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: Black Hawk Area Special Education District #865 Site Name: BHAEC and Phoenix

Date Completed: June 16,2026 Completed by: Dr. Kathy Ruggeberg

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.

☒Goals for Nutrition Education

☒Goals for Nutrition Promotion

☒Goals for Physical Activity

☒Goals for Other School-Based Wellness Activities

☒Nutrition Standards for School Meals

☒Nutrition Standards for Competitive Foods

☒Standards for All Foods/Beverages Provided, but Not Sold

☒Food & Beverage Marketing

☒Wellness Leadership

☒Public Involvement

☒Triennial Assessments

☒Reporting

☒Unused Food Sharing Plan – added June 2026

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				
Through PE and core classes, sites are implementing nutrition and physical activity education. (i.e. healthy eating, physical activity through PE, recess, Fun Fridays, special events, family nights, Brain Health Retreat Room with healthy snacks, etc.)	**X**			Continue implementation

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Emails are sent to staff throughout the year to remind and encourage self-care, including physical activity and healthy eating.	**X**			
The cafeteria has not achieved Smarter Lunchroom Bronze level. (Not required so will remove from the plan.)			**X**	
Both locations comply with all ISBE and federal meal requirements for breakfast and lunch programming.	**X**			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students at both locations are receiving at least 60 minutes /week of physical activity. This includes PE and recess daily. PE includes at last 50% of class time for moderate to vigorous activity, including biking, walking, yoga, pickleball, scooters, additional life skill activities, etc.	**X**			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
One program has no families who speak Spanish. BHAEC works with member district translation services to communicate school level information.		**X**		
Schools conduct various wellness activities, such as Turkey Trot, Fun Fridays, Family Game Nights, Brain Health Retreat Room with healthy snacks, Special Olympics, school basketball games, etc.	**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?
   The policy contains highly specific, measurable time requirements for physical education and establishes clear, specific accountability leadership by naming the Director and laying out building-level coordinator roles. It also strongly adheres to USDA Smart Snacks for competitive foods and campus marketing. Standards for foods provided but not sold (classroom parties/rewards) are encouraged.
2. What improvements could be made to your local wellness policy?

   Update the Wellness Policy to include an Unused Food Sharing section.

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

   Committee made revisions noted. Will continue to review as a committee, moving forward.