

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: Flora CUSD #35

School Name: Flora Elementary School, Floyd Henson Junior High,
Flora High School

Date Completed: April 1, 2025

Completed by: Joel Hackney, Superintendent
Crystal McKnight, Food Service Director

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
Provided, but Not Sold

☒ Triennial Assessments

☒ Goals for Other School-Based
Wellness Activities

☒ Food & Beverage Marketing

☒ Reporting

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				
Students in grades PreK-12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum.	x			
Nutrition education is integrated into the standards based lesson plans of other subjects.		x		Explore additional opportunities to integrate nutrition education into lesson plans of other subjects.
A combination of classroom instruction, nutrition education in the cafeteria, health fairs, or assemblies are encouraged to provide nutrition education to students		x		Explore health fairs and assemblies in the future to provide further nutrition education to students.
The nutrition education program includes enjoyable interactive activities.		x		Incorporate more interactive activities into the nutrition education program to promote interest among students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Food providers involve families, students, and other school personnel in food and beverage selections for their local school.	x			Parents are included on the food committee which provides input and suggestions on food and beverage selections based on input from students. Expanding family and student engagement is a goal going forward.
Food providers reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.		x		Continue to promote healthy eating and nutrition instruction as a part of our food service program.
Foods and beverages consistent with the current dietary guidelines are promoted.	x			
Food providers offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparations, purchasing and meal planning practices consistent with the current dietary guidelines.	x			Continue to garner parent and student input to ensure that food choices are age appropriate and appealing to students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students in grades K-12 participate in daily standards-based physical education which is consistent with state and district standards and guidelines and is coordinated within a comprehensive health education curriculum. Pre-K will participate in physical activities supervised by the teacher.	x			
Elementary students have daily-supervised recess	x			
Physical activities are available to students through a range of before and after school programs	x			We work with several community based organizations to assist in offering opportunity for physical activity through before and after school programs. Continuing to explore additional/expand existing partnerships is a goal.
The physical education program actively engages families as partners in providing physical activity beyond the school day.		x		Explore additional ways to encourage families to engage students in physical activity beyond the school day.
Physical education is provided by state certified staff that regularly participates in continuing education.	x			
Physical education classes are encouraged to have a student to teacher ratio comparable to those in other curricular areas.	x			Continue to ensure physical education class teacher to student ratios are small enough to promote productive physical education/activity.

The physical education program is coordinated with the overall school health program. Physical education topics are integrated within other curricular areas.	x			
Community partnerships provide students with additional opportunities to be active. The school's activity facility is available to the community and students outside the normal school day.		x		Continue to explore additional community partnerships to promote physical activity beyond the normal school day.
The school works with the community to create a safe and supportive environment for students to walk or bike to school.		x		Continue to look for ways to coordinate with the city/community to promote safe physical activity for students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Food and beverages brought to school for parties/celebrations/meetings are encouraged to be healthful options		x		Continue to monitor and encourage that all food and beverages brought to the school for parties/meetings/celebrations are healthy options.
School-based organizations are encouraged to raise funds with non-food items.		X		Continue to encourage organizations to do non-food item fundraisers.
All foods and beverages on campus comply with federal, state, and local food safety and sanitation regulations.		x		As mentioned above, continue to monitor and encourage all food for parties/fundraisers, etc. comply with all federal and local food safety regulations.

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?

Our current local wellness policy was developed in conjunction with a committee that consists of administrators, teachers, and parents. Student input is collected periodically throughout the year to monitor the effectiveness of our nutrition education, nutrition promotion, physical activity education, and food service. The policy incorporates many of the recommended areas from the state template as well as the Alliance For a Health Generation Model Local School Wellness Policy.

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

The goal would be for the committee to meet more regularly and provide frequent monitoring. Our plan is to conduct frequent meetings of the committee to ensure adequate oversight of the plan and the programs and services we are offering. Additionally, we plan to compare our plan to the Alliance for a Healthier Generation Model Local School Wellness Policy to add additional components to ensure we are promoting a healthy lifestyle within and beyond the school day.

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

The next step is to review and assess our current practices to ensure we are making progress on the specific guidelines of our current local wellness policy. Finally, the committee will review the Model Local School Wellness Policy from Alliance for a Healthier Generation to determine any additional components that need to be added or revisions that need to be made to our existing plan.