

## **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](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)

## Section 1: General Information

School(s) included in the assessment: Emmons Lake Elementary, Paris Ridge Elementary, Kettle Lake Elementary, Caledonia Elementary, Dutton Elementary, Kraft Meadows Middle School, Duncan Lake Middle School, Caledonia High School

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Month and year of current assessment: 05/2021

Date of last Local Wellness Policy revision: 09/2017

Website address for the wellness policy and/or information on how the public can access a copy:  
[www.calschools.org](http://www.calschools.org)

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? 2X/year

School Wellness Leader:

Name	Job Title	Email Address
Katie Dorband	Student Support Coordinator	dorbandk@calschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Sara Devries	Director of Finance	devriessb@calschools.org
Brittany Barber Garcia	School Board Member, Parent, Mental Health Professional	garciab@calschools.org
Heidi Kamminga	Health & Safety Para/Parent	kammingah@calschools.org
Danelle Scott	Administrator	scotttd@calschools.org
Jennifer Stanley	Health & Safety Para/Parent	stanleyj@calschools.org
Matt Erb	Health & PE Teacher	erbm@calschools.org
Kyle Fennell	Health & Safety Paraprofessional	fennellk@calschools.org
Mimi Mahaney	Food Service Director	mahaneym@calschools.org
Taylor Kastens	Health & PE Teacher	kastenst@calschools.org
Lindsey Wiers	School Nurse	wiersl@calschools.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 ([Healthier Generation Resource](#))
- ✓ WellSAT 3.0 example policy language ([WellSAT 3.0](#))

Describe how your wellness policy compares to model wellness policies.

**Nutrition Education:** Our Wellness Policy addresses WellSAT NE1, NE2, NE5, NE7, and NE8 but does not specifically address NE3, NE4, and NE6.

**Standards and Nutrition Guidelines for all Foods and Beverages:**

We have complied with the new laws of having water available for all students in each cafeteria but the current Policy does not speak to this. We've also implemented a Healthy Living component that is an interactive tool for students and families to pull up nutritional and calorie information. The food service staff help families navigate the tool and there is a training tutorial within the program. This program provides all food nutritional labels and this information is not included in the current policy.

The district also addresses the free/reduced students and non-discrimination concerns by using a POS system to keep this information private however the policy doesn't address this.

**Food and Beverage Marketing:** The current policy addresses all of the WellSAT standards in Section 3 with the exception of caffeine (NS8).

**Physical Education & Physical Activity:** The district policy is compliant with WellSAT standards PEPA1-PEPA7 and PEPA11. For PEPA 8-10, we found that the policy did not fully address training for physical education teachers, exemption requirements for students, and substitution of PE requirements for all students.

**Wellness Promotion & Marketing:** The policy does encourage staff to model healthy eating and physical activity behaviors but does not address strategies to promote employee wellness. It doesn't address using physical as a reward but does address not using it as a punishment. The policy does specify marketing that can promote healthy and beverage choices and restricts the sale and promotion of foods that only meet the Smart Snacks standards. However, it does not specify marketing on school property and equipment, education materials, places where food and beverages are purchased, school publications and media or marketing through fundraisers and corporate incentive programs. It also does not address marketing and promotion of social emotional wellness either.

**Implementation:**

The district Wellness Policy contains all components under Section 6 of the WellSAT with the exception of IEC8, *“Addresses the establishment of an ongoing school building level wellness committee.”*

Overall our wellness policy is compliant with the required components, but it does not contain measurable SMART goals. We will be updating our wellness policy to include SMART goals this year.

## 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: Caledonia Community Schools \_\_\_\_\_ Date: 05/2021 \_\_\_\_\_

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Sugary drinks (soda, sport drinks, energy drinks) in the classroom is discouraged by 50% of teachers	Provide staff members with a list of beverages to encourage.	August 2021	Verbal check-ins with staff.  Classroom observation.	Teachers	Teachers, administrators, students	in process
All schools will offer breakfast to all students through the USDA School Breakfast Program.	Food service will coordinate with building administration for scheduling.	August 2021	Administration to coordinate and monitor implementation.	Food Service & Admin.	Teachers, food service, students, admin.	in process
Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, posting on the District website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.	Publish nutrition education information on the school website.  Coordinate with PE/Health teachers and food service to send materials to all families.	August 2021	Verbal check-ins with staff.  Monitor website and electronic communication for compliance.	Wellness Coord.  PE Teachers	PE Teachers, students, families, Wellness Coord.	in process

All schools will promote USDA MyPlate guidelines.	Food service will coordinate with Health/PE teachers to display MyPlate Guidelines.	August 2021	Visual check of the cafeteria and other areas of the school.	Wellness Coord.	Teachers, food service, students, families	in process
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Physical Activity Goal(s):

School-based activities to promote student wellness goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
All schools will take into consideration the <a href="#">MDE guidelines</a> when scheduling Physical Education, which recommends instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level, for students of all abilities, including those with disabilities.	Administration reviews MDE guidelines when making scheduling decisions.	August 2021	Verbal check-in with administration.  Comparison of minutes of physical education in each building to MDE guidelines.	Wellness Coord.  Physical Education Teachers	Teachers, students	in process
Activity: Quarterly, the school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily life	The Student Support team will work with the Physical Education Dept. to create communication. The team will share the communication with the administration for inclusion in the monthly newsletter.	09/01/2021	Is information shared quarterly?	Student Support Team and Physical Education Dept.	Administrators	in process

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.	Food service will ensure that reimbursable meals meet the USDA Nutrition Standards.	ongoing	Verbal check-in with food service.	Food Service Director	Food service, students	in process

Guidelines for other foods and beverages available on the school campus, but not sold:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).	The Wellness Committee will meet to consider nutrition guidelines for food and beverages provided but not sold to students during the school day.	2021 School Year	Notes from Wellness Committee	Wellness Coord.	Teachers, students, parents	in process

Marketing and advertising of only foods and beverages that meet Smart Snacks:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
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Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.	Food service will monitor for compliance.	ongoing	Verbal check-in with food service	Food Service Director	Food service, students	in process
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