

**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:

Ewen Trout Creek School

Month and year of current assessment: June, 2021

Date of last Local Wellness Policy revision: 10-25-17

Website address for the wellness policy and/or information on how the public can access a copy:
www.etc.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
Pamela J Besonen	Wellness Coordinator	pamelajo79@gmail.com

School Wellness Committee Members:

Name	Job Title	Email Address
Tammy Gibson	Business Manager	gibsont@etc.k12.mi.us
Brenda Metas	Head Lunch Coordinator	metasb@etc.k12.mi.us
Patti Witt	Principal	pwitt@etc.k12.mi.us
Dave Radovich	Superintendent	dradovich@etc.k12.mi.us
Tyler Thomas	PE/Health Teacher	tthomas@etc.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.

Our wellness policy compares favorably with the Michigan State Board of Education Model Local School Wellness Policy.

We have most of the same components, we need to work on making our more of our goals SMART goals and we need to remove some of our goals, they are repetitive and there are too many.

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: Ewen Trout Creek Schools

Date: 6-9-21

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
Encourage students to make healthier food choices in and outside of school.	<ul style="list-style-type: none"> 1. Discuss with teachers what good food choices for parties are. 2. Make sure no fund raisers involve unhealthy food choices 	Before the beginning of next school year.	<p>Take a look at offerings at parties and celebrations.</p> <p>When we approve fund raisers make sure they are healthy food offerings.</p>	Principal	Teachers, staff, students	Partially

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?
We would like our students to spend more time moving and less time on mobile devices.	Make sure that PE class and recess have fun components and the proper equipment for all children to find something they enjoy doing.	Before the school year begins.	Monitor the PE classes and recess to see that movement is happening	PE Teacher Principal	Students, families	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?
Add activities during the school day to encourage better health choices by students.	Have more fun days involving outdoor activities and preparing healthy foods as a fun activity.	Before school year begins	Keeping track of and scheduling on the school calendar days for these activities	Wellness Coordinator Principal	Students, staff, teachers	Partial

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?
Only sell foods compliant with health guidelines.	We need to let teachers and class officers know that they can no longer sell ice cream, doughnuts, etc. as fund raisers on school property	Before school begins	We will monitor fund raiser forms to make sure guidelines are being followed	Principal	Staff, students	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?
Make sure our vending machines are following healthy guidelines	Make sure our vendor knows we are expecting compliance	Currently	Keep an eye on the vending machine	Vendor	Students, staff, guests to the school	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?
No marketing or advertising of unhealthy foods	Don't accept advertising from those who do not comply	Before school starts	Watch and monitor all advertising	Principal	Guests, students, staff	Yes