# 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://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fns.usda.gov%2Ftn%2Flocal-school-wellness-policy&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897074960&sdata=7j%2BzxZb3aiHyIEaM6RvOuOzBvyw6PsM%2BkPr3T3DNMOA%3D&reserved=0)

[https://www.michigan.gov/mde/0,4615,7-140-66254\_50144-194546--,00.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.michigan.gov%2Fmde%2F0%2C4615%2C7-140-66254_50144-194546--%2C00.html&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897084956&sdata=k9ywqPPJoetUO59OBvugbKmC0hfP1mXFUfdjejgABiE%3D&reserved=0)

# Section 1: General Information

School(s) included in the assessment:

All schools in the L`Anse Creuse Public Schools' district

Month and year of current assessment: June 2024

Date of last Local Wellness Policy revision: June 2022

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

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? Three times annually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Emiona Kreste | Food and Nutrition Supervisor | [Krestem@lc-ps.org](mailto:Krestem@lc-ps.org) |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Rochelle Gauthier | Assistant Superintendent for Business and Operation g | [gauthro@lc-ps.org](mailto:gauthro@lc-ps.org) |
| Amelia Servial | BoE Vice President | [serviam@lc-ps.org](mailto:serviam@lc-ps.org) |
| Sharon Ross | BoE Secretary | [rosssh@lc-ps.org](mailto:rosssh@lc-ps.org) |
| Laura Holbert | Director for Elementary Education | [holbela@lc-ps.org](mailto:holbela@lc-ps.org) |
| Colleen Furman | Atwood Principal | [Furmaco@lc-ps.org](mailto:Furmaco@lc-ps.org) |
| Kevin Blum | MSS Principal | [blumke@lc-ps.org](mailto:blumke@lc-ps.org) |
| Jeffrey Stein | Director of Food & Nutrition | [steinje@lc-ps.org](mailto:steinje@lc-ps.org) |
| Jessica Rowell | Student Parent | [rowelje@lc-ps.org](mailto:rowelje@lc-ps.org) |
| Joy Engleman | Secretary of Human Resources | [englejo@lc-ps.org](mailto:englejo@lc-ps.org) |
| Kaitlyn Miscavish | District Nurse | [miscaka@lc-ps.org](mailto:miscaka@lc-ps.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.

|  |
| --- |
| In constructing our wellness policy, LCPS referred to the **Michigan State Board of Education Model** Local School Wellness Policy and modified it where necessary to reflect LCPS specific data.  Comparison to the model by Heading:  **Committee Role & Membership** – LCPS adopted the model policy in its entirety.  **Wellness Leadership** – Identified the Supervisor for Food & Nutrition for this role.  **Nutrition** – LCPS adopted the model policy in its entirety.  **Nutrition Promotion** - LCPS adopted the model policy in its entirety.  **Standards & Nutrition Guidelines** – LCPS adopted the majority of the model policy. In regards to food & beverage provided but not sold,  we chose to not establish firm standards. Instead LCPS will make recommendations for healthy party ideas via information posted on the LCPS F&N website.  **Food & Beverage Marketing** – LCPS adopted the majority of the model policy. LCPS expanded the policy by including examples of marketing products.  **Physical Activity and Physical Education** – LCPS chose to write an expanded and comprehensive policy that includes our definition of "physical education", our commitment to physical education for students with special needs, and our use of national and state guidelines for to construct physical education curricula.  **Other School Based Activities that Promote Student Wellness -** LCPS adopted the model policy in its entirety.  **Implementation** - LCPS adopted the model policy in its entirety.  **Triennial Assessment** - LCPS adopted the model policy in its entirety. LCPS Identified the Supervisor for Food & Nutrition for this role.  **Documentation** - LCPS adopted the model policy in its entirety.  **Updates to the Policy** - LCPS adopted the model policy in its entirety.  **Public Updates** - LCPS adopted the majority of the model 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](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html).

# Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: All schools within L’Anse Creuse Public schools Date: June 2022

## 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?** |
| Nutrition education, a component of comprehensive health education, shall be offered every year to all students in LCPS. The district may offer age appropriate nutrition education classes. | Nutrition educational content will be embedded in the curriculum for Physical Education classes. | SY 2022 | -Annual review | Directors of Elementary & Secondary Education | Curriculum administration, principals, teachers, students | YES and Ongoing |
| Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and other activities. | The Food & Nutrition Department will host a promotional event at a minimum of one event per building per school year. This event will involve a live demonstration presented by the Executive Chef utilizing the Discovery Kitchen. The event will include taste testing samples and healthy recipes. | SY 2022 | Quarterly check ins with Director of F&N.  Whenever possible, monthly Parent Newsletters and other social media platforms will document student experiences. | Executive Chef for District | F&N staff, students | YES and Ongoing  YES and Ongoing |
| Each school will incorporate and highlight Farm to School produce and/or local products. | Each building kitchen manager will select local produce whenever it is available in the course of purchasing during the school year. | SY 2022 | Monthly review of purchasing and inventory contents.  Promotional material displayed to raise awareness of local ingredients being offered. | Executive Chef for District | F&N staff, students | YES and Ongoing  YES and Ongoing |
| Each school will utilize promotions or special events that highlight healthy food choices. These can be highlighted through tastings and/or educational marketing materials in the cafes. | Monthly school menu offerings that promote seasonal produce, power foods, and other nutritionally beneficial foods will be implemented. | SY 2022 | Recognizable promotions highlighted in public-facing Nutri-Slice menu displays.  Additional and supplemental information will be posted in F&N section of LCPS website. | Food and Nutrition Supervisor | F&N staff and students | YES and Ongoing  NO |
| Any food and beverage marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. | The dept. of F&N will provide school stores, vending machine suppliers, etc. with the USDA Smart Snacks in Schools nutrition standards.  Building Principals will oversee and ensure compliance | SY 2022 | Building administrators will complete the Smart Snack Product Calculator to verify product compliance. | Directors of Elementary & Secondary Education and Director of Food & Nutrition | Principals, teachers, 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?** |
| Students may bring in bottled water from home. | Communication to all building staff and parents will be conducted via existing channels.  Hydration stations and water bottle fillers to be purchased (possibly using fundraisers or grant dollars) and installed in every school. | SY 2022 | Documented notice and distributions  Documented that students were educated on importance of drinking water and free water made available to all students. | Directors of Elementary & Secondary Education | Principals, teachers, students | YES and Ongoing    **NO** |
| Students will be moderately active for at least 50% of class time during most or all physical education class sessions | This takes place daily in physical education classes. Teachers go over the activity for the day. Students then complete a warm-up of physical activity before getting into the daily sport/activity. Over 50% of the class is devoted to being active | SY 2022 | Lesson Plans, monitoring of physical education sessions. | Asst Sup Curriculum and Instruction | Principals, teachers, students | YES and Ongoing |
| Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. | Students move between each class for 5 minute passing time. Also teachers have classroom teaching strategies that often allow for physical movement in an academic setting. Lastly, sometimes as a reward, a teacher will take their class outside for a walk. | SY 2022 | Monitoring and quarterly check-ins. | Asst Sup Curriculum and Instruction | Principals, teachers, students | YES and Ongoing |
| Students K-12 shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-and long-term benefits of a physically active and healthy lifestyle | All students are provided an opportunity to take PE class multiple times throughout their K-12 experience. In K-5, all students take PE as part of their special classes. In grades 6-8, students can request to take PE/Health class each year. A majority of students will take PE and Health at some point in grades 6-8. Lastly, in grades 9-12, students must take both a PE class and a Health class as part of their graduation requirement. Regardless of grade level, PE focuses on doing the activity and Health focuses on the educational side of being physically active across the lifespan and having a healthy lifestyle. | SY 2022 | Monitoring of curriculum offered and extra curricula activities. | Asst Sup Curriculum and Instruction | Principals, teachers, students | YES and Ongoing |
| Planned instruction in physical education shall inform and educate students on different types of fitness-equipment for all age groups. | Physical education teachers should incorporate in curriculum at least one hour of learning about different fitness equipment, and the proper use for them. | SY 2022 | Monitoring by building administrators. | Asst Sup Curriculum and Instruction | Principals, teachers and students. | NO |
| Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. | This is something that the teachers handle on a daily basis. Teachers hand out a class expectations sheet at the beginning of the year, and continue to address these topics throughout the year. | SY 2022 | Monitoring by building administrators. | Asst Sup Curriculum and Instruction | Principals, teachers, students | YES and 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? |
| The school shall provide attractive, clean environments in which the students eat. | A cleaning regimen involving both custodial and F&N staff will be implemented to ensure clean & sanitary conditions for all foodservice areas will be documented and implemented.  Attractive service ware and marketing materials will be implemented in the FOH café areas. | SY 2022 | Documented cleaning procedures in file in F&N offices. Posted checklists in kitchen areas. Daily inspections by building kitchen managers.  Yearly assessment for visual attractiveness of café environments by F&N staff. | Food and Nutrition Supervisor | F&N staff and students | YES and Ongoing |
| The school shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events. | Building principals will develop schedules to comply with this Smart Goal. | SY 2022 | Annual review of mealtimes. | The building Principal | Principals, teachers, students | YES and ongoing |
| The district will encourage all non-food & nutrition providers to adhere to USDA Smart snack guidelines when providing food and beverages during the school day. | F&N department will post Smart Snack Guidelines on F&N Department intranet for reference by outside groups.  The Healthier Generation’s Smart Snacks Product Calculator should be used to determine if the snacks meet the Smart Snacks Standards. | SY 2022 | Observation of compliance during events. | Wellness Committee Chairperson | Principals, teachers, students | YES and Ongoing |
| Implementing a school employee wellness guide on our district’s webpage. | Create an employee wellness page in our intranet, with resources on healthy eating and physical activity which will help with staff retention and productivity, decrease employee absenteeism and decrease employee healthcare cost. | SY 2022 | Monitored by Food , Nutrition and Wellness Supervisor | Food and Nutrition Supervisor | Food, Nutrition and Wellness Supervisor | NO |