

**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:

MASON COUNTY EASTERN SCHOOLS

Month and year of current assessment: JUNE 2021

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? ANNUALLY (EXCEPTION COVID)

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
JONI LEE	FOOD SERVICE/COOK	JLEE@MCESCHOOLS.COM
JENNIFER TYNDALL	FOOD SERVICE/BUSSING/PARENT	JTYND@MCESCHOOLS.COM
DAN HANSON	PHYSICAL EDUCATION	DHANS@MCESCHOOLS.COM
AUTUMN SORENSEN	ADMIN. SECRETARY	ASORE@MCESCHOOLS.COM
MARK FORNER	K-12 PRINCIPAL	MFORN@MCESCHOOLS.COM
KRISTY STEWART	ELEMENTARY SECRETARY	KSTEW@MCESCHOOLS.COM

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

JUNE 15, 2021

Date:

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 NEXT SCHOOL YEAR	VERBAL OR EMAIL CHECK-INS WITH STAFF	PRINCIPAL	TEACHERS, STUDENTS	ONGOING
NUTRITION EDUCATION & ACTIVITIES K-12	PURCHASING "NUTRITION NUGGETS" SUBSCRIPTION TO BE SENT HOME MONTHLY AND POSTED ON WEBSITE	BEGINNING FALL 2021	SURVEY OF PARENTS AND STUDENTS	FOOD SERVICE DIRECTOR	STUDENTS PARENT	ORDERED
BREAKFAST IN THE CLASSROOM K-5	TRAINING FOR STAFF IN CLASSROOMS. PURCHASE OF CARTS AND EQUIPMENT NEEDED.	FALL 2020 DISCUSS FOR 2021	TEACHER INPUT PRINCIPAL INPUT FOOD SERVICE INPUT STUDENT SURVEY	PRINCIPAL AND FOOD SERVICE DIRECTOR	TEACHERS STAFF STUDENTS	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?
GET STUDENTS AND FAMILIES INVOLVED IN BEING ACTIVE TOGETHER	HOLD ANNUAL MCE FUN RUN FOR STUDENTS, FAMILIES, COMMUNITY MEMEBERS	2021/2022	PARTICIPATION	SUPER INTENDENT	STAFF STUDENTS COMMUNITY	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?
GET STUDENTS ACTIVE AND AWARE OF HEALTHY LIFESTYLE	PARTICIPATE IN LOCAL PROGRAM CALLED WIN WITH WELLNESS	2021	STUDENT PARTICIPATION	SUPER-INTENDENT	TEACHERS STAFF STUDENTS	YES AND ONGOING
PROMOTE IMPORTANCE OF DENTAL HEALTH	PARTICIPATE IN MOBILE DENTIST	2021/2022	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	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. FALL 2021	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 2021	MONITORING, COMMUNICATION	SUPER-INTENDENT	TEACHERS STAFF STUDENTS	ONGOING

ACCESS TO FREE DRINKING WATER	INSTALL SELF-FILLING BOTTLE STATIONS THROUGH OUT THE SCHOOL BUILDINGS. SCHOOL SUPPLY FIRST BOTTLE.	2020	STUDENT USE	SUPER-INTENDENT	STUDENTS	YES
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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?
NUTRITION POSTERS IN CAFETERIA PROMOTING HEALTHY FOODS AND BEVERAGES	HANG POSTERS IN AREAS VISIBLE TO STUDENTS	2021/2022	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.	2021/2022	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.	2021/2022	PRODUCTION RECORDS VISUALLY MONITORING STUDENTS IN LINE	FOOD SERVICE STAFF	FOOD SERVICE STAFF STUDENTS	YES AND ONGOING