

**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:
West Branch-Rose City Schools

Month and year of current assessment: April 2023

Date of last Local Wellness Policy revision: July 2017

Website address for the wellness policy and/or information on how the public can access a copy:
www.wbrc.k12.mi.us

Section 2: Wellness Committee Information

How often does your school wellness committee meet? annually

School Wellness Leader:

Name	Job Title	Email Address
Janis Phillips	Food Service Director	phillipj@wbrc.k12.mi.us

School Wellness Committee Members:

Name	Job Title	Email Address
Gail Hughey	Superintendent	hugheyg@wbrc.k12.mi.us
Nickki Bragg	Teacher/parent	bragn@wbrc.k12.mi.us
Gwen Florida	Secretary	floridag@wbrc.k12.mi.us
Cindy Swop	Para pro	swopc@wbrc.k12.mi.us
Ashley Dowell	Health Occupations	dowela@wbrc.k12.mi.us
Ashley Buck	PE Teacher	bucka@wbrc.k12.mi.us

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.

The West Branch-Rose City Schools wellness policy is the NEOLA policy. I have compared ours with the Michigan State Borad of Education Model Local Wellness Policy and we have similar parts. Our policy explains all of the parts that we need to be doing as a district.

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: West Branch-Rose City Schools

Date: April 2023

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
Nutrition education shall be included in the health curriculum	Health curriculum will be monitored and evaluated regularly	Academic year	Health educator(s) assessment/evaluative tool	Principal/ Curriculum Committee	Teacher, students	Yes
Nutrition information will be on display in the cafeterias	Ensure that all posters are accurate and relevant	Academic year	n/a	Food Service Director	Teachers, staff, students, visitors(community)	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?
All students will have access to PE classes	Pre-K – 4 th grade will have an hour of PE each week. 5-12 will have the options of taking PE classes	Academic Year	Master Schedule	Curriculum Coordinator	All student’s Pre-K -12	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?
Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating habits	Nutrition education in the cafeteria, classrooms	Academic Year	Tracking wellness activities Discovery Kitchen & Education on foods on menu and posted in cafeterias	Food Service, Teachers	Teachers, students, staff	Yes

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?
The district shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations	The district will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other good used as incentives).	Back to School	Monthly walk through for compliance	Principals, Food Service Department	Teachers, staff, students	Yes

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?
The district will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., family nights & parent nights)	Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.	Beginning of school	Verbal check ins with staff	Principals	Students, staff	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?
It is the intent of the district to protect and promote student's health and to provide consistent health-related messaging	Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards	Beginning of School year	Monitoring areas in building that market	Principals	Teachers, staff, students	Yes