



CICS Wellness Policy Triennial Assessment

SY 2020-21

Background

In 2017, CICS took over control of the school meal program by applying to the Illinois State Board of Education to become a School Food Authority (SFA). This allowed CICS to seek and select a food vendor and to have complete oversight of the meals that are served to our students. Part of this process included creating a School Wellness Policy which incorporates our vision for the health and wellness of our students, staff and families and strives to foster an environment that addresses nutrition, exercise and wellness education.

As part of our agreement with the state, the Wellness Policy is required to be assessed, updated and amended tri-annually. This document outlines a two-year plan for updating the policy and rolling out proposed changes.

The current [Wellness Policy](#) was last updated in 2019 and needs to be reviewed now.

Triennial Assessment- Spring 2021

The following questionnaire was sent out to the Director of Operations at each school along with the current Wellness Policy to assess each schools adherence to the policy.

CICS Wellness Policy

Triennial Assessment Questionnaire for Schools

June 30, 2021

As a school that participates in the USDA federal meal program, CICS is required to have a wellness policy. In 2017, CICS drafted a Wellness Policy that was adopted as part of our school program. The intention of the Wellness Policy is to create an environment of wellness for the whole school, not just the meal program. The CICS Wellness Policy contains content that addresses the following items:

- 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



To properly evaluate our policy and its effectiveness at each school, we are asking you to help us focus in on what areas may need attention. For your school, please place a check mark next to each goal to indicate if your school is Meeting, Partially Meeting, or Not Meeting the goal. Feel free to include any comments or suggestions on the goal and why the school is or is not meeting.

SCHOOL NAME:

Goals	Meeting	Partially Meeting	Not Meeting	Comments or Suggestions (optional)
Nutrition Education				
Nutrition Education as part of the curriculum at each grade level				
Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities				
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)				
Links with school meal programs				
Goals	Meeting	Partially Meeting	Not Meeting	Comments or Suggestions (optional)
Nutrition Promotion				
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.				
The school encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet school nutrition standards for individual foods and beverages.				

Goals	Meeting	Partially Meeting	Not Meeting	Comments or Suggestions (optional)
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Physical Activity				
The school provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education				
The physical education curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.				
All students are provided equal opportunity to participate in physical education classes.				Frequency of PE each week: _____ Days for _____ Minutes
The school does not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment				

Goals	Meeting	Partially Meeting	Not Meeting	Comments or Suggestions (optional)
Other School-Based Wellness Activities				
Healthy Celebrations- all school families have been given guidance on approved items to be brought in for celebrations such as birthdays or holiday parties				
Rewards- all food-based rewards have been removed from classrooms and alternate rewards are in use.				



RESULTS:

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: Chicago International Charter School

School Name: ALL SITES

Date Completed: 6/29/21

Completed by: Clare Keating

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 Assessment
- 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				
Nutrition Education as part of the curriculum at each grade level	7	3	2	
Nutrition Education includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities	7	4	1	
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)	6	4	2	
Links with school meal programs	6	3	3	

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.	10	2		
The school encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet school nutrition standards for individual foods and beverages.	11	1		

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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Physical Activity				
The school provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education	11	1		
The physical education curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.	11	1		
All students are provided equal opportunity to participate in physical education classes.	11	1		Frequency of PE each week: _____ Days for _____ Minutes
The school does not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment	12			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Healthy Celebrations- all school families have been given guidance on approved items to be brought in for celebrations such as birthdays or holiday parties	11	1		
Rewards- all food-based rewards have been removed from classrooms and alternate rewards are in use.	7	5		



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?

The current policy addresses all areas except for Marketing. The goals of serving wholesome meals is clearly defined.

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

The policy could provide more guidance on nutrition education and incorporating nutrition education into the meal program as well as developing some goals for marketing healthy eating and school meals.

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

Discussion of the items below at future meetings. Encourage more participation from campuses in the Wellness Committee.

Immediate Addition to Policy- Year 2022

Healthy Celebrations- Beginning School Year 2022, all school families will be given guidance on approved items to brought in for celebrations such as birthdays or holiday parties. In an effort to comply with state regulations and to support the CICS vision of nurturing the whole child and supporting healthy food choices, all food items brought from home will need to follow the Smart Snacks requirements. Smart Snacks are lower in fat, sugar, sodium and calories per serving.

- 150 calories or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- 30g of sugars or less
- 230 mg of sodium or less per serving

Non-food items are encouraged and allowed.



Below is a link to a document with ideas for healthy celebrations that may be shared with families.

[Healthy Celebration and Snack Ideas](#)

Schools are being asked to communicate this information with families through the school handbook, the website, social media and other communications. In order to be successful, it is the expectation that all school staff adopt and support this addition to the wellness program by only offering smart snacks as rewards in the classroom.

Rewards- Beginning with School Year 2019-2020, food-based rewards will be removed from classrooms. Alternate rewards will be suggested for use in the classroom.

School Wellness Committee

CICS will encourage more participation in a Wellness Committee comprised of school food and wellness champions. The committee will consist of members with an interest in improving the school wellness environment. Invited members will be from School and CICS Administration, School Nurses, Physical Education and Health Teachers, Community Members, Students and Parents.

The Wellness Committee will assemble a minimum of 2 times per year beginning in October to achieve the following goals:

- Discussion of current Wellness Policy
- Proposed additions to Wellness Policy
- Draft of updated Wellness Policy
- Approval and adoption of new updated Wellness Policy
- Vision for years 3-5 for school environment and activities

Timeline for Action

- Spring 2022- All schools notified to add Smart Snacks communication for SY23 to families through Handbook, Website, Social Media, Flyers sent home.
- SY22 Establish allowable number of school exemptions

Possible Additions to Policy for Discussion

Restrictions on Food from Home- Should the foods students bring into school for meal consumption be restricted? E.g. Lunchables, chips, cookies, soda, fast food, starbucks, etc...

Chocolate milk as an option at lunch discussion- Does allowing fat free chocolate milk as an option with lunch encourage students to select a meal and also consume more nutrients and vitamins that are in milk? Is this contradictory to the CICS mission to serve and promote healthy options?

Food Sharing Plan- All schools incorporate a food sharing plan in which leftover food items are properly donated in order to combat potential food insecurities in their communities and in accordance with all federal regulations and State and local health and sanitation codes.