

Michigan Department of Education

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://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html

Section 1: General Information

School(s) included in the assessment:
Stephenson Area Public School

Month and year of current assessment: April 2023

Date of last Local Wellness Policy revision: April 28, 2021

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

<https://go.boarddocs.com/mi/steph/Board.nsf/goto?open&id=CL2VMF81644A>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Yearly

School Wellness Leader:

Name	Job Title	Email Address
Susanne Carpenter	Superintendent	scarpenter@stephenson.k12.mi.us

School Wellness Committee Members:

Name	Job Title	Email Address
Nicole Downing	Food Service Director	Ndowning@stephenson.k12.mi.us
Christian Londo	K-12 Principal/AD	clondo@stephenson.k12.mi.us
Jackson Miller	K-12 PE/Health Teacher	jmiller@stephenson.k12.mi.us

Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- 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.

Our wellness policy is modeled after NEOLA policies which model the State Board of Education Model Local Wellness Policy.

We have goals in place for:

- Nutrition Promotion/Education
- Physical Activity
- School-Based Activities
- Food Service Compliance of USDA Standards

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](#).

Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: Stephenson Area Public School Date: _____

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.	<ul style="list-style-type: none"> a) Provide teachers with list of non-food reward examples. b) Discuss changes at back-to-school staff training. c) Follow-up mid-year to discuss challenges and determine additional communication needed. 	Before the beginning of next school year.	<ul style="list-style-type: none"> – Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year. 	Principal	Teachers, staff, students	Yes
Health/Nutrition education provided at elementary, middle, and high school levels.	<ul style="list-style-type: none"> • Provide MiModel training. • Schedule into weekly lessons 	Beginning next school year	<ul style="list-style-type: none"> • Teacher training participants • Lesson Plans 	Principal	Staff and Students	No

Physical Activity 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?
Provide opportunities to participate regular in supervised physical activities, either organized or unstructured, intendent to maintain physical fitness and an understanding of the benefits of a physically active and healthy lifestyle.	<ul style="list-style-type: none"> • PE classes provided • Organized sports opportunities • Recess offered at elementary level 	Ongoing	Student records and observations	Principal	Students and Staff	Ongoing

School-based activities to promote student wellness 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?
Drinking water available to all students	<ul style="list-style-type: none"> • Water stations throughout the building • Water bottles allowed in the classroom 	Ongoing	<ul style="list-style-type: none"> • Staff awareness • Maintenance upkeep of water stations 	Principal	Students and Staff	Ongoing

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Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

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?
Smart snacks sold a la cart during lunch	<ul style="list-style-type: none"> Approved snacks purchased after verification with the smart snack calculator 	Ongoing	<ul style="list-style-type: none"> Only approved items to be ordered 	Food Service Director	Students and Staff	Ongoing

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?
Provide a list of healthy food and beverage alternatives to parents/guardians, teachers, and students for classroom parties, rewards and incentives or classroom snacks.	<ul style="list-style-type: none"> Provide a list at the beginning of the school year. Develop a SAPS Pinterest Page 	Ongoing	Observations and community with teachers before and after classroom events	Superintendent	Students, Parents, and Staff	Ongoing

Marketing and advertising of only foods and beverages that meet Smart Snacks:

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?
Any food or beverage marketed or promoted to students will meet the USDA Smart Snacks nutrition standards	<ul style="list-style-type: none"> All materials will be marketed with USA Smart Snacks nutrition standards. 	Ongoing	100% of marketing and promotion will meet the USDA Smart Snacks nutrition standards	Food Service Director	Students and Staff	Ongoing