

**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:

River Heights Academy

Month and year of current assessment:

June 2021

Date of last Local Wellness Policy revision: n/a

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

riverheightsacademy.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Brooke Lynch	Director of Operations	blynch@distinctiveschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Karey Henderson	Managing Director of Operations	khenderson@distinctiveschools.org
Jessica Kull	Principal	jkull@distinctiveschools.org
Cynthia Beaudoin	Food Service	cbeaudoin@distinctiveschools.org
Lisa Turner	School Nurse	lturner@distinctiveschools.org
Jakob Zanski	Physical Education Teacher	jzanski@distinctiveschools.org
Lauren Hollier	Community Family Partnerships Manager	lhollier@distinctiveschools.org

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.

Our current wellness policy includes all of the components of the Michigan State Board of Education Model Local School Wellness Policy as presented.

However, the details of the components are not as state and school specific as required. For example, the nutrition education component is not focused on the Michigan state standards.

Therefore, we will be working on improving this policy to meet the State Board requirements with the wellness committee.

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: _____ Date: _____ June 2021

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.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> - Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year. 	Principal	Teachers, staff, students	Yes
RHA aims to teach, encourage, and support healthy eating by students.	<ul style="list-style-type: none"> a) Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. b) Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise) c) Work with food vendor to help promote nutrition education and to encourage fruit and vegetable consumption (bid specs requirements- such as cut fruit) 	September-June	<ul style="list-style-type: none"> - Student and staff surveys - Review of the lunch menu - Check in with physical education teacher 	School Leadership team and food service	staff and students	In progress

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?
RHA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.	All students will be provided equal opportunity to participate in physical education classes. RHA will make appropriate accommodations to allow for equitable participation for all students.	September-June	-Review of physical education curriculum. -Student surveys	School Principal and PE teacher	Staff and students	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?
Aim to provide students with at least 15 minutes to eat for breakfast and 20 minutes for lunch.	- Meet with school leaders in schedule planning -Evaluate lunch serving efficiency	September-June	-students survey -breakfast and lunch observation	School Administrators	staff and students	Yes
Provide physical education to all students.	- Meet with school leaders in schedule planning -Provide adequate curriculum materials and equipment	September-June	-Observations by school leader	Principal	staff and students	Yes

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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?
Food and beverages sold or served at school will meet at a minimum the nutrition recommendations of the U.S. Dietary Guidelines for Americans.	-Set guidelines and approval process for food and beverage sales	September-June	-Evaluation of food and beverages sold	Principal	staff and students	In Progress

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?
All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.	-Encourage staff and students to share successful healthy celebrations/activities through social media or school newsletters. -Healthy celebrations list shared with families	September-June	-check-ins with staff	Principal	staff and students	In progress

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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?
The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.	-Encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the nutrition standards.	September-June	-Check-ins with staff	Principals and Community Family Partnerships Manager	staff and students	In progress