

**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://www.michigan.gov/mde/0,4615,7-140-66254\\_50144-194546--,00.html](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)



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### 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.

The MCCSD policy has a nutrition education goal for grades K-12  
The MCCSD policy includes for nutrition promotion encouraging student to increase consumption of healthy foods during the school day  
The MCCSD policy also addresses beverage consumption and physical activity offerings for student.

## 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: \_\_\_\_\_ Date: \_\_\_\_\_

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Example: Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine Additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
The District shall provide at least 30 minutes daily for students to eat	Students are provided with breakfast and lunch while in school Students are given 30 minutes with each meal offering of which at least 15 minutes are for eating	2017-2019	Scheduled meal servings time Observations by staff	Principal	Students, staff, Teachers	Yes
With Regard to physical activity the district shall provide students with opportunities to learn practice and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity	Physical Education Teachers will incorporate skills assessments on physical activities appropriate to the age group of the students	2017-2019	<p>Elementary students are provided with 55 minutes per month of physical education with the PE teacher</p> <p>Elementary Students are also given 30 minutes daily of recess</p> <p>MS &amp; HS students are given 300 minutes annually of physical education with the PE teacher.</p>	PE Teacher	Students, Parents, Staff	Yes

<p>The district shall increase nutrition education</p>	<p>PE Teachers will incorporate nutrition and health into PE curriculum</p>	<p>2017-2019</p>	<p>Elementary students are nutrition lessons specifically on carbs, protein, and good sugar vs. bad sugar.</p> <p>HS students take a health class in which 8 standard of every aspect of nutrition is needed</p> <p>MS students are given nutrition in their PE building on lessons from the Elementary level</p>	<p>PE Teacher</p>	<p>Students, teachers, staff, parents</p>	<p>Yes</p>
<p>The district shall increase nutritional offerings K-12</p>	<p>All cafeteria offerings for breakfast lunch and snack will be in compliance with food nutrition guidance as provided at State &amp; Federal levels</p>	<p>2017-2021</p>	<p>Students at the Elementary program are exposed through the Fresh Fruit and Vegetable program to healthy food alternatives for snacks that they might not otherwise have access too. Cafeteria offerings include fresh fruits and vegetables every day.</p>	<p>Food Service Director</p>	<p>Students, Staff, Teachers and Parents</p>	<p>Yes</p>
<p>The District will include Health curriculum to all students so that instruction is sequential and standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives. Nutrition education standards and benchmarks will be age-appropriate and culturally relevant</p>	<p>Grades K-5 PE Teachers and classroom teachers incorporate healthy eating and physical activity education into classroom instruction</p> <p>6-8 PE Teachers will incorporate nutrition into classroom instruction students are given 300 minutes of PE a year</p> <p>Grades 9-12 are given one semester of Health. In addition they are given 300 minutes of PE per year. PE Teachers will incorporate nutrition into instruction. Health curriculum will be provided during Health class</p>	<p>7/1/2021-7/1/2024</p> <p>7/1/2021-2024</p>		<p>Building Principal/ Asst Supt</p> <p>Building Principal &amp; Asst. Supt</p>	<p>Teachers/Staff/Students</p> <p>Teachers/Staff/Students</p>	

<p>and will include the standards and benchmarks that are behavior focused.</p> <p>Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake and exercise that are age appropriate and will include the benefits of a balanced diet that includes fruits, vegetables, whole grain products and low fat or fat free dairy products</p> <p>PE and Healthy Instruction will be provided by highly qualified teachers.</p>						
<p>Nutrition education shall extend into the cafeteria and include the schools food service staff, in addition food nutrition posters that are age appropriate will be displayed in the cafeteria serving areas and dining areas</p>	<p>Food Service Staff will be available and able to answer questions by students when making choices for meals in the serving lines</p> <p>Food Pyramid Guide Posters shall be displayed for students K-5</p> <p>My Plate Guide Posters shall be displayed for students 6-12</p>	<p>7/1/2021-7/1/2024</p> <p>7/1/2021-2024</p> <p>7/1/2021-2024</p>		<p>Food Service Director</p>	<p>Food Service Director Food Service Staff Students Teachers Staff</p>	



<p>The district shall provide information that is designed to encourage parents to reinforce at home the standards and benchmarks being taught in the classroom</p>	<p>District will provide nutrition links on the webpage under Food Service</p> <p>District may send home information for parents.</p>	<p>7/1/2021-2024</p>		<p>Asst Supt</p>	<p>Building PE/Health Teachers, Food Service Directors and workers, Students, Parents, Teachers and Staff</p>	
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<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Students grades K-5 will be given at least 30 minutes a day for physical activity if health conditions allow	Work with Principal and other district leaders to ensure at least 30 minutes of physical activity is scheduled in the day.	7/1/2021-2024	Building Schedule confirmation  Checking in with Staff/Teachers to make sure we are on track	Building Principal	Teachers/Staff/Students	
Ensure that all MS students take one PE two semesters of PE	Work with principal and other district leaders to ensure that in the course of the MS track two semesters of PE are accomplished for all students.	7/1/2021-2024	Building Schedule confirmation  Checking in with staff/teachers to make sure we are on track	Building Principal	Teachers/Staff/Students	
Ensure that all HS students take two semester of PE and one semester of Health	Work with counselors to make sure students can achieve this goal  Work with Principal and other district leaders to ensure that students will have the opportunity to achieve this goal	7/1/2021-2024	Student schedules  Building Schedules  Checking in with Staff	Building Principal  PE Teacher	Students, teachers, staff	
All students grades 6-12 shall have the opportunity to participate in interscholastic sports programs	Athletics will offer opportunities to all students 6-12. Program development will depend upon enough students expressing an interest in participation	7/1/2021-7/1/2024		Athletic Director	Students, Coaches, Parents, Building Administrators	
Students, parents, and the community at large shall have access to and be encouraged to use the schools outdoor physical activity facilities outside the normal school day	The track and field are open to the public at large for use, and are also available for reserved use through the building use form	7/1/2021-2024	Building use forms and visual confirmation of use	Building Principal	Community as a whole	Yes

Students will be discouraged from sharing food or beverages with one another to respect allergy concerns and dietary restrictions	Posters will be placed in cafeteria dining areas	7/1/2021-2024	Visual Checks	Building Principal	Community as a whole	
Food Service Workers and Directors will be highly qualified and complete annual training	Certificates of training will be provided upon request	7/1/2021-2024	Certificates of training	Food Service Director	Food Service Workers, Students, Teachers, Staff	

### Physical Activity Goal(s):

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Display posters and other materials throughout the schools to encourage food healthy choices	Provide schools and cafeterias with posters and other items to promote health  Ask teachers to promote the ideas of nutrition and healthy choices in their classrooms	7/1/2021-2024	Walk through the buildings to look for such materials  Check in with students  Check in with Staff	Wellness Committee Chair/Co-Chair	Students, staff, teachers, visitors, parents	
Display posters and other materials in hallways and classrooms to promote physical activity	Provide Schools and Cafeterias with posters and pamphlets that explain the benefits of physical activity  Ask teacher to discuss these options in their health segments	7/1/2021-2024	Walk through the buildings  Check in with students  Check in with staff	Wellness Committee Chair/Co-Chair	Students, staff, teachers, visitors, parents	
Activities such as tutoring, or club meetings shall not be scheduled during mealtimes unless	Advise mentors and club sponsors they must allow students to access and consume healthy food during meal time meetings	7/1/2021-2024	Visual checks	Club Sponsors/Mentors	Students, staff, Teachers	

students may eat  
during those meetings

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Follow the MDE and USDA regulations for fat content, sugar and salt	Cafeteria will remain in compliance with both breakfast and lunch offerings as well as with A-La-Cart	7/1/2021-2024	Cafeteria records	Wellness Committee Chair/Co-Chair	Students	
Limit the same of A La Carte items so that students will be more incentivized to choose healthy options during mealtimes	A La Carte options will stay in compliance with District Policy to reduce item of minimal nutritious value.  Encourage students to eat their lunch before purchasing additional beverages and snacks	7/1/2021	Cafeteria records	Wellness Committee Chair/Co-Chair	Students	
Prepare and distribute to staff, parents, and all others a list of snack items that comply with current USDA Dietary Guidelines for Americans and the USDA Smart Snack School Nutrition Standards	Provide posters for this information in all vending areas.	7/1/2021-2024	Visual Check	Wellness Committee Chair/Co-Chair	Community at large	

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Prepare and distribute to staff, parents, and all others a list of snack items that comply with current USDA Dietary	Provide posters for this information in all vending areas.	7/1/2021-2024	Visual Check	Wellness Committee Chair/Co-Chair	Community at large	

Guidelines for Americans and the USDA Smart Snack School Nutrition Standards						

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
See School based activities						
Require sports vending to offer low fat options at their snack bars, such as baked not fried chips.	Create a policy as part of our rental agreement for parent groups, boosters, and other groups that may wish to utilize our facilities for sale of food during after hour events	7/1/2021	Contracts with language included.  Observation	Administrat or on site	Students, parents, staff, visitors	
Prepare and distribute to staff, parents, and all others a list of snack items that comply with current USDA Dietary Guidelines for Americans and the USDA Smart Snack School Nutrition Standards	Provide posters for this information in all vending areas.	7/1/2021-2024	Visual Check	Wellness Committee Chair/Co-Chair	Community at large	
