and Hammitt Oglesby Campus (6-12)</li> <li>• Self-care groups led by Family Advocates at Willow Campus (K-12)</li> <li>• Garden Club at Hammitt Willow (K-12)</li> </ul>	X			Documentation of events maintained.

### 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?

Our current wellness policy was rewritten on 12/07/2023. The completed policy follows all guidelines and contains all goals outlined by the triennial assessment tools. Our wellness policy also is tailored to our unique setting and student population.

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

NA- Assessment was done after the rewrite of the policy. The current policy follows all guidelines.

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

The next triennial assessment will be conducted in 2026.