

Policy Assessment: Triennial Assessment (5/2026)
District: TAZEWELL-MASON CNTYS SP ED ASSOC

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.


Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
FR4	Free drinking water is available during meals.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	0
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	2
FR7	Regulates food and beverages sold in a la carte.	NA
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	2
FR10	Addresses fundraising with food to be consumed during the school day.	2
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	0
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	NA
FR13	Addresses how all relevant groups will participate.	0

Policy Assessment: Triennial Assessment (5/2026)
District: TAZEWELL-MASON CNTYS SP ED ASSOC

FR14	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	2
FR15	Addresses making the wellness policy available to the public.	2
FR16	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
FR17	Addresses making triennial assessment results available to the public and specifies what will be included.	2
FR18	Addresses a plan for updating policy based on results of the triennial assessment.	2


Section 2. Nutrition Environment and Services

NES1	Addresses access to the USDA School Breakfast Program.	0
NES2	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	NA
NES3	Specifies how families are provided information about determining eligibility for free/reduced price meals.	NA
NES4	Specifies strategies to increase participation in school meal programs.	NA
NES5	Specifies marketing to promote healthy food and beverage choices.	0
NES6	Addresses the amount of "seat time" students have to eat school meals.	0
NES7	 Addresses purchasing local foods for the school meals program.	0
NES8	USDA Smart Snack standards are easily accessed in the policy.	2
NES9	Exemptions for infrequent school-sponsored fundraisers.	2
NES10	Addresses foods and beverages containing caffeine at the high school level.	NA


Policy Assessment: Triennial Assessment (5/2026)
District: TAZEWell-MASON CNTYS SP ED ASSOC

NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	0
NES14	Addresses availability of free drinking water throughout the school day.	2





Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	NA
NE2	All elementary school students receive sequential and comprehensive nutrition education.	NA
NE3	All middle school students receive sequential and comprehensive nutrition education.	0
NE4	All high school students receive sequential and comprehensive nutrition education.	0
NE5	Nutrition education is integrated into other subjects beyond health education.	0
NE6	Links nutrition education with the food environment.	0
NE7	 Nutrition education addresses agriculture and the food system.	0

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	0


Policy Assessment: Triennial Assessment (5/2026)
District: TAZEWELL-MASON CNTYS SP ED ASSOC

PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	0
PEPA6	Addresses time per week of physical education instruction for all high school students.	0
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	0
PEPA8	Addresses providing physical education training for physical education teachers.	0
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	0
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	0
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	0
PEPA13	Addresses recess for all elementary school students.	0
PEPA14	 Addresses physical activity breaks during school.	0
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	0
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0
PEPA17	 Addresses using physical activity as a reward.	0
PEPA18	Addresses physical activity not being used as a punishment.	0

Policy Assessment: Triennial Assessment (5/2026)
District: TAZEWELL-MASON CNTYS SP ED ASSOC

PEPA19	Addresses physical activity not being withheld as a punishment.	0
---------------	---	----------

Section 5. Employee Wellness

EW1	 Addresses strategies to support employee wellness.	0
EW2	Encourages staff to model healthy eating and physical activity behaviors.	0

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	0
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	0

Overall District Policy Score

Total Comprehensiveness	District Score 22
Total Strength	District Score 22

SECTION 6 - INSTRUCTION

6:50 School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the Cooperative's educational program, school-based activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Director will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the Cooperative's comprehensive health education curriculum.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by the Ill. State

Board of Education (ISBE).

Goals for Other School-Based Activities

The goals for school-based activities include the following:

- Schools will support and promote a healthy eating environment for students.
- Schools will promote and participate in wellness activities.
- Schools will offer other school-based activities to support student health and wellness, including coordinated events and clubs.

Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Executive Committee policy 4:120, *Food Services* (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules).

In addition, in order to promote student health and reduce childhood obesity, the Director or designee shall:

1. Restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Executive Committee policy 4:120, *Food Services*, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards.

Competitive foods standards do not apply to foods and beverages available, but not sold in school during the school day; e.g., brown bag lunches, foods for classroom parties, school celebrations, and reward incentives.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

The Director or designee in a participating school may grant an EFD for grades 9 through 12 in participating schools. To request an EFD and learn more about the Cooperative's related procedure(s), contact the Director or designee. The Cooperative's procedures are subject to change. The number of EFDs for grades 9 through 12 in participating schools is set by ISBE rule.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Unused Food Sharing Plan

In collaboration with the Cooperative's local health department, the Director or designee will:

1. Develop and support a food sharing plan (Plan) for unused food that is focused on needy students.
2. Implement the Plan throughout the Cooperative.
3. Ensure the Plan complies with the Richard B. Russell National School Lunch Act, as well as accompanying guidance from the U.S. Department of Agriculture on the Food Donation Program.
4. Ensure that any leftover food items are properly donated to combat potential food insecurity in the Cooperative's community. *Properly* means in accordance with all federal regulations and State and local health and sanitation codes.

Monitoring

At least every three years, the Director shall provide implementation data and/or reports to the Executive Committee concerning this policy's implementation sufficient to allow the Executive Committee to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the Cooperative's implementation of the policy
- The extent to which schools in the Cooperative are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy
- How the Cooperative will make the results of the assessment available to the public
- Where the Cooperative will retain records of the assessment

The Executive Committee will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

Community Involvement

The Executive Committee and Director will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Executive Committee, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board*.

Recordkeeping

The Director shall retain records to document compliance with this policy, the Cooperative's records retention protocols, and the Local Records Act.

LEGAL REF.:

Pub. L. 108-265, Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004.

42 U.S.C. §1751 et seq., Richard B. Russell National School Lunch Act.

42 U.S.C. §1758b, Pub. L. 111-296, Healthy, Hunger-Free Kids Act of 2010.

42 U.S.C. §1771 et seq., Child Nutrition Act of 1966.

42 U.S.C. §1779, as implemented by 7 C.F.R. §§210.11 and 210.31.

50 ILCS 205/, Local Records Act.

105 ILCS 5/2-3.139 and 5/2-3.189.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's *School Wellness Policy Goal*, adopted Oct. 2007.

CROSS REF.: 2:140 (Communications To and From the Policy Board and Executive Committee), 2:240 (Board Policy Development), 4:120 (Food Services), 5:100 (Staff Development Program)

EXECUTIVE COMMITTEE APPROVAL: August 16, 2024

POLICY BOARD APPROVAL: August 16, 2024

Tazewell-Mason Counties Special Ed Association