

**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:

Flushing Community Schools

Month and year of current assessment: 10/25

Date of last Local Wellness Policy revision: 10/7/25

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

<https://go.boarddocs.com/mi/flush/Board.nsf/Public?open&id=policies#>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Triennial Assessment

School Wellness Leader: We are in the process of re-organizing due to many staff changes.

Name	Job Title	Email Address
Sonia Shortz	Food Service Director	Sonia.shortz@flushingschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Jason Melynchek	Deputy Superintendent	jason.melynchek@flushingschools.org
Lesley Bates	School Nurse	lesley.bates@flushingschools.org
Mack Burba	Student	mack.burba@students.flushingschools.org
Lily Coleman	Student	lily.coleman@students.flushingschools.org
Kevin Foltz	Principal	kevin.foltz@flushingschools.org
Andrew Gagne	Social Worker	andrew.gagne@flushingschools.org
John Hagens	Principal	john.hagens@flushingschools.org
Todd Lindstrom	Teacher	todd.lindstrom@flushingschools.org
Rebecca Rayburn	Teacher	rebecca.rayburn@flushingschools.org
Alexis Sharpe	Parent	alexis_w39@yahoo.com

Lisa Thomas	Parent	lsummerfield33@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.

Flushing Community Schools wellness policy is modeled after NEOLA Policies. The NEOLA policy for wellness in Michigan is modeled after the State Board of Education Model Local Wellness Policy.

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: Flushing Community Schools

Date: October 7, 2025

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
All students will receive Nutrition education Annually that is aligned with the Michigan Health Education Grade Level Content Expectations and the MMC Guidelines for Health Education. Teaching healthy eating behaviors will be part of the curriculum.	a) Continue to apply MDE standards b) Curriculum requirements for 7 th grade Life Skills class and HS health class c) Offer grade appropriate handouts and communication regarding Healthy Choices, cafeteria offerings, etc	Ongoing	- School Lunch Records - Course Curriculum in Life Skills and HS Health - Cafeteria promotion materials	Principal	Teachers, staff, students	Yes
The district will make water available to students throughout the school day.	Students will have access to drinking fountains and filling stations. Students will have access to water fountains throughout the school day	Ongoing	Will be verified through committee meetings	Principal Director of Food Service Teachers	Administration Teachers Staff Students	Yes
Flushing Community Schools promotes healthy food and beverage choices for students and staff. The district implements healthy meal programs	- Meal programs meet and/or exceed USDA nutritional guidelines - Fresh fruits and vegetables are available in the cafeteria daily and students are encouraged to choose at least one per meal	Ongoing	Printed Menus Menus posted on school website Records of daily production menus and record of participating for reimbursable meals	Director of Food Service	Food service staff Students	Yes

and publicizes foods and beverages selections that meet or exceed the USDA Smart Snacks and School nutrition standards.	- Ensure what little vending machines we have at FHS are on timers during the appropriate times during the day - Marketing/signs for smart snacking					
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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?
Commit2Fit (FHS)	Promotion and schedule activities around Commit2Fit program	March of each school year	Weekly Log of Activities	Nicole Lord	All staff and students	Yes
Elms Running Club	After School Running Program	April and May	Student Participation	Lori Marshall	3 rd -6 th grade students	Yes
CRIM Running Club (Central)	Summer Running Program	June – August	Student Participation	Ryan Lisek	3-6 th grade interested students	Yes
Primary Prevention Visit (ECC)	Movement is Medicine Program	April and May	Student Participation	Donna Zook	All students	Yes
Turkey Trot (ECC)	Day before Thanksgiving activity program	November	Student and Staff participation	Chelsea Morse/ Nicole Stead	All students and staff	Yes
Move it Monday (FMS)	Every Monday during Advisory	S/O/N and A/M/J	Student and Staff participation	Amy Lintz	All students and Staff	Yes
Winter Running Club (FMS)	After school one day per week	January - March	Student and staff participation	Justin Decker	All students and Staff	Ongoing

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?
FHS Wellness Club	Monthly Meetings to track progress and organize activities	September – June	Student Participation	Nicole Lord	All FHS Students who participate in the club	Yes
Kids Heart Challenge (ECC and all elementary buildings)	All classes participate during PE as part of the American Heart Association program & Jump rope for heart program	February & March	Student Participation	Staff	All Students	Yes
Mindful Wall (ECC)	Monthly Lessons and Activities	September – June	Student Participation	Krist Thuma	All Students	Yes
Poker Walk (FMS)	Monthly walking activity for staff before school	September – June	Staff Participation	Jen Morrison	All Staff	Yes
Color Run (Central & Elms)	Planning Meetings – Event happens in the spring	April	Student and staff participation	Lindsay Rowland PTA	All Students and Staff	Yes
Building Health Communities (ECC and all Elementary Buildings)	A program to help enhance our school's health environment. There are daily health announcements as well as monthly lessons and videos for teachers to share with students. It also included new recess equipment.	September-June	Student and staff participation	Building Principal	All students and staff	Ongoing
Dance Party Assemblies (ECC)	Dance parties to celebrate good behavior and follow expectations through dancing	September & March	Student and Staff participation	PPSC Team	All student and Staff	Ongoing

Summer Sports Camp (District)	Create a multi-sport camp for District students in Grades 3-8	June	Student and Staff participation	Shawn Andrews	Students and High School Coaches	Ongoing
Kangaroo Kids Jump Rope for Heart (Elms)	A performance group that promotes healthy heart initiative	January-April	Student and Staff participation	Lori Marshall	Students and staff	Ongoing
Raider Fitness Club for secondary students	Weight room is available four days per week after school for use by High School and Middle School students.	Year round	Student participation	Shawn Andrews	Students	Ongoing

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 will work to ensure that students have access to foods and beverages that comply with the USDA Nutrition Standards for School Meals and the USDA Smart Snacks in School nutrition standards	- All food, snacks and beverages are in compliance with the USDA	Ongoing	Food purchase invoices, menus and records	Food Service Director	Food Service Director, Food Service Staff	Ongoing
All fundraisers and student food sales meet smart snack guidelines	Any food sold by student groups needs approval from Principal or Deputy Superintendent and be approved with Child Nutrition Supervisor to make sure we are following smart snack guidelines	Ongoing	Building principal oversees fundraisers in their building. Principal knows what is permitted.	Principal and Teachers	Staff and Students	Ongoing

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?
The district implemented a policy in 2019 that no outside food or beverages would be allowed into classrooms for classroom birthday celebrations in our elementary buildings.	Continue to educate our parents on our policy. By enacting this policy, the district has considerably reduced the number of unhealthy foods coming into the building for celebrations	Ongoing	By observing students handing out pencils or other non-food items to celebrate a child's birthday.	Principal	All students, staff and parents	Yes
We have a policy that does not allow food delivery services to bring food to buildings during school hours.	Clearly communicate the policy to our students and parents. Doordash, Uber Eats, etc. are not allowed to bring food to our secondary schools during lunch time	Ongoing	No outside food vendors coming on school property	Principal Building Security	All students, staff and parents	Yes

List of smart snack items preferred for class parties and events	Documents shared with teachers to share with parents	January 1, 2026	Teacher	Principal and Teachers	Staff and Students	Will be ongoing
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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?
Follow all Board Policy established regarding marketing anything on school property	Ensure that Board Policy is followed related to all marketing of outside products, services, etc.	Ongoing	By seeing what is being advertised in and around the district	Deputy Superintendent, Principals	Local Businesses	Yes
Follow established board policy regarding marketing anything on school property	Ensure that board policy is followed related to all marketing products and services	Ongoing	Checking advertisements in and around the district	Deputy Superintendent and Principals	Local Business	Ongoing