

**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

[USDA Local School Wellness Policy](#)

[Michigan Department of Education Local School Wellness Policy](#)

Section 1: General Information

School(s) included in the assessment:

Blossomland Learning Center , Lighthouse Education Center

Month and year of current assessment: June 2021

Date of last Local Wellness Policy revision: December 11, 2017

[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? _____

School Wellness Leader:

Name	Job Title	Email Address
Christine Anderson	Food Service Supervisor	christine.anderson@berrienresa.org

School Wellness Committee Members:

Name	Job Title	Email Address
Aaron Rubley	Asst. Principal	████████████████████
Karen Mandarino	Adaptive P E Swim Teacher	████████████████████
Brian Keuning	Dedicated Floating Teacher	████████████████████
Emily Brumbaugh	K-12 Adapted Physical Education	████████████████████
Niki Rhew	Berrien RESA District School Nurse	████████████████████
Craig Kuhn	Principal, Blossomland Learning Center	████████████████████
Tina Lawson	Director, Special Education	████████████████████
Karen Heath	Supervisor, Communication	████████████████████
Daphne Carter	Parent	████████████████████
Joy Sill	BLC Nurse	████████████████████

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.

Berrien RESA compared our Wellness Policy to the WellSAT 3.0 example policy language. During the review, the team has recommended adding the following suggestions to the Wellness Policy:

(The committee was mindful of all program locations including Community Based Instruction, offsite classrooms, and those classrooms located in local district buildings.)

1. District-ensure students who qualify for Free and Reduced are not identified in any way. (Nutrition guidelines USDA.)
2. Addresses school store- snacks in general, snack time.
3. Link smart snacks guidelines.
4. Water offerings during meal times, lunch and breakfast. Concerns about containers- need to be empty. Food service possibly provides cups (disposable) cups.
5. Staff Wellness initiative RESA wide- encouraging healthy eating and physical activity.
6. Address family and community engagement in physical activity.
7. Possibly provide local districts with the www.mobiledentist.com resource and encourage smaller groups to practice oral/dental hygiene.
8. Potential goal- 30 minutes a day for meals
9. School-based wellness activity- Adaptive Physical Education to offer an oral health hygiene lesson. (Michigan MODEL possible resource.)
10. Possible table set-up at Bazaar, for community outreach about wellness.

Policy suggestions will be reviewed by the Superintendent and added to the district's policy as appropriate.

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: Berrien RESA

Date: June 2021

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?
Students bring bottled water from home. Students will be offered to drink water with breakfast and lunch.	a) Send a note home encouraging parents to send water bottles in. b) Designate times that allow students to fill the bottles. c) Make sure staff are on board with the goal. d) Educate staff that they should be offering water with both meals. Encourage staff to offer water throughout the day. offer vs. availability e) District could potentially purchase water bottles.	8/21	Verbal check in with teachers. Use of water bottle filler count throughout the buildings.	Christine	Students/Teachers	
Education materials should be selected free of brand names/logos and illustrations of unhealthy foods.	a) Administrator reviews education materials to make sure there is no advertising of unhealthy foods.	8/21	Use formal check with staff on curricular materials		Staff Administration	

Physical Activity Goal(s):

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?
Licensed oral health professionals come into the school and provide preventative oral health services once a year.	Schedule dates with SMILE Michigan	In process Start of the school year.	Yearly check	BLC nurse LEC Staff.	Students/parents	yes

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?
The district will take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.	<ul style="list-style-type: none"> a) Create class lists with students names and allergies, nothing indicating eligibility. b) Only certain staff have access to Free & Reduced applications 	6/21		Christine	Staff	yes
Schools will serve students a reimbursable meal regardless of whether the student has funds to pay or owes money.	<ul style="list-style-type: none"> a) Train staff to give meals regardless of money owed. b) Only Food Service Supervisor has access to student meal balances. 	6/21		Christine	staff	yes
All foods and beverages that are "sold" to students during the day are required to meet or in compliance with the USDA Smart Snacks federal nutrition standards.	<ul style="list-style-type: none"> a) Provide school store staff with the guidelines. b) Include link in the wellness policy. 	8/21	Food Service Supervisor will check with school store staff unannounced to see how it is being followed.	Christine	staff	

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?
The school principals will encourage the use of healthy food for all classroom parties, snacks and celebrations. ex. fresh fruits, vegetables and whole grain items. Birthday treats will be discouraged. Other non food rewards or items will be promoted.	<ul style="list-style-type: none"> a) Make sure it is in the parent/student handbook. b) Memo home to parents mid year reminding them of the process. 	8/21	Verbal Check in with teachers and staff.	Mr. Rubley Mr Kuhn LEC ASD	Parents/Teachers	
Students are encouraged by staff to drink tap water throughout the day.	<ul style="list-style-type: none"> a) Communicate to teachers to have the students drink water. b) Send a note home encouraging parents to send water bottles in. c) Designate times that allow students to fill the bottles. d) Make sure staff are on board with the goal. 	8/21	<p>Communication with families and teachers.</p> <p>Create a chart and check in with teachers every 2 months.</p>	Christine A LEC/ASD Supervisor.	Students teachers	

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 advertising of food and beverages that are not available for sale in district schools will not be advertised on school property unless part of the "Got Milk" campaign.	Annual discussion with building leaders and designated staff.	8/21	Facility check twice a year.	Christine A LEC/ASD Supervisor.		