

**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 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.

North Star Montessori Academy has created a wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals. The goal is to establish healthy well rounded students and staff. NSMA wellness policy focuses on health nutrition and physical fitness. It is our goal to include social emotional health as it is a highly identified need in our community. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in our free to all students school meal programs.

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: North Star Montessori Academy

Date: 6/21/2022

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
The food service director offers reimbursable school meals that meet USDA nutrition standards	<ul style="list-style-type: none"> a) The food service director attends all MDE recommended trainings and follows nutrition patterns and makes menus that reflect complete meals. b) The food service director keeps accurate production records for all meals served. c) The school lunch pro 	ongoing	Annual assessment from MDE. Monthly review during lunch claiming.	Food Service Director and Coordinator	Students	Yes, ongoing
Students are encouraged by 50% of teachers to drink tap water throughout the school day	<ul style="list-style-type: none"> a) Students are encouraged to bring water bottles in from home b) Reusable water bottles are given as gifts/promotions c) Cup dispensers and sinks are in each class room d) Water is always offered during lunch periods for all students 	2022-23 School year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance - Student survey at the end of the year 	Principal	Teachers, staff, students	Ongoing
Sugary drinks (soda, sports drinks, energy drinks) in the classroom is discouraged by 50%	<ul style="list-style-type: none"> a) Teachers will discourage sugary drinks for classroom parties and birthday treats b) Classrooms will participate in the PEANUT program which teachers students about health nutrition/choices. 	2022-23 School Year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance Student survey at the end of the year	Principal/Teachers	Teacher, Staff, Students	Ongoing

	c) Follow up mid-year to discuss challenged and determine additional communication needed.					
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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 district students in each grade will receive physical education for at least 60 min per week throughout the school year	<ul style="list-style-type: none"> - PE class is scheduled for all students weekly for a minimum of 60 min. 	Beginning of school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance - Review of Gym class curriculum and participation 	Superintendent Teachers	Teacher, Staff, Students	Yes, ongoing
Physical activity and movement shall be integrated, when possible across the curricula and throughout the school day	<ul style="list-style-type: none"> - Students participate in a daily outdoor breaks in addition to scheduled PE time - Teachers are encouraged to take physical breaks and integrate movement into their curriculum 	Beginning of school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance 	Superintendent, Teachers	Teacher, Staff, Students	Yes, ongoing
Schools must provide at least 20 min of active daily recess to all elementary students.	Teachers are encouraged to give multiple breaks throughout the day other than lunch recess.	Beginning of school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance 	Superintendent, Teachers	Teacher, Staff, Students	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?
The school should provide at least 20 min daily for students to eat	Lunch is scheduled for 20 min per peer group. Students are encouraged by the lunch monitor to take their time eating.	Beginning of school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance - Annual student survey 	Superintendent	Teacher, Staff, Students,	Yes

			- Check in with recess and lunch monitor			
The school should provide attractive, clean environments in which students eat	The lunch room follows all procedures set forth by the Health Department and MDE. Students are aware of protocols for disposal of food/trays and are provided reminders as needed from Lunch Aide.	Beginning of school year	2x annual Health Department inspections - Verbal check in with staff to ensure compliance	Superintendent, Support Staff, Teachers	Superintendent, Support Staff, Teachers, Students	Yes
Students, parents, and other community members shall have access to and be encouraged to use the school's outdoor physical activity facilities outside of the normal school day.	Families are encouraged to use the playground during non-school hours.	Beginning of school year	Check in with Teachers, Staff, Students and Community members.	Superintendent/ Teachers	Teachers, Staff, Students, Parents, Community members	Yes, Ongoing

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?
All School Breakfasts and Lunches are free to all students	The school has applied to become a Community Eligibility Provision School (CEP) The school will maintain all paperwork for eligibility and follow MDE guidelines for meal patterns, claiming and counting The school will maintain compliance and proper licensing with Michigan Health Department	2020	Lunch counts are kept and reviewed for participation Annual assessments are completed with MDE	Superintendent	Students, Staff, Teachers, Community	Ongoing
Foods and Beverages outside of School Breakfast and Lunch are not sold on campus	No vending machines or food sales will occur during the school day	Immediate	Verbal check in with Teachers, staff and students	Superintendent	Students, Staff, Teachers	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?
School Staff will encourage use of healthy food for all classroom parties, snacks, and celebrations	Nonfood rewards will be offered when possible, i.e. Provide teachers with list of non-food reward examples. PeNut program will be offered through MARESA to assist in education of nutrition and healthy eating. Students/Parents are encouraged by Teachers, Principal and Staff to bring healthy, individually packaged snacks for birthday treats when able. Teachers will encourage healthy drinks and snacks for class parties.	Beginning of the school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance - Annual student survey 	Superintendent	Students, Staff, Parents	Ongoing

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?
The food service director will offer healthy snacking options as well as provide marketing materials to encourage healthy snacking.	Offering a variety of different foods in the salad bar that could be utilized as healthy snacks, such as fruits, vegetables, and cheese sticks. Offering healthy snacks during half days. Providing signage in the school and school cafeteria about healthy snacking	Beginning of the school year	<ul style="list-style-type: none"> - Verbal check ins with teachers and staff to ensure compliance - Annual student survey 	Superintendent, Food Service Director	Students, Staff	Ongoing