# 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:

Lincoln Consolidated Schools

Month and year of current assessment: 06/2021

Date of last Local Wellness Policy revision: 06/2017

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

https://www.lincolnk12.org/parentstudents/district-wellness/

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? 2 x SY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Lori Ferguson | MS Assistant Principal | ferguson@lincolnk12.org |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Karen Thomas | Food Service Director | thomask@lincolnk12.org |
| Carrie Melcher | HS Assistant Principal | melcher@lincolnk12.org |
| Christina Sperle | District Nurse | sperlec@lincolnk12.org |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

# 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.

|  |
| --- |
| Lincoln’s original Wellness Policy was adopted using the Michigan State Board of Education Model Local Wellness Policy in 2006. It has then been edited and changed according to the recommendations of the Wellness Committee and to reflect the goals of Lincoln Consolidated Schools. |

# 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: Lincoln Consolidated Schools Date: 4/15/2021

## 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. | 1. Provide teachers with list of non-food reward examples. 2. Discuss changes at back-to- school staff training. 3. 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 |
| Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State | Continue to teach:  [Michigan High School Health Standards](https://www.michigan.gov/documents/mde/MMC_HS_Health_Standards_724243_7.pdf)  [**0-K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th**](https://drive.google.com/drive/folders/10N8ctWSjySGhjIn4eB-bmTAOxd9WjYhK?usp=sharing) | Ongoing | Summative and Formative assessments for students enrolled in Health classes at the High School. | Health Teachers | Teachers and students | Yes |
| Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria | Posters need to be updated/hung in the cafeterias | Ongoing | -Are the posters there?  -Are they out of date? | Food Service Dept | Students | Yes |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives. | Add information about the importance of physical activities, suggest activities, and include the benefits of incorporating physical activity into children’s lives on the district’s website. | 2021-2022 School Year | TBD | Distcit Wellness Committee | Distrit Wellness Committee members, teachers, and studnets | No |
| Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs. | Continue to offer sports programs for all students via the [Lincoln Consolidated Schools Athletic Department](https://splitternation.com/) | Ongoing | Data gathered from the Lincoln Consolidated Schools Athletic Department on students that participate and commit to sports programs outside of the school day | Athletic Director and Assistant Athletic Director | Students | Yes |
|  |  |  |  |  |  |  |

## Physical Activity Goal(s):

## 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 | -Cafeterias are being cleaned daily by custodial staff  -Broken tables are taken out of service for safety reasons | Ongoing | Is the environment clean? Are the tables in good working order? | Building Principal | Students/Staff | Yes |
| An organized wellness program shall be available to all staff | Program needs to be developed still as it was/is under construction and paused due to COVID. | 2021-2022 school year | TBD | Wellness Committee | Staff | No |
|  |  |  |  |  |  |  |

## 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?** |
| Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:     1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium      1. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy      1. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation      1. fluid milk that is fat-free (unflavored and flavored) and low- fat (unflavored | -Nutrition guidelines are utilized in menu planning | Beginning of each school year | -Menu nutrient analysis is performed each summer | Food Service Director | Students | Yes |
| All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs. | * Cafeteria a la carte items for sale will meet these criteria * School Store items for sale will meet these criteria * Fundraiser items will meet these criteria | Ongoing – minimum once per year | * Ongoing audits of food items for sale * Triennial Administrative Reviews from MDE | Food Service Director/  Building Principal | 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?** |
| All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines. | * Cafeteria a la carte items for sale will meet these criteria * School Store items for sale will meet these criteria   -Fundraiser items will meet these criteria | Ongoing – minimum once per year | * Ongoing audits of food items for sale   Triennial Administrative Reviews from MDE | Food Service Director/  Building Principal | 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?** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |