

**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:

Lake Linden-Hubbell Public Schools

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: January 2019

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

<https://go.boarddocs.com/mi/llhs/Board.nsf/Public?open&id=policies#>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Brad Codere	Superintendent/6-12 Principal	coderebr@lakelinden.k12.mi.us

School Wellness Committee Members:

Name	Job Title	Email Address
Jack Johnson	Elementary Principal	jjohnson@lakelinden.k12.mi.us
Debbie Rheault	Head Cook	drheault@lakelinden.k12.mi.us
Lianne Larson	School Nurse (UGL)	llarson@lakelinden.k12.mi.us
Shannen Majhor	School Social Worker	smajhor@lakelinden.k12.mi.us
Whitney Brey	Physician's Assistant (UGL)	whitney.brey@uglhealth.org
Doug Hodges	6-12 PE/Health Teacher	dhodges@lakelinden.k12.mi.us
Morgan Jones	Elementary PE Teacher	mjones@lakelinden.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.

- See Attached WellSAT 3.0 Assessment

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: _____

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?
Unhealthy food and beverages will not be used as a reward for students.	a) Provide teachers with a list of snacks that meet Smart Snack criteria. b) Discuss changes at before school inservice days.	2023-24 school year	Verbal check-ins with staff and students to ensure compliance.	Principal	PreK-5 teachers, staff and students	No
Purchase any needed nutritional posters, etc. for the cafeteria walls.	Earmark monies from the food service fund to purchase any needed posters, etc.	2023-24 school year	Informal visual review of the cafeteria.	Head cook	Food service staff, PreK-12 students	No

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?
Help to get young students excited about playing and being active. Increase their time being active while at recess.	Install all new equipment on the elementary playground.	2022-23 School year. Install summer of 2023. Open for fall of 2023.	Getting playground installed properly; passes inspection. Monitoring how much usage the new equipment gets starting in the fall of 2023.	Superintendent, Elementary Principal, Head of Maintenance	Students, community	Yes (should be ready for students in fall of 2023.)
Keep students active for at least 30 consecutive minutes in their PE classes, regardless if they dress for class or not. (Understanding the importance of staying active.)	PE teachers need to make their expectations clear at the start of the year and follow through. Students need to change to pass each day but will still be expected to be an active participant regardless if they dress for class or not.	2023-24 school year.	Tracking the number of students who don't dress for class but still participate.	PE teachers	Students, PE teachers	No

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?
Give younger students occasional added opportunities to be active.	The PTO and Elementary Principal work together to plan monthly or every other month Open Gym days for students and their parents to come and use the elementary gym for various activities.	2022-23 school year	Attendance	Elementary Principal, Head of PTO	Students, parents, PTO members, Elementary Principal	Yes (ongoing)
Healthy Lifestyles Presentation on the hazards of vaping for MS/HS.	Have our School Resource Officer either give the presentation or contact someone who has the credentials to discuss this with students.	2023-24 school year.	Track the number of referrals/suspensions for vaping or possessing a vape at school.	School Resource Officer	6-12 staff and students	No

Presentation to elementary students on the benefits of healthy eating (fruits, vegetables, etc.)	Have our School Nurse (via UGL) set up a schedule to go to each elementary classroom and give a brief presentation on the topic.	2023-24 school year.	Monitor the amount of fruits and vegetables that are being thrown away at lunchtime.	School Nurse	PreK-5 staff and students	No
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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?
Work to get at least 10% of fundraisers held during the school day to meet Smart Snacks standards	Incorporate and encourage school fundraisers that meet the smart snacks standards.	2023-24 school year	Calculate the percentage at the end of the school year.	Superintendent/ Principal	Students, staff	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?
Providing access to drinking water to students throughout the day.	Having access to drinking fountains in each elementary classroom and providing water bottle filling stations on each floor of each building.	Ongoing	Drinking fountains and water bottle filling stations remain accessible and operational.	Superintendent	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?
Any food or beverage marketed or promoted to students will meet the USDA Smart Snacks nutrition standards.	In order to promote student health, consistent health related messaging will be provided.	Ongoing, each school year	Each school year, 100% of marketing and promotion will continue to meet the USDA Smart Snacks nutrition standards.	Head Cook	Students, staff	Yes

Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: WellSAT 3.0 #2

