

**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: Engadine Consolidated Schools

Month and year of current assessment: May 2021

Date of last Local Wellness Policy revision: May 2017

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

Section 2: Wellness Committee Information

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

School Wellness Leader:

Name	Job Title	Email Address
Nichole Huffman	Food Director	nhuffman@eupschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Heather Reese	K-6 Principal	hreese@eupschools.org
Deb Dewyse	Activity Coordinator	ddewyse@eupschools.org
Josh Reed	Superintendent/ 7-12 Principal	joreed@eupschools.org

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.

We have compared it to the Michigan State Board of Education Model Local School Wellness Policy. Our Policy was model from this policy. So, it has a lot of the same wording and goals as the Michigan State Board of Education Model. At this time we feel that is a good policy and we are complying with all that is in our Wellness Policy.

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: Engadine Consolidated Schools

Date: May 21 2021

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
Food and Beverages will not be used as a reward for students	<p>Address it at the back-to-school meetings,</p> <p>Email teacher's info on this.</p> <p>Check in throughout the year.</p>	When school starts.	Talk with staff throughout the school year.	Food Director	Teachers, Staff, 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?
Just to make sure the kids are getting enough Exercise.	Educate Students and parents the Importance of being active.	Start of school	Checking in with Teachers to see what kind of Physical Activity they are doing.	Food Director	Students, Teachers, staff	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?
Physical Activities in class throughout the day.	Allow the kids to get up and Stretch throughout the day. Do some dancing in class.	State of the school year.	Check in with teachers. By email/verbally	Food Director	Teachers, Staff, 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?
Make sure all food and beverages meet the Smart Snack guidelines	Education on Healthy food and Beverages. Making sure everyone knows what is the guidance for Healthy snacks.	Start of the school year.	Posters up in the School helping to identify how to determine Healthy foods and drinks. Educated by examples of eating Healthy.	Food Director	Teachers, Administration staff, Students,	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?
To get more students to eat Healthier,	Taste testing for new foods The importance of eating Breakfast and lunch is to their bodies and minds.	Start of school	Get some different kinds of Healthy food and let them try it. Poster in Cafeteria telling the importance of eating lunch and Breakfast is to them.	Food Director	Students, Staff,	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?
Have more Signage to show what we have.	To make sure everyone knows what we have and how healthy it is for them.	Start of School	Make up for signs for the Lunchroom and Hallways.	Food Director	Kitchen staff	Yes