

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: Maroa-Forsyth School

School Name: Maroa-Forsyth High & Middle & Grade School

Date Completed: 5/30/2023

Completed by: Lisa R Russell

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](#).

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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 |

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				
Each school will support and promote nutrition for the students.	X			
Nutrition is not only part of health classes, but also inspire others in the classroom.	X			
Encourage fruits, vegetables, whole grain products and low-fat products.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Maroa-Forsyth, makes cafeteria menus available through the school website: www.mfschools.net	X			
Help with healthy food and drink choices with My Plate & Smart Snacks school nutrition Standards.	X			
Introduce new healthy foods to the students. Host taste test with new food items.	X			
Nutrition education will be part of the District's health educational program.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)

Physical Activity

All students will be required to engage in daily physical education course.	X			
Physical education will be taught in all grades and shall include a developmentally planned of movement skills.	X			
Maroa-Forsyth School will support and promote an active lifestyle for students.	X			

Goals

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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Other School-Based Wellness Activities

Administration comply will all ISBE rules.	X			
Encourage that all school sponsored events adhere to the Wellness Policy.	X			
Restrict the sale of competitive foods as defined by the USDA in the foodservice areas during meal times.	X			

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?

- Provides a good base for students to understand the importance of nutrition and physical education.
- Students will receive physical activating daily.

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

- Include more continuous and comprehensive of nutrition education for the students.

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

- Make the assessment available to the public, the Board will monitor and adjust the policy 2.240, Board Policy Development.
- Will actively invite suggestions and comments concerning any wellness policy with community involvement.