

**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:
MIO AUSABLE SCHOOL DISTRICT

Month and year of current assessment: MARCH 2024

Date of last Local Wellness Policy revision: DECEMBER 2021

Website address for the wellness policy and/or information on how the public can access a copy:
miok12.net

Section 2: Wellness Committee Information

How often does your school wellness committee meet? 3 - 4 times a year.

School Wellness Leader:

Name	Job Title	Email Address
Ashley Marsh	Teacher/Athletic Director	marsha@mio.k12.mi.us

School Wellness Committee Members:

Name	Job Title	Email Address
Mary Miller	Food Service Director	millerma@mio.k12.mi.us
Michelle Marsh	Teacher	marshm@mio.k12.mi.us
Kaitlyn Oates	Contracted Thunder Bay Therapist	oatsk@mio.k12.mi.us
Krista Fritz	Para Pro	fritzk@mio.k12.mi.us
Kathie Mitchell	School Board Member	mitchellk@mio.k12.mi.us
Raquelle Miller	Student	raquelle.miller@mio.k12.mi.us
Marvin Taylor	Superintendent	taylorm@mio.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 Districts Wellness Policy is modeled after the Michigan State Board of Education's Local School Wellness Policy model. We are using the Healthy School Action Tools (HSAT) platform to record, plan, and access our Local Wellness Policy.

Our Wellness Policy includes healthy nutrition choices for our reimbursable meals for all students. Smart Snacks in school. Physical education opportunities for all students. The HSAT provides a useful and convenient way to assess the school environment, plan effective changes, and monitor progress.

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: MIO AUSABLE SCHOOL DISTRICT

Date: 3/20/24

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?
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Nutrition Education	To be included in the Health Curriculum.	At the beginning of the school year.	Principals will verify the curriculum.	Principal	Teachers, Staff, Students	On-going
Education & Promotion	Ensure school nurse or qualified health professional receives professional development specific to school nursing at least once every two years.	During the school year.	Professional development is recorded and submitted.	Principal	Teachers, Nurse, Students, Support Staff.	On-going
Tobacco/Nicotine-Free Lifestyle Assessment	Training staff to identify and interact with these students. Establish & maintain an effective identification and referral process for students impacted by tobacco/nicotine use.	At the beginning of the school year.	Health educators will work to incorporate this goal into their curriculum.	Health Educators/ Nurse/ Principals	Teachers, Students, all staff.	On-going
Policy in place that prohibits use of food as reward.	Adopt the districts wellness policy with 100% enforcement.	Starting with the new school year.	Teacher surveys	Principals	Students, Teachers, Staff, Volunteers	On-going
Healthy eating environment	Adequate amount of time to eat. Opportunity for students to wash hands before meals. Safe and pleasant environment.	Beginning of school year.	Clean & monitored cafeterias. Schedules that allow for hand washing and meal times.	Teachers/ Food Service	Students, Teachers, Support Staff	Yes

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?
Physical Education	Provide professional development opportunities specific to physical education at least every two years for physical education teachers.	In- progress	Teachers will verify professional development	Principal	Students, Teachers	Yes
Students will be provided with unstructured physical activity for at least 20 minutes per school day. Examples: recess, supervised open gym, outdoor time.	Daily schedules to support this. Adequate supervision.	In-progress	Daily schedules/calendars will support and ensure these times are available.	Teachers, Support Staff	Students, Teachers, Staff	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?
All students have the opportunity to participate in extracurricular and intramural programs and activities the highlight physical activity.	Educational staff and Administration will work on organizing, advertising, and promoting such activities and programs.	On-going	Principals will verify that activities and programs are scheduled throughout the year.	Principals	Teachers, Students, Coaches, Staff	Yes
All students in grades 6-12 shall have the opportunity to participate in interscholastic sports.	Keep a variety of sport programs available to students.	On-going	Sign up sheets for students will show interest.	Athletic Director/ Coaches	Students, Coaches, Staff	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?
All reimbursable school meals will meet the USDA nutrition standards	The Food Service Director will create a menu with items that meet the nutrition standards. Food service staff will be trained in what items are required in a reimbursable meal. (Breakfast/Lunch)	On-going	The Food Service Director verifies that every reimbursable meal meets the USDA standards. The School Nutrition Compliance Review by MDE will periodically review the program.	Food Service Director	Food service staff, Students	Yes
Food and Beverages marketed or promoted to students on the school campus during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.	Food and Beverage items sold to students by the Food Service Department will be chosen and selected using Smart Snack guidelines & by using the Smart Snack calculator.	On-going	The Food Service Director verifies that only items that meet the Smart Snack guidelines are available.	Food Service Director	Students, Food Service Staff.	On-going

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?
Encourage parents to bring in healthy snacks for student celebrations.	Teachers can discuss healthy snack options with parents and students.	On-going	By visually seeing that healthy snacks are being brought into the building by students and parents.	Teachers	Students, Teachers, Parents	On-going
Encourage staff to not use beverages or food as rewards for students.	Have available lists of non-food items that could be used as rewards.	Starting with the 2024/25 school year.	Verbal compliance check-in with staff.	Principal	Students, Teachers, Support Staff	No

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?
Create a welcoming and educating environment that includes nutrition promotion	Display posters, and signage that promotes Smart Snacks, and nutrition in general.	On-going	Inspect the cafeterias, hallways, and serving lines by noting what promotional posters & signage are visible.	Food Service Director	Food Service staff, Students	Yes