

**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 High School, Constantine Public Middle School, Riverside Elementary, Eastside Elementary

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Month and year of current assessment: April 2021

Date of last Local Wellness Policy revision: 2017

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

<https://go.boarddocs.com/mi/const/Board.nsf/Public#>

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## Section 2: Wellness Committee Information

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

School Wellness Leader:

Name	Job Title	Email Address
Tracy Barnes	Food Service/Former Parent	<a href="mailto:tbarnes@constps.org">tbarnes@constps.org</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Diane Northrup	Food Service Director	<a href="mailto:dnorthru@constps.org">dnorthru@constps.org</a>
Diana Mortensen	Grandparent	<a href="mailto:dmortensen@constps.org">dmortensen@constps.org</a>
Cris King	Parent	<a href="mailto:cking@constps.org">cking@constps.org</a>
Denise Forrester	Parent	
Becky Sassaman	Food Service	<a href="mailto:Beckyatmottville@gmail.com">Beckyatmottville@gmail.com</a>
James Wisely	Superintendent	<a href="mailto:jwisley@constps.org">jwisley@constps.org</a>
David McGee	PE Teacher	<a href="mailto:dmcgee@constps.org">dmcgee@constps.org</a>

### 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
- XX WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

Our district Wellness Policy has a great foundation but there are areas of improvement. The district needs to look into Farm to School, a school garden and what it entailed, and healthier fund raising options.

We should look at recess before lunch – we have found in our district there is less physical education required for older students.

Our wellness policy is detailed but needs to be addressed to the Staff at the beginning of each school year. This will refresh the policy to the existing staff as well as the newly hired.

These policies should be given to the club advisors, parents and students for their input and compliance.

## 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: 4/13/21

### 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.	<ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
Bring Back Try it Fridays	Introducing students with a variety of fresh and somewhat unique vegetables and fruits cooked in various ways	School year 2021	-Survey to students and participation	Kitchen Staff	Staff and Students	Will complete during the 2021 School Year
Revamp Cafeterias with new artwork	Food service will order new food pyramids to display in the cafeterias. They will also display artwork of fresh fruit and vegetables	School year 2021	-Visual Compliance	Kitchen Staff	Staff and Students	Fall 2021
Promote National School Breakfast and Lunch weeks	Promotes new food ideas during those weeks and also hand out activity worksheet that are related to healthy foods. Also hand out fun education premiums – such as broccoli erasers.	Oct and March of each year	-Measured by active participation	Kitchen Staff	Staff and Students	2021
Taste Testing at Schools	Use of the Smoothie Bike, Mood Boost Program, Student Choice Program and support Health Fair	Fall of 2021	-Student Participation, Survey Students	Kitchen Staff	Staff and Students	2021

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>
Improve students' physical activity and movement during lunch.	Open the gym to students after they are finished eating as a walking track	2021	Participation	Principal and Staff	Teachers and Students	

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>
Minimum of 20 minutes for each meal period	-Would like to see recess before lunch	2021	Food waste	Principal	Teachers and Students	
Parents can dine with their student	-Invite parent for lunch using the menus to promote this.	2021	Participation	Principal and Kitchen Staff	Parents, Students and Staff	
Dinner at all Schools	-Continue to offer Dinner at all locations.	2020	Participation	Kitchen Staff	Kitchen Staff, Teachers, and Students	

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>
Smart Snack only during the school day and 30 minutes after	-Get a list of smart snacks to the Club Advisors for fundraising. Making sure there is no competition with NSLP during meal periods.	2020	-Fundraisers throughout the year	Club Advisors	Students	
Encourage Boosters to offer healthier choices in concessions stands	-Along with selling normal snacks they could also sell healthier options.	2021	-Sales and consumption	Boosters	Community	

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	Try and offer smart snacks or non-food incentives to students such as extra recess	2021	Student perception	Teachers	Student and Staff	

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 on Smart Snacks on Compass	Give staff a list of Smart Snacks and the Smart Snack Calculator. Could be used as a activity for students	2021	By participation	Teachers and Club Advisors	Students	