Michigan Department of Education
Office of Nutrition Services
School Nutrition Programs

Local Wellness Policy:
Triennial Assessment Template Plan

Background – Why do sponsors have to do this?

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. The wellness committee must review the policy every year to ensure progress is being made on the district's wellness policy and procedures. Every three an assessment of the local wellness policy called the "triennial assessment" must be completed.

Purpose – What is the purpose of this document?

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:

(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 – What do sponsors do with the assessment when it is completed?

□ A copy of the assessment must be made available to the public.

The LEA decides how the assessment is made available. Many LEAs 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 requested when you have a School Nutrition Program administrative review.*

Resources

USDA Local School Wellness Policy website: https://www.fns.usda.gov/tn/wellness-policy

MDE Local School Wellness Policy website: https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html

Section 1: General Information

School(s) included in the assessment:

Carter Elementary, Kuehn-Haven Middle School, Hill McCloy High School and Choice Alternative

Month and year of current assessment: March 2026

Date of last Local Wellness Policy revision: May 19, 2025 Last Triennial: January 2023

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

www.montroseschools.org, go to the food service and transportation link, then wellness policy. Can also search under policy, then wellness policy.

Section 2: Wellness Committee Information

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

School Wellness Leader:

Name	Job Title	Email Address
Angie Florian	Food Service Director	aflorian@montroseschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Angie Oliver	PE teacher	aoliver@montroseschools.org
Kristen Rumsey	PE teacher	krumsey@montroseschools.org
Shayne Mishler	AD/Parent	smishler@montroseschools.org
Stacy Delay	Parent/Café Staff	sdelay@montroseschools.org
Cassandra Jackson	Asst. Superintendent	cjackson@montroseschools.org
Shaun Brewer	Principal	sbrewer@montroseschools.org
Shawna Birchmeier	Principal	sbirchmeier@montroseschools.org
Casey Schaub	Primcipal	cschaub@montroseschools.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.

The district wellness policy is reviewed annually by Neola and is comparable to most schools in our area. All updates are adopted annually as needed by our board of education. It was last revised on May 19, 2025.

Section 4. Compliance with the Wellness Policy and progress towards goals

At a **minimum**, local wellness policies are required to include:

- One (1) specific goal for each area:
  - Nutrition promotion
  - Nutrition 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 Snack standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., 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 Snack 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.

Tip: When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve. Include detailed and well-defined language.
- **Measurable:** Define numbers and quantities of the progress.
- **Attainable or Achievable:** Determine what is feasible.
- **Realistic or Relevant:** Consider resources, personnel, cost and time, and determine what can reasonably be accomplished.
- **Timely**: Identify deadlines or timeframe to complete the goal.

Michigan Department of Education
Local Wellness Policy Assessment

School Name: Montrose Community Schools Date: 3/17/26

Nutrition Promotion 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
Students can bring in bottled water from home.	1. Teachers reach out to families regarding allowing water bottles in classrooms. 2. Purchase with grant money refillable water stations at each school.	Ongoing	- How much water stations are being used by the number on the stations. - Student participation	Building Principals	Teachers Students	Yes
Nutrition education included in the health curriculum and instruction related to the standards and benchmarks.	1. Certified health teacher. 2. Fuel for Sport- added an 8 week student sport nutrition class & highlighted healthy snacks each week. Had a female and a male class on Wednesdays/Thursdays	Jan/Feb/Mar 2026	- Pre and Post test for Nutrition. - Questioning students throughout the class to see how eating better has improved their performance.	Angie O. Angie F. Shaun B.	Teachers Students	Yes

Nutrition 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?
Nutrition education posters displayed in the café	1. New décor in the Carter Café in 2026. New décor in HS.MS café in 2023. 2. New posters purchased	June 2026	Ongoing	Angie F.	Staff	Yes

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?
Schools must provide at least 20 minute of active daily recess to all elementary students	1. Scheduled daily – each class 2. Extra recess is granted at times	Ongoing	Daily	S. Brewer	Students Staff Teachers	Yes

Planned instruction in PE outside of the school day	1. Many activities are available to all students (wrestling, basketball, football, cheer, baseball, etc.) 2. Flyers are handed out. 3. Announcements made	Ongoing	Students involved in activities	S. Mishler S. Brewer	Students Staff Teachers	Yes
Highly qualified teachers shall provide all instruction in physical education.	1. All PE staff are highly qualified.	Ongoing	Teacher certification	S. Brewer M. Kilbourne	Teachers	Yes

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?
Schedule meal times so there is minimum disruption by schedules, recess and other events	1. Principals look at schedules annually and semi-annually	Ongoing	Schedule of lunch times	S. Brewer S. Birchmeier C. Schaub	Students Ad Staff Teachers	Yes
The school uses an electronic identification and payment system	1. Food service director purchases system appropriate for the district.	Ongoing	By the use of the meal magic system	A. Florian	Students Café staff	Yes

Evaluation of other areas:

Policy Area	Not Met (Name of Schools)	Partial Compliance (Name of Schools)	Full Compliance (Name of Schools)
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and Smart Snacks)			Carter Elementary Kuehn Haven Middle School Hill McCloy High School
Guidelines for other foods and beverages available on the school campus, but not sold		Carter Elementary Kuehn Haven Middle School Hill McCloy High School	
Marketing and advertising of only foods and beverages that meet Smart Snacks			Carter Elementary Kuehn Haven Middle School Hill McCloy High School