

**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 1: General Information

School(s) included in the assessment: **Engadine Consolidated Schools**

Month and year of current assessment: **October 2024**

Date of last Local Wellness Policy revision: **May 2021**

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? **Once a year**

School Wellness Leader:

Name	Job Title	Email Address
Nichole Huffman	Food Service Director	nhuffman@eupschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Andrew Alvesteffer	Superintendent	aalvesteffer-ecs@eupschools.org
Heather Luoto	K-12 Administrator	hluoto@eupschools.org
Leah Rodriguez	K-12 PE & Health Teacher	lrodriguez@eupschools.org
Deb DeWyse	Student Services Coordinator	ddewyse@eupschools.org
Kathy Mulholland	Lunchroom Aide	Kmulholland-ecs@eupschools.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.

We have compared our wellness policy to the Michigan State Board of Education Model Local School Wellness Policy and we use this plan as a model for our policy. Engadine Consolidated Schools has a policy that complies. The District also has adopted Policy 8510, with its last revision of May 12, 2021, that addresses wellness at a district level.

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: Engadine Consolidated Schools

Date: October 2, 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.	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.	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
Food and Beverages will not be used as a reward for students	Address it at the back-to-school meetings Email teacher's info on this. Check in throughout the year.	August/September of each year	Talk with staff throughout the school year.	Food Director & Superintendent	Teachers, staff and students	Yes

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?
Students will be provided with daily Brain Break in grades 7-12	Educate Students and parents the importance of being active.	August/September of each year	Checking in with teachers to see what kind of physical activity they are doing.	Principals	Students & Staff	Yes
PE Teacher will provide weekly physical movement lessons for K-9	Educate Students and parents the importance of being active.	August/September of each year	Checking in with teachers to see what kind of physical activity they are doing.	PE Teacher	Students & Staff	Yes
All PK-6 students will have two recess breaks per day.	Educate Students and parents the importance of being active.	August/September of each year	Checking in with teachers to see what kind of physical activity they are doing.	PK-6 th Teachers	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?
Physical Activities in class throughout the day	Allow the kids to get up and Stretch throughout the day.	August/September of each year	Check in with teachers by email and verbally	Principals	Students & Staff	Yes
All PK-6 students will have two recess breaks per day.	Mid-day and afternoon recess	August/September of each year	Schedules of recess times	Classroom Teachers PK-6	Students & Staff	Yes
PE Teacher will provide weekly physical movement lessons for K-9	PE lessons K-9 with PE Teacher	August/September of each year	Monitoring of lesson Plans	PE Teacher & Principals	Students & Staff	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?
Make sure all food and beverages meet the Smart Snack guidelines	Education on Healthy food and Beverages. Making sure everyone knows what is the guidance for Healthy snacks.	August/ September of each year	Posters up in the School helping to identify how to determine Healthy foods and drinks. Educated by examples of eating Healthy.	Food Director & Superintendent	Students & Staff	Yes
Provide all staff with Policy 8510, Wellness	Make sure each staff member has copy of Policy 8510	September of each year	Policy is included in staff handbooks	Principals	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?
To get more students to eat healthier and make healthy food choices.	Taste testing for new foods The importance of eating Breakfast and lunch is to their bodies and minds. Providing Fresh Fruits and Vegetables Program for all PK-6 Teachers request healthy snacks for parties/reward programs Chocolate milk grant for 7-12 athletes	August/ September of each year	Get some different kinds of healthy food and let them try it. Poster in Cafeteria telling the importance of eating lunch and Breakfast is to them. FFVP compliance documents	Food Director & Superintendent	Students, Staff and Coaches	Yes

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