# Michigan Department of Education

# Office of Health and Nutrition Services

# School Nutrition Programs

# 

# Local Wellness Policy:

# Triennial Assessment Summary

## Background

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. When wellness committees meet on a regular basis throughout the school year, an assessment plan should be used to ensure progress is being made on the district’s wellness policy and procedures.

## Purpose

The template below is offered to help summarize the information gathered during your assessment. Members of a school wellness committee who are completing the triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy, 2) how the wellness policy compares to model wellness policies, and 3) progress made in attaining the goals of the wellness policy.

## Results

The copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. Many LEA’s choose to post the results on their district website. The triennial assessment summary and the assessment details must be shared.

## Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. This will be needed when you have a School Nutrition Program administrative review.

## Resources

[https://www.fns.usda.gov/tn/local-school-wellness-policy](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fns.usda.gov%2Ftn%2Flocal-school-wellness-policy&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897074960&sdata=7j%2BzxZb3aiHyIEaM6RvOuOzBvyw6PsM%2BkPr3T3DNMOA%3D&reserved=0)

[https://www.michigan.gov/mde/0,4615,7-140-66254\_50144-194546--,00.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.michigan.gov%2Fmde%2F0%2C4615%2C7-140-66254_50144-194546--%2C00.html&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897084956&sdata=k9ywqPPJoetUO59OBvugbKmC0hfP1mXFUfdjejgABiE%3D&reserved=0)

# Section 1: General Information

School(s) included in the assessment:

Waverly Community Schools

Month and year of current assessment: May 2020

Date of last Local Wellness Policy revision: May 17, 2017

Website address for the wellness policy and/or information on how the public can access a copy:

waverlyk12.net

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? annually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Kelly Blake | Superintendent | kblake@waverlyk12.net |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Linda Vainner | Food Service Director | lvainner@waverlyk12.net |
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# Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

xMichigan State Board of Education Model Local School Wellness Policy

* + Alliance for a Healthier Generation: Model Policy
  + WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

|  |
| --- |
| Follow guidelines and recommendations set forth by Michigan Model. |

# Section 4. Compliance with the Wellness Policy and progress towards goals

At a minimum, local wellness policies are required to include:

* Specific goals for:
  + Nutrition promotion and education
  + Physical activity
  + Other school based activities that promote student wellness.
* Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
* Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
* Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
* Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the table below to indicate the progress made with each goal included in the Wellness Policy. The table may be used for each school separately or the district as a whole.

**Tip:** When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

* **Specific:** Identify the exact area to improve.
* **Measurable:** Quantify the progress.
* **Attainable:** Determine what is achievable.
* **Realistic:** Consider resources and determine what can reasonably be accomplished.
* **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has tips for developing [SMART objectives](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html).

# Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: Eaton Rapids Public Schools Date: May 1, 2020

## Nutrition Promotion and Education Goal(s):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| Example:  Food and beverages will not be used as a reward for students. | 1. Provide teachers with list of non-food reward examples. 2. Discuss changes at back-to- school staff training. 3. Follow-up mid-year to discuss challenges and determine   additional communication needed. | Before the beginning of next school year. | * Verbal check-ins with staff to ensure compliance. * Teacher survey at end of school year. | Principal | Teachers, staff, students | Yes |
| Nutrition Education | Included in Health curriculum   1. Knowledge 2. Attitudes 3. skills | yearly | Class assessment  Behavior  Student projects | teachers | Teachers, principals, students | Yes |
| Nutrition Education Food Service | Posters, materials | yearly | Students awareness | Food service | Food service staff  students | Yes |
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| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| Physical Education | Opportunities to learn, practice, knowledge, attitude, skills  Teach cooperation and fair play | Yearly | Attitude  Knowledge  skills | Certified teachers | Students  staff | Yes |
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## Physical Activity Goal(s):

## School-based activities to promote student wellness goal(s):

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| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| School provides attractive, clean environments where students eat | Cleanliness  Modern furniture  Proper lighting | Yearly | Furniture assessed  Cleaning monitored | Food Service Director  Custodial | Students and staff | Yes |
| Organized wellness program shall be available to all staff | Physical activities available to staff | Yearly | Staff participation | Human Resources | Staff | Yes |
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## Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

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| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| Food Service guidelines shall comply with Federal and State guidelines | Daily monitoring of guidelines and enforcing | daily | Audits, daily monitoring | Food Service Director | Food Service  students | Yes |
| Prohibit sale of noncompliance foods during the school day | Daily monitoring of foods sold | daily | Audits, daily monitoring | Food Service  Principals | Food Service  Staff  Customers | Yes |
|  |  |  |  |  |  |  |

## Guidelines for other foods and beverages available on the school campus, but not sold:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| Foods following Federal and State guidelines will be allowed | Monitoring foods served on site | daily | daily | Principals  Teachers | Students  Staff | Yes |
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## Marketing and advertising of only foods and beverages that meet Smart Snacks:

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| --- | --- | --- | --- | --- | --- | --- |
| **Goal**  What do we want to accomplish? | **Action Steps**  What activities need to happen? | **Timeline**  Start dates | **Measurement**  How is progress measured? | **Lead Person** | **Stakeholders**  Who will be involved and/or impacted? | **Complete?** |
| Market and advertise only food that meet Federal and State standards | Purchase educational materials to advertise nutritional foods | daily | Student awareness | Food Service Director | Food Service Director  Food Service Staff | Yes |
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