

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: Children's Home Association of Illinois

Site Name: Kiefer School and Academy for Autism

Date Completed: 5/28/2026 (Updated)

Completed by: Michelle Taylor, VP of Education

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](#).

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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 |
| <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				
Nutrition education is integrated into classroom instruction, daily living activities, independent living instruction, and wellness supports when appropriate. Students are provided developmentally appropriate opportunities to build understanding of balanced nutrition, healthy food choices, hydration, and lifelong wellness habits. Instruction and supports are adapted to meet students’ academic, communication, sensory, behavioral, and therapeutic needs while reinforcing positive wellness concepts through staff modeling and interactive learning opportunities	X			<ul style="list-style-type: none"> • Continue annual wellness review meetings • Continue stakeholder feedback opportunities • Continue monitoring Smart Snacks compliance • Continue expanding visual nutrition supports • Continue adaptive physical activity opportunities

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Nutrition promotion occurs through positive meal environments, healthy snack practices, visual wellness supports, student engagement, and staff modeling of healthy behaviors. The schools encourage participation in school meal programs, promote	X			<ul style="list-style-type: none"> • Continue annual wellness review meetings

hydration and water access throughout the school day, and provide respectful dining environments that support student wellness and therapeutic needs. Nutrition-related information may be shared with families through handbooks, communication systems, and school resources when appropriate.				<ul style="list-style-type: none"> • Continue stakeholder feedback opportunities • Continue monitoring Smart Snacks compliance • Continue expanding visual nutrition supports • Continue adaptive physical activity opportunities

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students participate in physical education and structured physical activity opportunities that support physical health, emotional regulation, learning readiness, and overall well-being. Physical activity opportunities are adapted to meet individual student needs, IEP considerations, sensory needs, and therapeutic supports when appropriate. Opportunities may include physical education, sensory movement breaks, structured recreation, outdoor activities, classroom movement activities, and community-based recreation. Residential programming also includes structured physical activities aligned with therapeutic and wellness goals.	X			<ul style="list-style-type: none"> • Continue annual wellness review meetings • Continue stakeholder feedback opportunities • Continue monitoring Smart Snacks compliance • Continue expanding visual nutrition supports • Continue adaptive physical activity opportunities

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
<p>Kiefer School and Academy for Autism support whole-child wellness through trauma-informed, therapeutic, relationship-based, and sensory-supportive practices. School-based wellness activities promote emotional safety, student mental health, emotional regulation, positive staff-student relationships, and healthy self-care habits when appropriate. Wellness supports may include social-emotional learning activities, sensory regulation supports, therapeutic recreation, counseling and clinical services, wellness awareness activities, family engagement opportunities, and coordinated school-residential collaboration.</p>	X			<ul style="list-style-type: none"> • Continue annual wellness review meetings • Continue stakeholder feedback opportunities • Continue monitoring Smart Snacks compliance • Continue expanding visual nutrition supports • Continue adaptive physical activity opportunities

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?

- Clear nutrition standards for foods provided but not sold
- Celebration guidance
- Reward and incentive restrictions
- Snack expectations
- Allergy and safety language
- Monitoring and oversight
- Language aligned tightly with USDA Final Rule intent

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

- Continue annual wellness review meetings
- Continue stakeholder feedback opportunities
- Continue monitoring Smart Snacks compliance
- Continue expanding visual nutrition supports
- Continue adaptive physical activity opportunities

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

- Continue annual review of the Local Wellness Policy
- Continue public posting of wellness documents
- Continue monitoring compliance with Smart Snacks standards
- Continue collecting stakeholder feedback
- Continue implementation of trauma-informed wellness supports
- Continue documentation of Wellness Council activities