

# 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: LEARN Charter School Network

School Name: LEARN 7

Date Completed: April 26, 2023

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) 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 Assessments

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)
<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 the cafeteria that promote healthy eating.		X		Hang posters in the hallways.

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		Host a taste test for all grade levels.
Plan a health & wellness fair to bring in community partners to provide nutrition resources		X		Bring in community partners to the wellness fair.

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 science, 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 research and bring them for discussion at the next Wellness Committee Meeting
Research 1-2 Wellness/ Nutrition Clubs			X	Continue to research and bring them for discussion at the next Wellness Committee Meeting

**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?

Our local wellness policy covers all of the areas on the content checklist. The policy does a wonderful job at guiding the school's efforts in providing school nutrition and physical activity program that benefits all students.

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

We will add our wellness initiatives and wellness nutrition club goals to our Wellness Policy.

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

The Wellness Committee is currently researching wellness initiatives and wellness nutrition club goals to add to our Wellness Policy for the upcoming school year.