

**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:

Coloma Community Schools

Month and year of current assessment: 06/21/2023

Date of last Local Wellness Policy revision: 05/2022

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

<https://go.boarddocs.com/mi/colo/Board.nsf/goto?open&id=B5PGEV41AC19>

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

| Name             | Job Title | Email Address                                                          |
|------------------|-----------|------------------------------------------------------------------------|
| Shelley Mazigian | DDS       | <a href="mailto:smazigian@ccs.coloma.org">smazigian@ccs.coloma.org</a> |
|                  |           |                                                                        |

School Wellness Committee Members:

| Name                         | Job Title           | Email Address                                                        |
|------------------------------|---------------------|----------------------------------------------------------------------|
| Amy Pullins                  | Food Service Worker | <a href="mailto:apullins@ccs.coloma.org">apullins@ccs.coloma.org</a> |
| Terry Lampros                | Transportation      | <a href="mailto:tlampros@ccs.coloma.org">tlampros@ccs.coloma.org</a> |
| Sara Ashley/Business Manager | Parent              | <a href="mailto:sashley@ccs.coloma.org">sashley@ccs.coloma.org</a>   |
| April Gilson                 | Parent              | <a href="mailto:aprilgilson@gmail.com">aprilgilson@gmail.com</a>     |
| Dave Ehlers                  | Superintendent      | <a href="mailto:dehlers@ccs.coloma.org">dehlers@ccs.coloma.org</a>   |
| Teresa Paraz                 | PE Teacher          |                                                                      |
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### 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.

We use their model and just add a few items to apply to our school

## 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: Coloma Community Schools

Date: 06/21/2023

### Nutrition Promotion and Education Goal(s):

| <b>Goal</b><br>What do we want to accomplish?                                          | <b>Action Steps</b><br>What activities need to happen?                                                                                                                                                           | <b>Timeline</b><br>Start dates            | <b>Measurement</b><br>How is progress measured?                                                | <b>Lead Person</b> | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------|--------------------|--------------------------------------------------------------|------------------|
| Example:<br>Food and beverages will not be used as a reward for students.              | a) Provide teachers with list of non-food reward examples.<br>b) Discuss changes at back-to-school staff training.<br>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.<br>– Teacher survey at end of school year. | Principal          | Teachers, staff, students                                    | Yes              |
| Conduct a survey to determine stakeholder awareness of the district's wellness policy. | Develop the survey tool                                                                                                                                                                                          | 04/2023                                   | Survey tool created                                                                            | Committee          | Impacted students, parents , community members               |                  |
| Assessment of the Current Wellness Policy                                              | 1. Determine compliance of the current policy.                                                                                                                                                                   | 04/2023                                   | Summary report from each school building.                                                      | Superintendent     | Admin team                                                   |                  |
|                                                                                        |                                                                                                                                                                                                                  |                                           |                                                                                                |                    |                                                              |                  |
|                                                                                        |                                                                                                                                                                                                                  |                                           |                                                                                                |                    |                                                              |                  |

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### Physical Activity Goal(s):

| <b>Goal</b><br>What do we want to accomplish?                                  | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b>         | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|--------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|----------------------------|--------------------------------------------------------------|------------------|
| Gym and recess                                                                 | Students participating                                 | now                            | Class schedule                                  | Gym teacher and counselors | Principals, teachers, students                               | On going         |
| Physical activity should not be employed as a form of punishment or discipline |                                                        |                                |                                                 |                            |                                                              |                  |
|                                                                                |                                                        |                                |                                                 |                            |                                                              |                  |

### School-based activities to promote student wellness goal(s):

| <b>Goal</b><br>What do we want to accomplish?                                                                 | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b>         | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|----------------------------|--------------------------------------------------------------|------------------|
| Books and lessons                                                                                             | Purchase books                                         | ongoing                        |                                                 | Board of Ed and Principals | Students and staff                                           | Yes              |
| Schools schedule meal times so there is little disruption by recess, bus schedules and other special programs | Scheduling Priority                                    | Ongoing                        | Missed meal times                               | Principle                  | Students And Staff                                           | Yes              |
|                                                                                                               |                                                        |                                |                                                 |                            |                                                              |                  |

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

| <b>Goal</b><br>What do we want to accomplish? | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b> | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|-----------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|--------------------|--------------------------------------------------------------|------------------|
| Only serve compliant items                    | Follow recipes                                         | always                         | Menus                                           | Shelley and Leads  | students                                                     | On going         |
|                                               |                                                        |                                |                                                 |                    |                                                              |                  |
|                                               |                                                        |                                |                                                 |                    |                                                              |                  |

Guidelines for other foods and beverages available on the school campus, but not sold:

| <b>Goal</b><br>What do we want to accomplish?                                                                                                                                                                            | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b>                | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|-----------------------------------|--------------------------------------------------------------|------------------|
| All foods offered on school campus during the school day shall comply with the USDA guidelines including competitive foods that are available to students ala carte in the café, as classroom snacks or vending machines | Education of Staff, teachers, principals               | 01/2023                        | Monitoring                                      | Food Service Director, Principals | Parents, teacher and students                                | yes              |
|                                                                                                                                                                                                                          |                                                        |                                |                                                 |                                   |                                                              |                  |

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Marketing and advertising of only foods and beverages that meet Smart Snacks:

| <b>Goal</b><br>What do we want to accomplish? | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b>    | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|-----------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|-----------------------|--------------------------------------------------------------|------------------|
| More kids enjoying smart snacks               | Taste testing                                          | 1/2023                         | Ala carte sales                                 | Food Service Director | Students and food service staff                              | On going         |
|                                               |                                                        |                                |                                                 |                       |                                                              |                  |
|                                               |                                                        |                                |                                                 |                       |                                                              |                  |