# 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:

Sault Ste Marie Area Public Schools

Month and year of current assessment: August 2024

Date of last Local Wellness Policy revision: 7/08/2024

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

https://www.saultschools.org/departments/food-service/wellness-policy

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Barbara Light | Student Achievement | Blight-sas@eupschools.org |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
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# 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.

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| --- |
| The wellness policy for Sault Schools follows the template set forth in the Michigan State Board Of Education Model Local School Wellness Policy. Our policy break is broken down into each subsection, followed with district goals and implementation guidelines while leaving room for adjustment as needed. |

# 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: Sault Ste Marie Area Public School Date: 08/01/2024

## 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 |
| Healthy food promotion techniques | * Offer school meal program * Market USDA Smart Snacks | Start of school year | * School meal program meets guidelines per USDA * Only snacks that meet smart snack criteria are sold on campus. | Food service director | Students & staff | yes |
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| **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?** |
| Supervised physical activities | * Physical education classes | Start of school year | Is physical education offered for students at all grade levels? | Building admins | Students | Yes |
| Physical activity breaks | * Offer outdoor play time before and after school * Encourage active transport to and from school | Start of school year | Is recess offered daily?  Are there on-campus resources to encourage active transport, such as accessible sidewalks or storage space for bikes? | Building principals | Students & staff | Yes |
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## Physical Activity Goal(s):

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

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| **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?** |
| Offer services that align with “portrait of a graduate” | * On site mental health services * Community involvement from wellness professionals | School year | * Review of services offered * Does each building have a mental health professional available? | Superintendent | Students & staff | Yes |
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## Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

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| **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 meals to meet USDA guidelines, with student access to nutrition information | * Menu written to meet USDA guidelines * Online access to menu & nutrition information | Start of school year | Menu analysis available upon request | Food service director | Students & staff | yes |
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## Guidelines for other foods and beverages available on the school campus, but not sold:

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| Families encouraged to send snacks for class events that align with wellness goals. | * Provide list of alternative snack options to households to provide when classroom events are occurring. | School year | Is list readily available | Principals | Students and families | unknown |
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## Marketing and advertising of only foods and beverages that meet Smart Snacks:

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| Only foods that meet smart snack requirements are marketed and sold | * Food service and school sponsored clubs will follow smart snack guidelines with all food items sold. | School year | * All food items ran through the smart snack calculator | Food service director & principals | Students, staff, and club advisors | yes |
| Limit in-school noncompliant fundraisers to no more than 2 per week. | * Create process for registering for in-school fundraiser and limiting those that sell “noncompliant” food items | School year | * Per fundraising schedule, monitor which of those are noncompliant food sales | Principals | Students, staff, and club advisors | yes |
|  |  |  |  |  |  |  |