

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

**Local Wellness Policy:  
Triennial Assessment Summary (April 4, 2024)**

**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: All Midland Public Schools

Month and year of current assessment: April, 2024

Date of last Local Wellness Policy revision: June, 2021

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

[School Wellness Policy](#)

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually, if needed

School Wellness Leader:

Name	Job Title	Email Address
Viloshinee Murugan	Curriculum Specialist	muruganv@midlandps.org

School Wellness Committee Members:

Name	Job Title	Email Address
Tina Malzahn	Food Service Director	Malzahnta1@midlandps.org
Penny Miller-Nelson	Superintendent	millerpm@midlandps.org
Jeff Jaster	Associate Superintendent	jasterjd@midlandps.org
Eric Albright	Athletic Director MHS	albrightet@midlandps.org
John Streeter	Athletic Director HH Dow	streeterje@midlandps.org
Jen Servoss	Curriculum Specialist	servossjl@midlandps.org
Yang Jiao	DEI Director/Parent	jiaoy@midlandps.org
Melissa Toner	Curriculum Specialist	tonerma@midlandps.org
Tiela Schurman	Principal, MHS & Parent	schurmanta@midlandps.org
Scott Cochran	Principal, HH Dow & Parent	cochranjs@midlandps.org
Matt Wenzell	Assistant Principal, MHS & Parent	wenzellmb@midlandps.org
Katelyn Beurer	Principal Woodcrest Elementary & Parent	beurerka@midlandps.org
Margaret Doan	Principal, Plymouth Elementary & Parent	doanmm@midlandps.org
Tracy Renfro	Principal, Adams Elementary	renfrot@midlandps.org
Paul Schroll	Principal, Siebert Elementary	Schrollpa@midlandps.org
Kara Stark	Principal, Central Park Elementary	starkkm@midlandps.org
Chris Waha	Principal, Chestnut Hill Elementary	wahacj@midlandps.org
Ben Doan	Supervisor, Special Education	doanbg@midlandps.org
Justin Chase	PE Teacher, Secondary	chasejr@midlandps.org
Hayden Klein	PE Teacher, Elementary	kleinhj@midlandps.org
Jacob Maloney	PE Teacher, Elementary	maloneym@midlandps.org
Alyss Merica	PE Teacher, Elementary	mericaam@midlandps.org
Amanda Gallier	PE Teacher, Elementary	galliera@midlandps.org
John Volmering	PE Teacher, Elementary	volmeringje@midlandps.org
Michael Donovan	Health Teacher	donovanmc@midlandps.org
Matt Schurman	PE/Health Teacher & Parent	schurmanms@midlandps.org
Marnie Williams	Health Teacher	williamsma@midlandps.org
Matt Wenzell Jr.	Student, MHS	mattwenz25@midlandps.org
Amy Jaster	Community Member	amjaster@gmail.com

### 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 a Board Policy for our wellness policy. We have compared ours with the Michigan State Board of Education Model Local Wellness Policy and we have similar parts. Our policy explains all of the parts that we need to be doing as a district. We will attach our goals to the website for the wellness committee to continually check our progress.

### 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: Midland Public Schools Date: 5-25-2021

**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>
Food and beverages will not be used as a reward for students.	Discuss changes at back-to-school staff training. 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"> <li>Verbal check-ins with staff to ensure compliance.</li> </ul>	Principal	Teachers, staff, students	Yes
Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education	Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias.	Beginning and during school year	Walk through and documentation of activities to promote nutrition	Principal, Food Service Department	Teachers, staff, students	Yes

**Physical Activity 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 students will have access to PE classes	PreK-5 <sup>th</sup> grade will have an hour of PE each week. 6-12	Each school year	Master Schedule	Curriculum Specialist	All students preK-12	Yes

	will have the option of taking PE classes					
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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> ?
Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors	Nutrition education in the cafeteria, classrooms	During school year	Records of activities	Food service, teachers	Teachers, Students, staff	Yes

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> ?
The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus <sup>1</sup> during the school day are consistent with federal and state regulations.	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).	Back to school	Monthly walk through for compliance	Principals, Food Service Department	Teachers, staff, students	Yes

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).	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.	Beginning of school	Verbal check ins with staff	Principals	Students, staff	Yes

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>
It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging.	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.	Beginning of School year	Monitoring areas in building that market	Principals	Teachers, staff, students	Yes