

Section 1: General Information

School(s) included in the assessment:

MASON COUNTY EASTERN SCHOOLS

Month and year of current assessment: JUNE 2024

Date of last Local Wellness Policy revision: JUNE 2017

Website address for the wellness policy and/or information on how the public can access a copy:
MCESCHOOLS.COM/DISTRICT/1195UNTITLED.HTML

Section 2: Wellness Committee Information

How often does your school wellness committee meet? GOAL IS YEARLY

School Wellness Leader:

| Name | Job Title | Email Address |
|------------|----------------|----------------------|
| PAUL SHOUP | SUPERINTENDENT | PSHOU@MCESCHOOLS.COM |

School Wellness Committee Members:

| Name | Job Title | Email Address |
|------------------|-----------------------------|-------------------------|
| DANA KESSEL | FOOD SERVICE DIRECTOR | DKESS@MCESCHOOLS.COM |
| PAUL SHOUP | SUPERINTENDENT | PSHOU@MCESCHOOLS.COM |
| JENNIFER TYNDALL | FOOD SERVICE/BUSSING/PARENT | JTYND@MCESCHOOLS.COM |
| DAN HANSON | PHYSICAL EDUCATION | DHANS@MCESCHOOLS.COM |
| NACOMIE WALLMAN | ADMIN. SECRETARY | NWALLMAN@MCESCHOOLS.COM |
| MARK FORNER | K-12 PRINCIPAL | MFORN@MCESCHOOLS.COM |
| KRISTY STEWART | ELEMENTARY SECRETARY | KSTEW@MCESCHOOLS.COM |
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AB

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.

IT IS COMPARABLE TO THE MODEL WELLNESS POLICIES AS FAR AS REQUIREMENTS. IT IS NOT A COMPLETE REPLICA, BUT CONTAINS SIMILAR GOALS.

POSSIBLY ADD IN MORE SPECIFIC SMART GOALS WHEN UPDATING POLICY.

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: MASON COUNTY EASTERN SCHOOLS

DATE: JUNE 19, 2024

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. | 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 |
| CANDY AND POP WILL NOT BE USED AS REWARDS | PROVIDE TEACHERS WITH LIST OF NON-FOOD REWARD EXAMBLES. | BEGINNING OF EACH NEW SY | VERBAL OR EMAIL CHECK-INS WITH STAFF | PRINCIPAL | TEACHERS, STUDENTS | ONGOING |
| NUTRITION EDUCATION & ACTIVITIES K-12 | POSTERS FEATURING LOCAL PRODUCE AND HEALTH BENEFITS ASSOCIATED WITH PRODUCE | FALL OF NEW SY | FEEDBACK OF STUDENTS AND STAFF | FOOD SERVICE DIRECTOR | STUDENTS | ONGOING |
| BREAKFAST IN THE CLASSROOM K-5 | TRAINING FOR STAFF IN CLASSROOMS. PURCHASE OF CARTS AND EQUIPMENT NEEDED. | ONGOING SINCE 2020 | TEACHER INPUT PRINCIPAL INPUT FOOD SERVICE INPUT STUDENT SURVEY | PRINCIPAL AND FOOD SERVICE DIRECTOR | TEACHERS STAFF STUDENTS | YES |
| INCORPORATE SCHOOL GARDEN EDUCATION | USING MATERIALS FROM FARM TO SCHOOL/ SCHOOL GARDENS AND MSU EXTENSION TO INCORPORATE EDUCATION ON FOOD SAFETY AND HANDLING, PLANTING, GROWING, AND HARVESTING FRESH PRODUCE. | SPRING 2024 | COMMUNICATION WITH FOOD SERVICE AND SCIENCE TEACHERS | FOOD SERVICE AND SCIENCE TEACHER | STUDENTS AND STAFF | ONGOING |
| MICHIGAN APPLE CRUNCH DAY | ORGANIZE EVENT. ORDER MICHIGAN APPLES, INCLUDE TEACHERS IN PROMOTION, HOLD EVENT | FALL 2023 AND 2024 | FEEDBACK FROM STUDENTS AND STAFF | DANA KESSEL | NUTRITION STAFF, STUDENTS, AND TEACHERS | YES AND ONGOING |

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? |
|--|---|--------------------------------|---|----------------------------------|--|------------------|
| GET STUDENTS AND FAMILIES INVOLVED IN BEING ACTIVE TOGETHER | HOLD ANNUAL MCE FUN RUN FOR STUDENTS, FAMILIES, COMMUNITY MEMEBERS | 7/2024 | PARTICIPATION | SUPER INTENDENT | STAFF STUDENTS COMMUNITY | YES |
| GETTING STUDENTS INVOLVED IN STARTING SCHOOL GARDEN/HAULING DIRT, BUILDING BEDS, WEEDING, WATERING, HARVESTING | WORKING WITH SCIENCE TEACHER AND MSU, MAKING TIME FOR STUDENTS DURING CLASS OR AFTERNOON AC TO WORK IN THE GARDEN | MAY 2024 | PROGRESS OF GARDEN | DANA KESSEL NOAH ALBRECHT | STUDENTS AND STAFF | ONGOING |
| IMPLEMENTING CAMPS FOR PHYSICAL ACTIVITY THROUGHOUT THE SY AND SUMMER | ORGANIZE SPORTS CAMPS, INFORMATION FLYERS SENT HOME WITH STUDENTS AND POSTED ON SOCIAL MEDIA | SPRING 2024 AND ONGOING | ATTENDANCE AND FEEDBACK | PAUL SHOUP | STUDENTS, PARENTS, STAFF | YES AND ONGOING |

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? |
|--|--|--------------------------------|---|----------------------------------|--|------------------|
| GET STUDENTS ACTIVE AND AWARE OF HEALTHY LIFESTYLE | PARTICIPATE IN LOCAL PROGRAM CALLED WIN WITH WELLNESS | ONGOING | STUDENT PARTICIPATION | SUPER-INTENDENT | TEACHERS STAFF STUDENTS | YES AND ONGOING |
| VISION AND HEARING SCREENINGS | PROVIDE INFORMATION TO STUDENTS AND FAMILIES ABOUT VISION AND HEARING SCREENINGS | ONGOING | PARTICIPATION | SUPER-INTENDENT AND/OR PRINCIPAL | STUDENTS | YES |
| SPECTRUM HEALTH TRAINING HEALTH CLINIC AGES 5-21 | HEALTH CLINIC BEING ESTABLISHED IN MIDDLE SCHOOL/HIGH SCHOOL BUILDING TO SERVE AGES 5-21 | 2022 AND ONGOING | PARTICIPATION STAFF AND STUDENT SURVEYS | SUPER-INTENDENT | STUDENTS | IN PROGRESS |

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? |
|--|---|--------------------------------|---|-----------------------|--|------------------------|
| FOLLOW USDA GUIDELINES TO MEET NUTRITION REQUIREMENTS | TRAINING FOR FOOD SERVICE STAFF. PROVIDING MEALS AND AFTER SCHOOL SNACKS THAT MEET NUTRITION GUIDELINES. | ONGOING. 2024 | SELF-MONITORING | FOOD SERVICE DIRECTOR | STAFF STUDENTS | YES |
| STUDENTS HAVING ACCESS TO HEALTHY SNACKS FOR AFTER SCHOOL ACTIVITIES | PARTICIPATE IN CACFP AT-RISK AFTER SCHOOL SNACKS. CONSIDER AFTER SCHOOL SUPPER. | 2021/2022 | BY PARTICIPATION AND MONITORING | FOOD SERVICE DIRECTOR | STAFF STUDENTS | SNACK-YES SUPPER-NO |
| | | | | | | |

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? |
|---|--|--------------------------------|---|--------------------|--|------------------|
| ONLY HEALTHY FOODS AND BEVERAGES OFFERED TO STUDENTS | ALL STAFF MADE AWARE OF USDA NUTRITION GUIDELINES. (HANDOUT'S) | CURRENT | MONITORING, COMMUNICATION, VERBALLY, AND/OR EMAIL REMINDERS | SUPER-INTENDENT | STAFF STUDENTS | YES |
| OTHER FOODS AND BEVERAGES NOT SERVED TO STUDENTS DURING REGULAR SCHOOL MEAL TIMES | TEACHERS AND STAFF NEED TO KNOW THE IMPORTANCE OF STUDENTS RECEIVING SCHOOL MEALS. DEVELOP A POLICY TO SUPPORT THIS IDEA OF NOT OFFERING REWARDS OR PARTIES UNTIL AFTER SCHOOL MEAL TIMES. | FALL 2024 | MONITORING, COMMUNICATION | SUPER-INTENDENT | TEACHERS STAFF STUDENTS | ONGOING |

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|-------------------------------|--|------------------|-------------|-----------------|----------|-----|
| ACCESS TO FREE DRINKING WATER | INSTALL SELF-FILLING BOTTLE STATIONS THROUGH OUT THE SCHOOL BUILDINGS. SCHOOL SUPPLY FIRST BOTTLE. | 2020 AND ONGOING | STUDENT USE | SUPER-INTENDENT | STUDENTS | YES |
|-------------------------------|--|------------------|-------------|-----------------|----------|-----|

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? |
|--|---|--------------------------------|---|-----------------------|--|------------------|
| NUTRITION POSTERS IN CAFETERIA PROMOTING HEALTHY FOODS AND BEVERAGES | HANG POSTERS IN AREAS VISIBLE TO STUDENTS | 2021/2022 AND ONGOING | VISUALLY MONITORING | FOOD SERVICE DIRECTOR | STUDENTS | YES AND ONGOING |
| KIDS TRYING NEW FOODS | TASTE TEST DAYS/TRY IT TUESDAYS OFFERING NEW LOCAL FRUIT OR VEG ON TUESDAYS. | 2024 | STUDENT SURVEYS | FOOD SERVICE DIRECTOR | FOOD SERVICE STAFF STUDENTS | UPCOMING S.Y. |
| PROMOTE HEALTHY FOOD AND BEVERAGE CHOICES USING THE FOLLOWING STRATEGIES | DISPLAY FRESH WHOLE FRUITS IN ATTRACTIVE BOWLS OR BASKETS IN LINE OF SITE AND REACH OF STUDENTS. PLACING WHITE MILK IN FRONT AND FIRST IN ALL MILK COOLERS. | 2024 | PRODUCTION RECORDS VISUALLY MONITORING STUDENTS IN LINE | FOOD SERVICE STAFF | FOOD SERVICE STAFF STUDENTS | YES AND ONGOING |