

**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](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)

## Section 1: General Information

School(s) included in the assessment:

Constantine Public Schools – High School, Middle School, Riverside Elementary, Eastside Elementary

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Month and year of current assessment: May 2024

Date of last Local Wellness Policy revision: April 2021

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

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? One a year

School Wellness Leader:

Name	Job Title	Email Address
Tracie Barnes	Parent/Food Service	tbarnes@constps.org

School Wellness Committee Members:

Name	Job Title	Email Address
Diane Northrup	Food Service Director	dnorthru@constps.org
Diana Mortensen	Grandparent	<a href="mailto:dmortensen@constps.org">dmortensen@constps.org</a>
Denise Forrester	Parent	
Becky Sassaman	Food Service	beckyatmottville@gmail.com
Joe Holloway	Superintendent	Jholloway@constps.org
Dave McGee	PE Teacher/AD	dmcgee@constps.org
April McQueen	Parent	

### 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.

Overall, the Wellness Policy of Constantine Public Schools align with the goals expressed in the Michigan State Board of Education Model Local School Wellness Policy. The district is looking to enhance the implementation and monitoring of the compliance of goals within the category.

Our school foodservice continues to improve each year. Foodservice is now working with several local farms, VallyHub, and Tom Maceri Produce Company to provide more local produce in each school. They are actively using the 10 cent a meal grant from MDE. They are holding several cooking/tasting events, offering more food education and now offering Global Eats program at the high school. These programs offer the kids an opportunity to try foods they might not get at home.

We continue to look at recess before lunch and to offer more physical activities at both the middle school and high school. The wellness policy is detailed and again will be shared with the staff at the beginning of each school year. There is a copy of the wellness policy and updated assessments on the school website.

## 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: Constantine Public Schools

Date: 5/1/24

### 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>
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
Continue Try It Fridays	Introducing students with a variety of fresh and different vegetables/fruits cooked in various ways	Continue each year	Survey and talk to the kids Watch to see if participation goes up during the year	Kitchen Staff	Staff and Students	Will continue each school year
Promote National School Breakfast and Lunch Weeks	Promotes new food ideas during those weeks	October and March of Each Year	Measured by active participation	Kitchen Staff	Staff and Students	Will complete each school year
The district will make water available daily	Students will have access to either water fountains or water service area in the cafeteria. The students will have access to water fountains throughout the day.	Discuss Annually	Measured by kitchen staff and self-monitoring reviews	Principal and Director of Food Service	Staff and Students	Will complete each school year
Café Nutrition Promotion and Healthy Marketing	Promote proper nutrition marketing materials in each kitchen. Farm to School Labels Nutrislice menu and food analysis access to all students and staff Café nutrition labels where applicable	Discuss Annually	Café monitoring Menu analysis Student tasting and events	Director of Food Service	Staff and Students	Will complete each school year

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>
Provide access to interscholastic Students k-12	We will have communication to our parents about interscholastic activities and encourage students to engage and sign up.	Start of next year	Ensure proper communication gets out to parents by email every season. Monitor how many students are engaging in sports	Athletic Director	Students and families	Ongoing

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>
All foods offered on school campus during the school day shall comply with USDA guidelines including competitive foods and classroom snacks	<ul style="list-style-type: none"> <li>- Provide a list of smart snacks and USDA approved alternatives for snack-based items and treats.</li> <li>- Provide access to the smart snack calculator to all staff to ensure the items served are compliant</li> </ul>	Start of each school year	Monitor items all classroom parties	Staff and Food Service Employees	Students	Will complete each school year
Participate in state and federal nutrition programs as appropriate	<ul style="list-style-type: none"> <li>- National School Breakfast and lunch program, CACFP and Summer Food Program</li> </ul>	Ongoing	Participation and Production Charts	Director of Food Service	Food Service Staff, Students, Families and Community	Will complete each school year

<p>Create environments conducive to healthy eating, physical activity and conveying consistently healthy living messages</p>	<ul style="list-style-type: none"> <li>- Cafeteria Spaces</li> <li>- Gyms</li> <li>- Playgrounds</li> </ul>	<p>Ongoing</p>	<p>-Observation and participation in NSLP (meals served records)</p>	<p>Principals, Director of Food Service, Teachers</p>	<p>Food Service Staff, Students, Families and Community</p>	<p>Will complete each school year</p>
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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 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.	All snacks and beverages available to students throughout the school day will comply with the USDA Smart Snack Standards – which we will track and monitor	Ongoing	Purchases, Invoices, Production records, Monitoring sites. Providing staff with proper tools to ensure everything is to the correct standard.	Food Staff, Principals	Students and Staff	Will complete each school year
The district will offer students a variety of age-appropriate, healthy foods and beverages selections including fruits, vegetables and whole grains aimed at meeting the nutrition needs of students within their calorie requirements to promote students' health and reduce childhood obesity.	<ul style="list-style-type: none"> <li>-Smart snack approved items for ala carte or vending machines.</li> <li>-Offer a variety of fruits and veggies</li> <li>-Cafeteria sampling of new fruits and veggies along with healthy recipes</li> </ul>	Ongoing	Purchase invoices, production records, menus, schedule of food promos	Food Service Staff	Students and Staff	Will complete each school year

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>
Limit candy as an incentive – Discourage the use of unhealthy foods and beverages as a reward or incentive for performance or behavior	Provide a list of approved snacks along with access to the smart snack calculator	Ongoing	Verify with the principals	Principal	Students and Staff	Ongoing

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>
Promote Smart Snacks on Campus	Give staff a list of Smart Snacks and the Smart Snack Calculator. Could be used as an activity for students.	Ongoing	By participation	Teachers and Advisors	Students	Ongoing