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

Local Wellness Policy: Triennial Assessment Summary DEXTER COMMUNITY SCHOOLS

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:

Dexter High School, Lou Ceriani, Mill Creek Middle School, Creekside Intermediate, Wylie Elementary, Dexter Early Education Complex

Month and year of current assessment: April 2025

Date of last Local Wellness Policy revision: 8/1/2024

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

https://dexterschools.diligent.community/home/policies/policydoc/71240064-f300-423e-8fb8-b13a731b0ea9

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Jennifer Mattison	Food & Nutrition Director, parent	mattisonj@dexterschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Barb Leonard	Executive Director of Human Resources	leonardb@dexterschools.org
Kelly Bauer	Physical Education Teacher	bauerk@dexterschools.org
Rachel Hervey	Assistant Principal, DHS	herveyr@dexterschools.org
Roxanne Maze-Frick	Assistant Director F&N	mazer@dexterschools.org
Rachel Piersol	School Nurse, parent	piersolr@dexterschools.org

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 Thrun 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 previous versions of our 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: Dexter Community Schools Date: 4/17/25

1 - 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?
All students will receive nutrition education annually that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Teaching healthy eating behaviors will be part of the curriculum.	Teachers are following K12 national and state standards and Society of Health And Physical Educators, as well as Michigan Merit Curriculum health standards. F&N includes information about local food items and health eating patterns for students on a daily basis.	Ongoing	1) Progress monitoring and curriculum alignment 2) Self-monitoring reviews and kitchen manager meetings	1) Curriculum Director and Principals, PE/Health teachers 2) F&N Director and Assistant Director	Teachers, staff, students	Yes
The District promotes healthy food and beverage choices for students. DCS will implement evidence-based healthy food promotion techniques through: offering school meal programs	F&N follows all USDA guidelines for the School Breakfast Program and National School Lunch Program.	Ongoing	Self-monitoring reviews, MDE Administrative Reviews	F&N Director	Staff & Students	Yes

The District promotes healthy food and beverage choices for students. The District will implement evidence-based healthy food promotion techniques through: publicizing foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards. The District will collaborate with public and private entities to promote student wellness.	F&N has a local food procurement program where locally sourced foods are promoted with marketing and nutrition education. Garden Club at Creekside Integrating student classes at Dexter Wellness Center Social Media posts to promote nutrition awareness	Ongoing	Quarterly survey with MDE as required for the 10 Cent grant Garden Club progress is measured by student participation Collaboration and review with the Communication Department, F&N, and teachers.	F&N Director, Teachers, Communication Dept.	Students, Community, Staff	Yes
The District will make water available to students throughout the school day.	Water filling stations and drinking fountains located in all buildings	Ongoing	Monitored for routine maintenance and functionality	B&G	Students, Staff	Yes

2 - 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?**
Physical education instruction will be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.	Lesson plans will include state standards.	Ongoing	Student data	Teachers	Students, teachers	Yes
Students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and an understanding of the benefits of a physically active and healthy lifestyle.	• Students are offered recess, PE, and health classes • Walk/Roll to school day • Fun run fundraisers • Unified sports offered to all students	Ongoing	Lesson plan and student schedule review Participation monitored	Teachers, Administrators	Students, Teachers, Administrators, Families, Community Members	Yes

The District strives to provide physical activity breaks for all students, including recess for elementary students and before and after school activities, and encourages students to use active transport (e.g., walking, biking).	Before school running clubs Walk/Roll to school day Bike racks available at all schools Morning and afternoon weight training available The District provides additional physical activity opportunities through Rec & Ed classes. Students and staff are offered a discounted membership rate at Dexter Wellness Center	Ongoing	Participation monitored	Community Ed Director, Teachers, Administrators, and District	Students, staff, community members	Yes
The District encourages parents/guardians to support their students' participation in physical activity, to be physically active role models, and to include physical activities in family events.	District wide communication and promotion of available activities District provides wellness center access for student and community use	Ongoing	Participation monitored	Communications Department, Community Ed Director,	Students, Families, Staff	Yes

3 - 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?**
The District will allow other health-related entities to use school facilities for activities such as health clinics, screenings, and wellness events	• Hearing, vision and dental screenings offered as a service to families, collaboration with local health department for some services • Blood drives, CPR classes • Fun runs, Walk/roll to school events • District facilities available for community use	Ongoing	Screening tracked via state required monitoring, MCIR Participation monitored	Community Ed Director, Teachers, Administrators, and District	Students, staff, community members	Yes
The District will also use evidence-based strategies to develop, structure, and support student wellness.	F&N will employ strategies to encourage healthy, balanced selections including: utilizing product location strategies menu efforts attractive signage and promotion The District will work to provide the following: • communication of school-based and community-based wellness events • District facilities for community use • integration of wellness learning opportunities throughout the curriculum					
The District will also use environments conducive to healthy eating, physical activity, and conveying consistent health messages	• F&N will utilize local food items and nutrition education to encourage students to include those as part of their meal. • F &N will employ attractive signage to encourage students to make balanced selections. • The District will include activity walks to encourage increased physical activity.	Ongoing	Participation monitored	F&N Director, Teachers, Communication Dept.	Students and staff	Yes

The District will make reasonable efforts to collect unpaid meal charges of current students.	The building principal or designee will contact households about unpaid meal charges and may establish payment plans. If collection efforts are unsuccessful, the District may pursue any other methods to collect delinquent debt of current students as allowed by law. Unpaid meal charges of inactive students that are not collected by the end of the school year will be classified as bad debt. No later than December 31 or the following school year, non-federal funds will be used to reimburse the school meal program for the amount of bad debt.	Ongoing	Periodic review of student balances in Meal Magic	F&N Director, Business Office, Administrators	Student families, Staff, Administrators	Yes
The district will strive to eliminate any form of "lunch shaming."	F&N will work with student families and Administrators to address negative student balances and prohibits: • requiring a student who cannot pay for a school meal or who has unpaid meal charges to wear a wristband or handstamp • requiring a student to dispose of a meal after it has been served because the student cannot pay for the meal or has unpaid meal charges • communicating directly with a student about unpaid meal charges unless the District has attempted but has been unable to contact the student's parent/guardian by telephone, e-mail, or other written or oral communication • requiring a student to perform chores or other labor to pay a student meal debt • discussing a student's unpaid meal charges in the presence of other students	Ongoing	Observation	F&N Director, Administrators	Students, Student Families, Staff, Administrators, F&N	Yes

4 - 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?**
All foods and beverages sold on the school campus during the school day—including meals, snacks, and items sold à la carte or in vending machines—meet USDA nutrition standards and promote student health.	• Collaborate with food service staff and vendors to ensure only compliant items are available for sale. • Communicate nutrition standards to students, families, and staff to build awareness and support. • Regularly update menus and product lists to reflect compliance and student preferences.	Ongoing	Maintain documentation of approved product lists and any corrective actions taken Monitor student participation rates in school meals as an indirect indicator of meal quality and appeal.	F&N Department	Staff, students, F&N	Yes
The District will also: participate in state and federal child nutrition programs as appropriate;	Regularly update menus and product lists to reflect compliance and student preferences.	Ongoing	Monitor program as required by MDE and USDA	F&N Department	Staff, students, F&N	Yes
The District will ensure that students have access to foods and beverages that comply with applicable laws and guidelines including, but not limited to the USDA Nutrition Standards for School Meals and the USDA Smart Snacks in School nutrition standards.	F&N follows all USDA and MDE guidelines for the School Breakfast Program and National School Lunch Program.	Ongoing	Self-monitoring reviews, MDE Administrative Reviews	F&N Director	Staff & Students	Yes

The District will offer students a variety of age-appropriate, healthy food and beverage selections including fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements to promote student health and reduce childhood obesity.	F&N follows all USDA and MDE guidelines for the School Breakfast Program and National School Lunch Program.	Ongoing	Self-monitoring reviews, MDE Administrative Reviews	F&N Director	Staff & Students	Yes

5 - 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?**
Snacks and beverages provided during classroom celebrations, rewards, or school-sponsored events, support healthy eating habits and align with the intent of the Smart Snacks standards	• Create a list of approved healthy snacks and non-food reward ideas. • Sharing guidance with staff and families at the beginning of the school year and periodically throughout. • Encouraging alignment with district wellness policy expectations.	Ongoing	Observation, feedback form students and staff	F&N, Teachers, Principals	Students, staff, community	Yes

6 - 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?**
Market and advertise only foods and beverages that meet the Smart Snacks nutrition guidelines	Classroom and Building newsletters, announcements, social media posts	Ongoing	Monitoring of F&N sales	F&N, Administrators, Teachers	Teachers, Staff, Students	Yes
In-school fundraising events must comply with Policy 5501 and MDE's Non-Compliant Food Fundraiser Guidance	All groups wishing to hold a fundraiser involving food must check with both the building principal and the F&N Director.	Ongoing	USDA Food Fundraiser trackers	F&N	Administrators, Staff, Students	Yes