

**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 Michigan Academy of Environmental Science

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: _____

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? 2 times a year

School Wellness Leader:

Name	Job Title	Email Address
John Arlt	School Nutrition Director	johnarlt@choiceschools.com

School Wellness Committee Members:

Name	Job Title	Email Address
John Arlt	School Nutrition Director	Johnarlt@choiceschools.com
Nathan VanDuinen	Elementary Principal	Nathanvanduinen@choiceschools.com
Alan Bosker	Secondary Principal	Alanbosker@choiceschools.com
Stephon Lee	P.E. Teacher	Stephonlee@choiceschools.com
Becky Daldos	Cook	rebeccadaldos@choiceschools.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.

WMAES wellness policy is based off the Michigan State Board of Education Model Local School Wellness Policy. WMAES seeks to provide good nutrition and regular physical activity to our community. WMAES recognizes that our goals and impact can only be accomplished when we partner with teachers, students, parents, and our community.

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: WMAES

Date: 6/12/23

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
WMAES shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom	A) Create an educational and engaging brochure for parents to learn new recipes and activities to help encourage them to reinforce standards and benchmarks being taught in the classroom.	Fall Edition Spring Edition	- Parent surveys to determine effectiveness of material	School Nutrition Director	A) Alan Bosker B) Nathan VanDuinen	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?
The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity	<ul style="list-style-type: none"> A) Classes will be taught games and sports that engage them with movement and team building skills. B) A field day in the late spring will provide games, movement, and fun for students. 	Spring	<p>Student engagement and participation will be counted and measured to determine effectiveness for field day.</p> <p>Students will be surveyed to determine when active during field day was their favorite</p>	Stephon Lee	<ul style="list-style-type: none"> A) Alan Bosker B) Nathan VanDuinen 	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?
WMAES may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes	<ul style="list-style-type: none"> A) WMAES will grow produce in our green house to obtain product for our salad bar. B) WMAES will use source local foods when available 	Fall 2023	Total pounds of produce obtained from the greenhouse will be counted to determine levels of produce sourced from the greenhouse for the salad bar.	School Nutrition Director	A) Becky Daldos	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?

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?

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?