

**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: Boyne Falls Public School

Month and year of current assessment: May 2023

Date of last Local Wellness Policy revision: October 21_____

Website address for the wellness policy and/or information on how the public can access a copy:
boyne.falls.org/pdf/wellness_policy.pdf boynefalls.org community tab, wellness policy

Section 2: Wellness Committee Information

How often does your school wellness committee meet? _____ Monthly

School Wellness Leader:

| Name | Job Title | Email Address |
|-------------|------------------|------------------------|
| Lori Herman | Business Manager | Lherman@boynefalls.org |

School Wellness Committee Members:

| Name | Job Title | Email Address |
|-------------------|-------------------|--------------------------|
| Tracy Tonsor | School Nurse | ttonsor@boynefalls.org |
| Marianne Connor | Athletic Director | mconnor@boynefalls.org |
| Nathan Bates | School Chef | nbates@boynefalls.org |
| Shelby Pedigo | Teacher | spedigo@boynefalls.org |
| Emily Putnam | Parent | eputnam@boynefalls.org |
| Mitchell Klooster | PreK Teacher | Mklooster@boynefalls.org |
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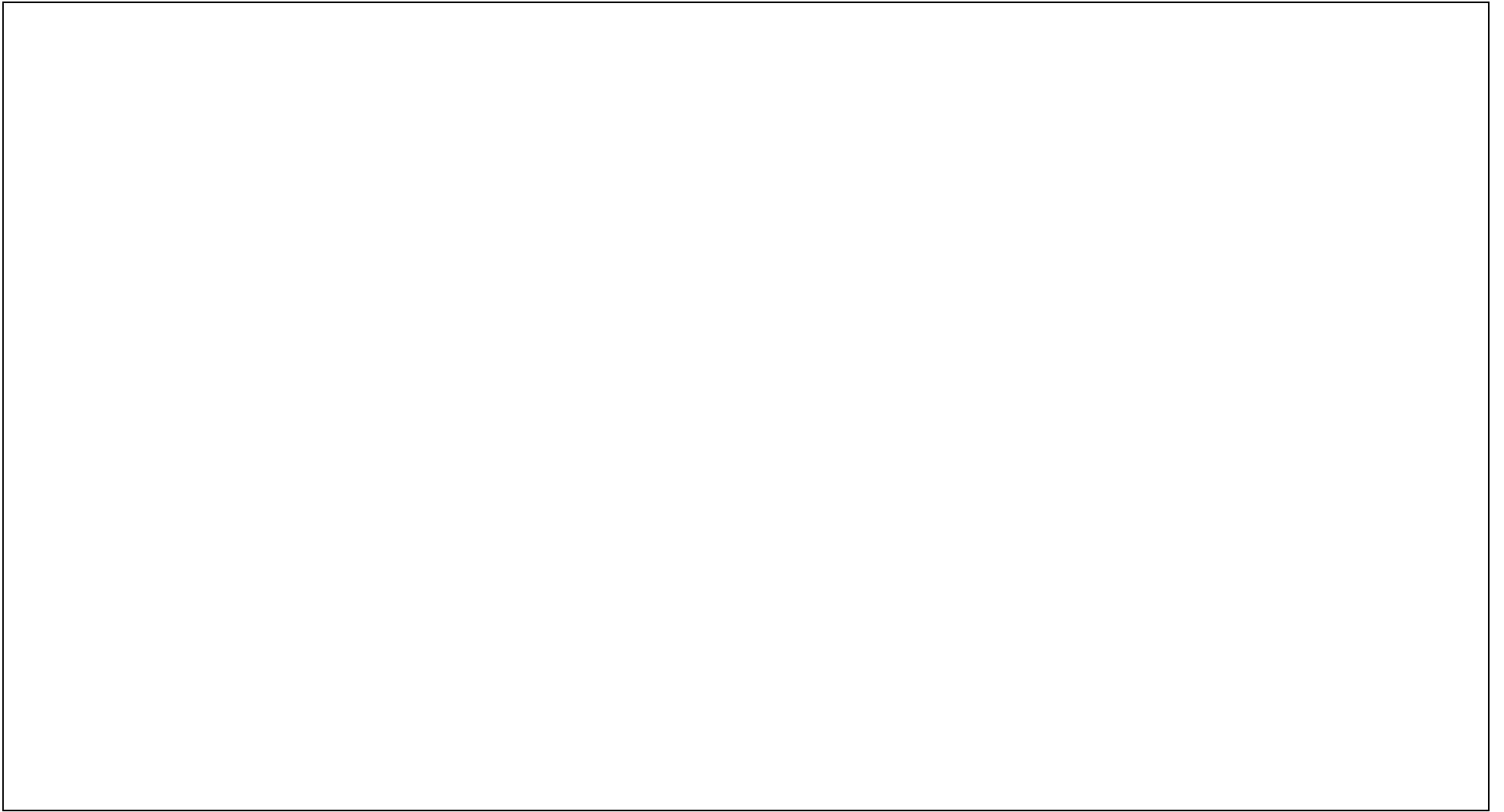
Section 3. Comparison to Model School Wellness Policies

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.

We built our policy on the State of Michigan Policy. Modified as needed based on experiences and feedback from Staff and parents. Wellsat completed last year to review progress. ASAT is done with BHC Grants to analyze and formulate goals to work on.



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 or the district.

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 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: Boyne Falls Public School

Date: June 1, 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 |
| Develop healthy classroom snack List | <ul style="list-style-type: none"> 1) Chef Nate and Tracy develop lists 2) All school supplied snacks will be complying 3) Staff education at Staff meetings 4) list on Highlights; School Website; and send home in Friday Folders 5) have posted at Events | 12/1/22 | Verbal checks in with Staff to ensure compliance | Lori Herman | Teachers, Students, Staff and parents | Yes |
| Give healthy options for Class celebrations | <ul style="list-style-type: none"> 1) develop a system to Notify Chef Nate Of a need for a Healthy snack for A classroom 2) If for a specific Student, parents will pay one dollar per child and if for an Event, | 12/1/22 | Form gets filed and money collected | | Teachers, Staff, Students and parents | Yes |

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| | Wellness will pay one dollar per child 3) Chef Nate will deliver Healthy snack | | | | | |
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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? |
|--|--|--------------------------------|---|--------------------|--|------------------|
| Promote physical activity through Logger lap Challenge | Plan a one-week event in the Spring and Fall for Elementary Students and one week in the Spring for High School students | 10/1/22 | Participation log is kept | | Students and Staff | Yes |
| Mental Health Walk | | | | | | |
| Open gym for families | | | | | | |

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? |
|--|--|--------------------------------|---|---------------------|--|------------------|
| Promote wellness through monthly staff and family challenges | <ol style="list-style-type: none"> 1) Develop monthly challenges 2) communicate challenge, how to Enter and participate 3) Include physical; social and Mental health; as well as Nutrition | 10/1/22 | Participation of challenges Are measured by submissions sent | Tracy/Staff Leaders | Students, Staff and parents | Yes |
| Mental Health awareness with Staff/ Students | Weekly mental health builders with announcements on Wednesday | 10/1/22 | Student, Staff feedback | Julie Jameson | All building | Yes |

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|------------------------|--|--|--|--|--|--|
| Health Fair in January | | | | | | |
|------------------------|--|--|--|--|--|--|

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? |
|--|--|--------------------------------|---|--------------------|--|------------------|
| We do not sell Alacarte Items or fundraiser items during the school day. | | | | | | |
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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? |
|---|--|--------------------------------|---|--------------------|--|------------------|
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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? |
|---|--|--------------------------------|---|---------------------|--|------------------|
| Provide information on smart snacks | Develop list and share with staff and families | Fall | | Tracy and Chef Nate | Students and Staff | Yes |
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