

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:

Site Name: Great Lakes Academy Charter School

Date Completed: 5/27/2025

Completed by: the GLA Wellness Committee

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 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				
100% of GLA students participate in weekly Character and Fitness classes that cover nutrition and physical activity.	X			N/A
				Add goal: <i>Students will have the opportunity to participate in a taste testing event annually.</i>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
The school makes the cafeteria menus and nutrition available through the following platforms: school website, email, signage placed on school grounds.	X			N/A
Focus on fruit: a variety of mixed whole fruits are displayed in attractive bowls or baskets instead of stainless steel pans.	X			Adjust goal to: <i>Focus on Fruit and Vegetables: A variety of seasonal fruits and vegetables are introduced to students consistently throughout the year.</i>

Move white milk: white milk is organized and represents at least 1/3 of all milk in each designated milk cooler.		X		Adjust goal to: <i>Move Milk: Food Service staff and School staff members encourage students to take a milk o any kind with each breakfast, lunch and supper to ensure all students have at least one milk per day.</i>
Food service staff will issue verbal prompts to students to try healthy foods.		X		Adjust goal to: <i>Food Service staff and School staff will issue verbal prompts to students to try healthy foods.</i>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Physical education is offered for 45 minutes weekly to every student at GLA through the Character and Fitness program.	X			Adjust goal to: <i>Physical education is offered for at least 90 minutes weekly to every student at GLA through the Character and Fitness program.</i>
Every student has recess daily for 20 minutes which is held outdoors or in our gym when weather does not permit.	X			Adjust goal to: <i>Kindergarten-5th graders have recess daily for at least 20 minutes.</i>
Teachers make use of “Brain Breaks” at least once per day during the instructional day to allow students to stretch and move.	X			Remove and add this goal instead: <i>Great Lakes Academy will host an annual Family Fitness Night event for GLA students and families to promote physical activity and nutrition.</i>

School will research and implement three week-long, school-wide initiatives throughout the year to focus on increasing daily physical activity.		X		Currently hold biannual pacer-testing and annual jump rope initiative. Need to add a third initiative.
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Physical activities offered during before and after school enrichment programming (flag football, volleyball, track, etc.)	X			N/A
Annual GLA Field Day during the month of June	X			N/A
Annual Health Fair to provide resources to parents and families.		X		Adjust the goal to: <i>Annual Health Opportunities to provide resources to parents and families (e.g. Family Fitness Night, Stretch Lab, Nutrition Seminars, etc.).</i>
The following health, wellness, and/or nutrition clubs shall be offered to students each year: Girls on the Run.	X			Add offerings like: <i>Junior Beacons, SMART Sports.</i>

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?

Great Lakes Academy's Wellness Policy demonstrates a strong commitment to student health by promoting nutrition education, physical activity, and wellness across the school environment. The policy clearly outlines guidelines for healthy eating, physical education standards, and staff involvement in promoting lifelong wellness habits.

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

The policy currently lacks a required provision for an unused food sharing plan in accordance with Illinois Public Act 102-0359. Additionally, while it outlines wellness goals broadly, a few of those goals outlined above are outdated or in need of revision, and some general specificity can be added to the policy itself.

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

- 1) The policy was fully reviewed and approved by the wellness committee.
- 2) The policy will be reviewed in quarterly meetings along with the school's FSMC to ensure that policies and procedures are both being followed but also are the right policies for the school.