

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: Christopher House

Site Name: Christopher House Elementary School

Date Completed: 4/21/2023

Completed by: Jillian Gindy, Associate Director of Operations

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](#).

- | | | |
|---|---|---|
| <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

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)
Nutrition Education				
Christopher House shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate	X			
As a Chicago Public Charter School, we follow the recommendations from CPS to guide our Nutrition Education Curriculum.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The District shall make cafeteria menus and nutrition information available through the following platforms: school newsletter, school website, monthly menu sent home with scholars	X			
In the event that excess food remains after the conclusion of meal services, kitchen staff will prepare individually wrapped, non-perishable food items to be offered on a "Share Table" where children or parents/guardians can elect to take home additional food at no cost.	X			

Excess food or beverage items may be donated to a non-profit organization, such as a community food bank, homeless shelter or other non-profit charitable organization.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Christopher House shall offer Physical Education class as follows: P.E. classes are offered K-8 for a total of 120 minutes per week.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Christopher House shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following: recess, brain breaks, and after school sports	X			

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?

Christopher House's current Local Wellness Policy is well-tailored to the specific environment that Christopher House inhabits and the population of students that are enrolled in our school. It shares information about policies and practices that take place within our school and outlines goals for wellness within our school community.

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

Christopher House's current Local Wellness Policy could be improved by using the language found in the Alliance for a Healthier Generation Model Local School Wellness Policy Guidance document. By using the recommended language and setting more specific goals the policy will become a stronger document that outlines our intent and our goals for wellness moving forward.

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

This writer will review the Alliance for a Healthier Generation Model Local School Wellness Policy Guidance document and make needed changes to strengthen the language in the next version of the Christopher House Local Wellness Policy.