

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:

St. Peter Lutheran School 2440 N. Raucholz Rd Hemlock, MI 48623

Month and year of current assessment: 1/2020

Date of last Local Wellness Policy revision: 1/2016

Website address for the wellness policy and/or information on how the public can access a copy:
<https://www.stpeterhemlock.org/lunch-program>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Twice a year

School Wellness Leader:

Name	Job Title	Email Address
Jennifer Curry	Cook/FSD	Kitchen@stpeterhemlock.org

School Wellness Committee Members:

Name	Job Title	Email Address
Eric Hagenow	Principal	EricHagenow@stpeterhemlock.org
Michelle Oczepek	Cook	Cooks@stpeterhemlock.org
Becky Chanin	Cook	Cooks@stpeterhemlock.org
Don Burdow	Board Member	Don28736@aol.com
Laurie Brady	Parent	Laurie.Bradypa@gmail.com

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

Designates how often committee will meet for updates and assessments

Committee represents all school buildings and includes all stakeholders

Wellness policy has a designated leader but is not stated in policy (is this something we need to do or just state we have a leader)

Nutrition promotion is covered in general

Nutrition Guidelines are covered in policy

Food and Beverage marketing is not applicable (we do not have marketing by anyone with a commercial interest in a product)

Physical Activity and Physical Education is covered in policy

Other School-based activities is discussed with goals

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: St. Peter Lutheran School

Date: 1/31/2020

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.	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
Serve a healthy breakfast twice a year	a) Kitchen staff prepares a healthy nutritious breakfast	2019/20 SY	_ at wellness meeting we discuss the breakfast	principal	Teachers, staff, students, parents,	yes
FUTP60 posters	a) Students selected as FUTP60 ambassadors create posters to promote nutrition and physical activity	1/31/2020	- Confirm the students are participating by observation	FUTP60 advisor	Students and FUTP60 advisor	NO
White Board Promotion	a) Place information with fun facts and creative drawings on white board	1/31/2020	- Allow students time to create white board promotion	FUTP60/ Advisor	Students and staff	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?
Wellness Walk	a) Designate teacher in charge of wellness walk b) Provide a healthy snack c) Posters to promote walk d) Provide educational handouts	6/6/2020	Did we complete Wellness Walk	Mrs. Sherry	Students, Staff, Parents	Yes
Brain Breaks Physical Activity Apps	a) Teachers provide brain breaks (physical activity) for students b) Teachers include apps for encouraging physical activity	2019/20 SY	Teachers checking in with principal	Principal	Students, staff, principal	Yes
Field Day	a) Create fun physical activities b) Select students to lead activities c) Parents to help run games/activities	5/2020	Making sure that Field day is included on calendar and was completed	Principal	Students, staff, parents, principal	Yes
Turkey Trot	a) Assemble volunteers to work with Tri to Finish running club b) Encourage and promote students, staff, parents, and community to run	11/2019	Did we complete Turkey Trot How much participation from students did we have	Principal	Students, Staff, parents, community	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?
Nutrition Education		Current				

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	a) Educated kitchen staff and SPLASH Staff on Smart Snacks b) Provide Smart Snacks for SPLASH program	current	Periodically discussing with SPLASH coordinator what Smart Snacks are	Cooks	Kitchen staff, SPLASH staff, students	Yes
Al a carte sales	a) Provide al a carte food and beverage that meet nutritional standards	current	Self checks	Cooks	Kitchen staff, students	Yes
School meals meet nutritional guidelines	a) Continue training and education on what is a healthy meal	Current	Monitor and record that staff knows what is a nutritional meal and Smart Snacks are	FSD	Students, Staff	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?
Healthy Party Guidelines	a) Inform teachers of new healthy guidelines for classroom parties b) Let parents know of guidelines	2019/2020 SY	Discuss at staff meeting if parents are providing healthy options at classroom parties	Principal	Students, faculty, parents	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?