

## 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: LEARN Charter School Network

Site Name: LEARN South Chicago

Date Completed: January 2, 2026

Completed by: Stephanie Cagadas

### 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](#).

- |                                                                                         |                                                                                                 |                                                           |
|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| <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<br>Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>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) |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------|-------------|----------------------------|
| <b>Nutrition Education</b>                                                                                                                                                                                                                                               |         |                   |             |                            |
| Nutrition education is provided to Grades K-8 and addresses the physical, mental, emotional, and social dimensions of health related to nutrition.                                                                                                                       | X       |                   |             |                            |
| School must provide students with consistent nutrition education messages through multiple channels in addition to classroom instruction including nutrition information provided in the cafeteria, health fairs, field trips, after school programming, and assemblies. | X       |                   |             |                            |
|                                                                                                                                                                                                                                                                          |         |                   |             |                            |
|                                                                                                                                                                                                                                                                          |         |                   |             |                            |

| Goals                                                                                     | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|-------------------------------------------------------------------------------------------|---------|-------------------|-------------|----------------------------|
| <b>Nutrition Promotion</b>                                                                |         |                   |             |                            |
| Hang posters in classrooms, hallways, the office and cafeteria to promote healthy eating. | X       |                   |             |                            |

|                                                                                                                                                               |   |  |  |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---|--|--|--|
| Host a taste test for all schools and all grade levels. A taste test is a great way to promote healthy options and garner enthusiasm around trying new foods. | X |  |  |  |
| Plan a health and wellness fair to bring in community partners to provide nutrition resources.                                                                | X |  |  |  |
|                                                                                                                                                               |   |  |  |  |

| Goals                                                                                                                                                                                          | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------|-------------|----------------------------|
| <b>Physical Activity</b>                                                                                                                                                                       |         |                   |             |                            |
| K-8 Schools must provide daily opportunities for moderate to vigorous physical activity for all students in addition to recess and physical education.                                         | X       |                   |             |                            |
| All core subjects including math, science, language arts, health, family, and consumer sciences and social sciences should maximize student attention and focus by integrating movement daily. | X       |                   |             |                            |
|                                                                                                                                                                                                |         |                   |             |                            |
|                                                                                                                                                                                                |         |                   |             |                            |

| Goals                                         | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|-----------------------------------------------|---------|-------------------|-------------|----------------------------|
| <b>Other School-Based Wellness Activities</b> |         |                   |             |                            |

|                                               |   |   |  |                                                       |
|-----------------------------------------------|---|---|--|-------------------------------------------------------|
| Research 1-2 Wellness Initiatives.            |   | X |  | Continue to add to this list of wellness initiatives. |
| Schools will host a wellness/ nutrition club. | 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?

According to the WellSAT WSCC assessment, the “Standards for USDA Child Nutrition Programs and School Meals” and “Physical Education Physical Activity” were areas with the most comprehensive and strong policy language. Our local wellness policy addresses the nutrition standards and the physical education and nutrition education curriculum requirements.

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

We can continue to improve our local wellness policy by continuing to add additional wellness initiatives. We can add to these by also adding clear goals and requirements that are easy for all to implement.

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

- a. Review our policy with other evidence-based wellness policies to determine areas for improvement
- b. Increase stakeholder engagement to determine how to improve our local wellness policy.