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

Section 1: General Information

School(s) included in the assessment:

Wells Township School District

Month and year of current assessment: May 2024

Date of last Local Wellness Policy revision: May 2023

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

www.wellstownshipschool.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Luann Lohfink	Superintendent	llohfink@maresa.org

School Wellness Committee Members:

Name	Job Title	Email Address
Andrea Abraham	Teacher	
Hope Bruce	Teacher	
Patti Manninen	Cook	
Dean Roberts	Music Teacher/Parent	
Taylor Prislovsky	Parent	
Elize Prislovsky	Parent	
Allysa Roberts	Parent	
Janet Gazan	Board Member	
Linda Bruce	Community Member	
Brody Hammond	Student	
Whilloe Marchese-Lynch	Student	

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.

The Wells Township School District Wellness Policy aligns very closely to the Michigan State Board of Education Model Local School Wellness Policy. The policy stresses the importance of eating nutritious meals and snacks and promoting healthy behaviors and habits. The Michigan Model for Health Curriculum is implemented through all grades which encompasses nutrition, personal health, personal safety, and SEL. The school participates in the PE-NUT program which consists of a nutrition coach who visits the school four to five time a year and has the students make healthy snacks to try. This encourages students to try different fruits and vegetables that they may not have tried before. Physical education is taught for two 45-minute periods weekly for a total of 90 minutes. The students learn the importance of daily exercise and being physically fit. A 30-minute recess is scheduled prior to lunch to help promote an increased appetite for the students. Students are required to be physically active during recess. Meals are nutritious and follow USDA dietary guidelines. Teachers are encouraged to offer non-food rewards and healthy snacks for celebrations.

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: Wells Township School Date: May 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.	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.	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
Continue with the PE-NUT program.	a) Schedule PE-NUT lessons throughout the school year.	Beginning of the new school year.	Students participate in making nutritious snacks and eating healthy foods.	Principal	Teachers, staff, and students	Yes

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?**
Increase student physical activity.	Gym for 90 minutes per week with a concentration on fitness. Ensure the 30 minutes of recess per day consists of students actively moving and playing.	Beginning of school year to the end.	Monitor recess for student activity and verbal check in with staff on gym periods.	Principal	Teachers, staff, and students.	Yes
Field trips that promote hiking, biking, snowshoeing, and skiing.	Plan activities appropriate for the season and get the students outdoors.	Beginning of the school year.	Progress is measured after each outdoor field trip takes place.	Principal	Teachers, staff, and students.	Yes

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?**
Increase student knowledge about SEL, health, safety, nutrition, and wellness.	Students are taught health lessons using the Michigan Model for Health which includes all of the goals mentioned. School counselor teaches SEL lessons weekly.	Beginning of the school year.	Student assessment after lessons and how they apply what they have learned.	Principal	Teachers, counselor, and students.	Yes

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?**
Continue to not allow food and beverage sales at school.	Policies need to be followed by teachers, staff, and students.	Beginning of the school year.	No sales of food or beverages at school.	Principal	Teachers, students, and staff members.	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?**
Eliminate high sugar treats along with high fat content.	Teachers and staff must be knowledgeable on healthy snacks or treats for the students.	Beginning of the school year.	Verbal check in with staff members on compliance.	Principal	Teachers, staff, and students.	Yes

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?**
No marketing of food and beverages at school.	Continue to not allow advertising of unhealthy foods or snacks.	Beginning of the school year.	Principal checks for any marketing or advertising of unhealthy foods throughout the building.	Principal	Teachers, students, and staff.	Yes