# 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:

East Leroy

Month and year of current assessment: 2023/2024

Date of last Local Wellness Policy revision: 04/13/2021

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

www.athensk12.org

# Section 2: Wellness Committee Information

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

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Jheri Wilson | Principal | wilsonj@athensk12.org |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Jennifer Bittner | School Counselor | bittnerj@athensk12.org |
| Jamie Love | PE Teacher | lovej@athensk12.org |
| Macie VanderWaal | School Nurse | vanderwaalm@athens12.org |
| Melanie Kline | Food Service Director | [klinem@athensk12.org](mailto:klinem@athensk12.org) |
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# Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

X Michigan 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.

|  |
| --- |
| Many of the components used in the local wellness policy is taken from the Healthy School Assessment Tool. |

# 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: East Leroy Date: 2023/2024

## 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 |
| Establish Food Council | Work with the Principal to establish 3 students from grades 3, 4 & 5 | Once a month | Students will sign in and an agenda will be followed | Food  Service  Director | Students | In Process |
| SPLASH program: Shaping positive lessons and attitudes through school health | Travis Winchell comes in and completes a health program. | 5-6 weeks in each class | Travis does assessments with the students. | Jaime Love | Students | On going |
| Health Class in the classroom | Jaime Love teaches about 5-7 lessons per class throughout the year on health; physical and safety.  Jen Bittner teaches about 5-7 lessons per class throughout the year on social emotional learning. | Throughout the year. | Informal assessments, classroom based observations. | Jennifer Bittner | Students | On going |
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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?** |
| Increase our Staff  Wellness Challenge | Present a new challenge and get fed back from staff on new challenges | Beginning and middle of school year | Staff fills out Google Sheet with their progress | Jamie  Love | Staff |  |
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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?** |
| Have Wellness Wednesday for Students to talk about | Students will talk over the intercom and talk about healthy choices | Wednesdays | Will be talked about on Wednesdays | Jen Bittner | Students/Staff |  |
| After school program Martial Arts | Still working on logisitics to begin in Fall 2024 | TBD | TBD | Jheri Wilson | Students |  |
| Girls on The Run | Girls meet twice a week for 12 weeks. Completing a 5K at the end of the program. | 2 times a week | By tracking their laps completed each practice. By completing pre/post tests provided by GOTR. | Jen Bittner |  |  |

## 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?** |
| N/A |  |  |  |  |  |  |
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## Guidelines for other foods and beverages available on the school campus, but not sold:

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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?** |
| N/A |  |  |  |  |  |  |
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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?** |
| N/A |  |  |  |  |  |  |
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