

**Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs**

**Marshall 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 1: General Information

School(s) included in the assessment: Marshall Public Schools

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: June 2020

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

www.marshallpublicschools.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Monthly during year of Assessment. As needed in other years.

School Wellness Leader:

Name	Job Title	Email Address
Kelly Fitzpatrick	Director of Curriculum & Instruction	KFitzpatrick@marshallpublicschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Jeremy Yettaw	Food Service Director	JYettaw@marshallpublicschools.org
Tiffany Gore	District Nurse	TGore@marshallpublicschools.org
Andrea Davis	District Mental Health Specialist	ADavis2@marshallpublicschools.org
Julie May	Health Teacher, MMS	JMay@marshallpublicschools.org
Jessica Hackworth	Parent of MPS Student	hackworj@calhounisd.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.

8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Marshall Public School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- With regard to nutrition education, the District shall:
 1. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 2. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- With regard to physical activity, the District shall:
 - 1. Physical Education**
 - The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
 - Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
 - 2. Physical Activity**

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
 2. The school shall provide attractive, clean environments in which the students eat.
 3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
 4. 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.

- With regard to nutrition promotion, 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.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day:
 - a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
 - 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
 - fluid milk that is fat-free (unflavored and flavored) and low- fat (unflavored)
 - meals designed to meet specific calorie ranges for age/grade groups
2. eliminate trans-fat from school meals
3. require students to select a fruit or vegetable as part of a complete reimbursable meal
4. provide opportunities for students to develop the knowledge and skills for consuming healthful foods

- Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- In accordance with Policy 8500, entitled Food Service, 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.
- As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

- 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.
- 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.
- 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.
- 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 current USDA Dietary Guidelines for Americans.
- The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- 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 regardless of unpaid meal balances and without stigma.
- The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.
- All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- The food service program shall be administered by a qualified nutrition professional.

- The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- All food service personnel shall receive pre-service training in food service operations.
- Continuing professional development shall be provided for all staff of the food service program.

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: Marshall Public Schools Date: _____

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?
<ul style="list-style-type: none"> ● Nutrition education should be integrated into other subject areas to complement ● Emphasis on the link between diet and exercise ● Increase healthy eating throughout the day ● Develop skills and knowledge of consuming healthy foods ● Avoiding rewards/incentives that are unhealthy 	<ul style="list-style-type: none"> ● Does the staff know the content and how to integrate it? ● What resource is used to teach? Is there a list of essential content (as is in the Alliance for Healthier Generation model)? ● What alternatives are given in lieu of unhealthy incentives? 	Start of each semester	<p>Math encouraged to incorporate calculating info from nutrition label.</p> <p>Science to incorporate vitamin and mineral information.</p> <p>History to inform students of foods eaten during other times periods and in different countries.</p> <p>Goals, objectives & assessments are in health curriculum.</p> <p>All staff will be encouraged to provide a healthy alternative for rewards/incentives.</p>	Travis Winchell & Julie May	K-12 students and teachers	<p>No</p> <p>Yes</p> <p>No</p>

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?
K-5 students complete three, 30 minute PE classes each week.	Annual review of elementary specials scheduling.	Each Spring	Schedule shared for 2023-2024 school year includes these times.	Kelly Fitzpatrick & Paul Holbrook	K-5 students and Teachers	Yes
K-5 students receive a minimum of 30 min. of recess per day in addition to lunch recess.	Annual review of elementary specials scheduling.	Each Spring	Schedule shared for 2023-2024 school year includes these times.	Kelly Fitzpatrick & Paul Holbrook	K-5 students and Teachers	Yes
K-8 students receive a minimum of 15 min. of recess per day adjacent to their lunch period.	Annual review of elementary specials scheduling.	Each Spring	Schedule shared for 2023-2024 school year includes these times.	Kelly Fitzpatrick, Paul Holbrook, and Tara Egnatuk	K-8 students and Teachers	Yes
9th-12th grade students are required to take one semester of Physical Education in order to graduate. Waivers are allowed for students participating on a school-sponsored sports team.	Board approved requirements for graduation	Requirements are reconfirmed each May.	Requirements are shared and posted in handbook.	Kelly Fitzpatrick & Dave Turner	9th-12th grade students and teachers	Yes
9-12th grade: Three elective courses are offered to increase	Annual review of Course Offerings at Marshall High School	Each Spring	Requirements are shared and posted in handbook.	Kelly Fitzpatrick & Dave Turner	9th-12th grade students and teachers	Yes

access to Physical Education: Marshall Fitness, Sports & Fitness, Team Fitness						
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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?
<p>All students in the district are able to see and hear to the best of their ability during the current school year.</p> <p>All students have access to dental services for oral hygiene health maintenance for the current school year.</p> <p>All students have the ability to stay up-to-date on seasonal vaccinations for the current school year.</p>	<p>Annual Vision/Hearing Screeners (coordinate with CCPHD).</p> <p>Annual Dental Cleanings (coordinate with Grace Health Dental)</p> <p>Annual Flu Shot Clinic (Coordinate with CCPHD/Oaklawn Hospital).</p>					
Goal 1: Train, obtain and implement a universal SEB screener (pilot with incoming 6th graders to start) (SEB stands for social, emotional, and behavioral)	<ol style="list-style-type: none"> 1) Identify the need for a universal screener. 2) establish shared understanding of the goal and purpose of universal screener 3) Determine buy in from key stakeholders (staff, parents, school leaders, etc.) 	<p>In progress</p> <p>2023/2024</p> <p>2023/2024</p>	<p>TBD</p> <p>TBD</p> <p>TBD</p>	<p>Andrea Davis</p> <p>Andrea Davis</p> <p>Andrea Davis</p>	<p>Staff</p> <p>Staff</p> <p>staff, teachers, students, parents, community members</p>	<p>No</p> <p>No</p> <p>No</p>

	4) Form a team.	2023/2024	TBD	Andrea Davis	staff	No
	5) Team reviews interventions available to be matched with screeners.	2023/2024	TBD	Andrea Davis	staff	No
	6) Data based problem solving is in place, including decision making.	2023/2024	TBD	Andrea Davis	staff	No
	7) Select screening instrument.	2023/2024	TBD	Andrea Davis	staff	No
	8) identify scoring procedures and need for technology to complete screeners.	2023/2024	TBD	Andrea Davis	staff	No
	9) Determine timing and frequency of screener.	2023/2024	TBD	Andrea Davis	staff	No
	10) Establish consent and/or opt-out procedures.	2023/2024	TBD	Andrea Davis	staff	No
	11) Determine choice of information.	2023/2024	TBD	Andrea Davis	staff	No
	12) Develop a plan for training staff on how to complete screener/how to use data.	2023/2024	TBD	Andrea Davis	staff	No
	13) Schedule time to communicate results/begin problem solving process.	2023/2024	TBD	Andrea Davis	staff	No
	14) Establish plan for data privacy.	2023/2024	TBD	Andrea Davis	staff	No
	15) Determine who has access to screening data.	2023/2024	TBD	Andrea Davis	staff	No
	16) Develop criteria for determining quality of data.	2023/2024	TBD	Andrea Davis	staff	No
	17) Establish a plan to use screening results to evaluate and monitor effectiveness of universal supports.	2023/2024	TBD	Andrea Davis	staff	No
	18) Establish plan for communicating concerns to families	2023/2024	TBD	Andrea Davis	staff	No
	19) Create a regular review schedule to connect	2023/2024	TBD	Andrea Davis	staff	No

<p>Goal 2: Create a flowchart for how to access academic, behavioral & mental health supports within each building (pilot in MS to start).</p>	<p>screening data to intervention/monitor needs across the school year.</p>					
	<p>1) Partner with administration to determine what supports will exist in each building for the 2023/2024 school year.</p>	<p>By 09/23</p>	<p>Andrea will coordinate mtg.</p>	<p>Andrea Davis</p>	<p>staff and students</p>	<p>No</p>
	<p>2) Identify who will be on the team in each building.</p>	<p>By 10/23</p>	<p>Keep a running document of team members/roles.</p>	<p>Andrea Davis</p>	<p>staff and students</p>	<p>No</p>
	<p>3) Create flowchart</p>	<p>By 11/23</p>	<p>Present and obtain feedback</p>	<p>Andrea Davis</p>	<p>staff and students</p>	<p>No</p>
	<p>4) Present information @ staff meeting</p>	<p>By 12/23</p>	<p>Evaluate effectiveness</p>	<p>Andrea Davis</p>	<p>staff, students and parents</p>	<p>No</p>
<p>5) Review & modify process as needed, (minimally on a quarterly basis with team members).</p>	<p>By 3/24 (continue quarterly review)</p>					

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?
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School meals & Smart Snacks evaluated for compliance with USDA guidelines for NSLP & SBP programs	Check nutritional information from manufactures and enter it into online communication tool for students and parents	June each year for the following school year	By comparing data in online communication tools with nutrition labels to check for accuracy and completion.	Jeremy Yettaw	Students, parents, teachers & administrators	Yes. Completed for 2022/23 school year.
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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?	Timelin e Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Access is available at all schools in the district for portable water	New water filling stations were added at Marshall High School.	Completed prior to the 2022/23 school year	Availability of water	Jeremy Yettaw & Brad Shedd	Students and visitors to the schools	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?	Timelin e Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Review signage in serving lines and at vending machines for	Review nutrition information of snacks offered in addition to reimbursable meals for USDA compliance.	June each year for the following school year	By running nutritional information through the smart	Jeremy Yettaw	Students, teachers & administrators	Yes. Completed for 2022/23 school year.

healthy meal & snack information	Check serving lines for signage promoting healthy dietary choices		snack calculator found at: https://foodplanner.healthiergeneration.org/calculator/			
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