

**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 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.

Our policy is based on the NEOLA format for the Local Wellness Policy. When compared to the Michigan State Board of Education Model Local School Wellness Policy there are many correlations. All of the goals in the Dexter policy are reflective of the spirit of sample goals listed in the MDE Model Policy, in fact some of the goals are verbatim.

The MDE Model Policy has a large number of goals as samples that offer a broad offering for schools to select from that might meet their needs. The Wellness Policy of the Dexter Community Schools District is more selective in the goals identified. This was done intentionally to identify targets that could be attained with the specific student population that is served.

Dexter Community Schools looks to continue to gain on the excellent work that was done in identifying goals in the first round of Wellness Policy and build upon that for the future.

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: Washtenaw Intermediate School District _____ Date: June 3, 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
Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.	<ul style="list-style-type: none"> -Cafeteria taste tastes with opportunities for student feedback -Extracurricular activities to reference nutrition education whenever possible -Classes utilize nutrition education opportunities as appropriate -Nutrition Education opportunities sent home periodically as applicable 	Ongoing	<ul style="list-style-type: none"> -Periodic menu review -Periodic internal review 	F&N Director, F&N Assistant Director,	Students, Parents, Teachers, F&N staff, F&N Administration	Yes, continuing to evolve
Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.	<ul style="list-style-type: none"> -Myplate posters need to be acquired -Myplate posters posted in visible spot for students in all cafeterias -Verify all cafeterias have OVS posters/example of reimbursable meal 	Prior to the start of the next school year.	-Visual check-in during kitchen visits	Director/Assistant Director of Food & Nutrition	Students, F&N staff	No - verification of Myplate posters.
The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.	<ul style="list-style-type: none"> -A variety of meal options will be available to students. -Opportunities will be given to students to self-select menu options, including fruits and vegetables, in an age-appropriate manner. -F&N will make local farm to school options available to students as available and appropriate. -Attempts will be made to coordinate 	Ongoing	<ul style="list-style-type: none"> -Strategic menu planning, using the planned menu to determine the broader scope of attaining the goal -Observation--are kids able to self-select to promote exploration and consumption? 	Director/Assistant Director of Food & Nutrition	Students, F&N staff, teachers, administrators	<ul style="list-style-type: none"> -Varieties--yes with some limitation due to the pandemic. -Self-select--yes normally, limitations put in place due to pandemic by

	<p>menu theme days to coincide with other learning events within the school in order to promote interest, enthusiasm and depth of learning on the subject.</p>					<p>local health department. -Theme days-very limited pre-pandemic. Minimal coordination is occurring It is not yet a routine for most teachers to think about communicating with F&N.</p>
<p>Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p>	<p>Ongoing</p>	<p>-MDE Administrative reviews based on USDA standards -Student survey results</p>	<p>F&N Director</p>	<p>Students, F&N Administration</p>	<p>No</p>

Physical 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?
The District shall provide a sequential, comprehensive physical education program for students in K-12 in accordance with the standards and benchmarks established by the State.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes
The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes
The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes
Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical	-Adhere to the MDE Standards and Benchmarks and District expectation	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes

activity for at least fifty percent (50%) of scheduled class time.						
Properly certificated, highly qualified teachers shall provide all instruction in physical education.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	Yes
Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	-Adhere to the MDE Standards and Benchmarks	Ongoing	-Curriculum review -Collegial review -Observation	District Administration	Students, Teacher, District Administration	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?
Physical activity shall not be employed as a form of discipline or punishment.	-Adherence to District policy	Ongoing	-Observation	District Administration	District staff and administration	Yes
Where appropriate, all after-school programs shall provide developmentally appropriate physical activity for the students	-Physical activity is incorporated into after school programs when appropriate	Ongoing	-Observation	District Staff and Administration	Students, staff	Yes

who participate.						
Students in grades K-6 shall be provided a minimum of two fifteen-minute recesses per full day.	-Students in grades K-6 shall be provided a minimum of two fifteen-minute recesses per full day.	Ongoing	-Observation	District Staff and Administration	Students, 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?
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	-Outdoor facilities are open to the community -Facility use guidelines available on District website	Ongoing	In use	District Administration	Community	Yes
Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.	-District uses Meal Magic as a tool to track student benefits and meal purchases. Through Meal Magic, F&N is able to avoid overt identification of student benefit status.	Ongoing	In use	F&N Director	Students, F&N staff, F&N Administration	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?
The District shall create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods: a variety of fresh produce to include those prepared without added fats, sugars, refined sugars and sodium, a variety of vegetables daily, the school will offer at least two different milk choices, meals designed to meet specialized calorie ranges for age/grade groups.	-Adherence to nutrition standards of the applicable USDA Child Nutrition Program that the District is participating in.	Ongoing	-Self-monitoring done periodically throughout the year. -Through conversations that occur as part of regular training and meeting opportunities	F&N Director	F&N Director, F&N Assistant Director.	Yes
The District shall eliminate trans-fats from school meals.	-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under. -Selection of menu items specifically looking for items free from trans-fats	Ongoing	-Periodic review of the menu	F&N Assistant Director	Students, F&N Director, F&N Assistant Director	Yes
The District shall require students to select a fruit or vegetable as part of a complete reimbursable meal.	-Kitchen staff receives training on the requirements of the specific USDA child nutrition program that the District is participating in to ensure knowledge and adherence to standards.	Ongoing	-Self-monitoring	F&N Director	F&N Staff, Students	Yes

<p>The District shall provide opportunities for students to develop the knowledge and skills for consuming healthful foods.</p>	<ul style="list-style-type: none"> -Signage posted educating students on how to select a balanced meal. -Gentle reminders/re-education from F&N staff members on how to select a balanced meal -Attractive marketing will be done to showcase different fruits and vegetables -Curriculum to reinforce how to select healthful foods wherever possible 	<p>Ongoing</p>	<ul style="list-style-type: none"> -Self-monitoring -Training of F&N staff -Classroom observation -Collegial review 	<p>F&N Director, Building Administrators</p>	<p>F&N Director, F&N Assistant Director, F&N staff, teachers, building administrators</p>	<p>yes-signage, training ongoing-training, marketing efforts unsure-curriculum</p>
<p>The District nutrition department will partner with Farm to School efforts in order to provide the healthy foods identified above.</p>	<p>-The F&N department will look for opportunities to serve local vegetables and fruits on a monthly basis, as appropriate based on availability and price.</p>	<p>Ongoing</p>	<p>-Periodic review of the menu</p>	<p>F&N Director, F&N Assistant Director</p>	<p>Students, F&N Staff, F&N Administration</p>	<p>yes</p>
<p>The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.</p>	<ul style="list-style-type: none"> -The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under. -The District will look for ways to minimize impact on the landfill by working to implement recycling and composting efforts where feasible. 	<p>Ongoing</p>	<ul style="list-style-type: none"> -Administrative Reviews by MDE on adherence to USDA standards -Periodic review and assessment of recycling efforts 	<p>F&N Director, F&N Assistant Director, CFO</p>	<p>Students, F&N Staff, F&N Administration, District Administration</p>	<p>yes</p>

<p>The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p>	<p>Ongoing</p>	<p>-Administrative Reviews by MDE on adherence to USDA standards</p>	<p>F&N Director, F&N Assistant Director</p>	<p>F&N Staff, F&N Administration</p>	<p>Yes</p>
<p>The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p>	<p>Ongoing</p>	<p>-Administrative Reviews by MDE on adherence to USDA standards</p>	<p>F&N Director, F&N Assistant Director</p>	<p>F&N Staff, F&N Administration</p>	<p>Yes</p>
<p>The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p> <p>-Vending machines to be shut off from midnight until 30 minutes after the last bell in all student areas.</p> <p>-Student fundraisers shall be approved on an individual basis by Building Administration and F&N Director</p>	<p>Ongoing</p>	<p>-Administrative Reviews by MDE on adherence to USDA standards</p>	<p>F&N Director</p>	<p>Students, F&N Staff, Building Administration, F&N Administration</p>	<p>Yes</p>
<p>All foods items and beverages available for sale to students for consumption on the school campus between midnight and thirty minutes after the close of the regular school</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p> <p>-Vending machines to be shut off from midnight until 30 minutes after the last bell in all student areas.</p>	<p>Ongoing</p>	<p>-Administrative Reviews by MDE on adherence to USDA standards</p>	<p>F&N Director</p>	<p>Students, F&N Staff, Building Administration, F&N Administration</p>	<p>Yes</p>

<p>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, 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.</p>	<p>-Student fundraisers shall be approved on an individual basis by Building Administration and F&N Director</p>					
<p>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.</p>	<p>-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.</p> <p>-Vending machines to be shut off from midnight until 30 minutes after the last bell in all student areas.</p> <p>-Student fundraisers shall be approved on an individual basis by Building Administration and F&N Director</p>	<p>-Ongoing</p>	<p>-Administrative Reviews by MDE on adherence to USDA standards</p>	<p>F&N Director</p>	<p>Students, F&N Staff, Building Administration, F&N Administration</p>	<p>Yes</p>

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.	-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.	Ongoing	-Administrative Reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N Staff, F&N Administration	Yes
The food service program shall be administered by a qualified nutrition professional.	-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.	Ongoing	-Administrative Reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N Staff, F&N Administration	Yes
Continuing professional development shall be provided for all staff of the food service program.	-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.	Ongoing	-Administrative Reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N Staff, F&N Administration	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 food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the food and beverage standards approved by	-The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.	Ongoing	-Administrative Reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N Staff, F&N Administration	Yes
	-Classroom activities that incorporate food will take into account student needs (i.e. medical conditions, religious requirements, etc.)	Ongoing	-Classroom observations	Teachers. Building Administrators	Students, Staff, Building Administration	Yes

the Superintendent						
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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?
Any foods and beverages 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 F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the District participates under.	Ongoing	-Administrative Reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N Staff, F&N Administration	Yes