

**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](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)

## Section 1: General Information

School(s) included in the assessment: **West Iron County Middle/High School and Stambaugh Elementary School**

Month and year of current assessment: **February 2023**

Date of last Local Wellness Policy revision: **February 15, 2023**

Website address for the wellness policy and/or information on how the public can access a copy: <https://westiron.org/plans-reports/>

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Yearly

School Wellness Leader:

| Name        | Job Title             | Email Address  |
|-------------|-----------------------|--|
| Jackie Sunn | Food Service Director | <a href="mailto:jsunn@westiron.org">jsunn@westiron.org</a> |

School Wellness Committee Members:

| Name             | Job Title                   | Email Address  |
|------------------|-----------------------------|--|
| Kevin Schmutzler | Superintendent              | <a href="mailto:kschmutzler@westiron.org">kschmutzler@westiron.org</a> |
| Mike Berutti     | High School Principal       | <a href="mailto:mberutti@westiron.org">mberutti@westiron.org</a>       |
| Heidi Prestley   | Elementary School Principal | <a href="mailto:hpriestley@westiron.org">hpriestley@westiron.org</a>   |
| Sadie Holm       | School Nurse                | <a href="mailto:sholm@westiron.org">sholm@westiron.org</a>             |
| Jim Kralovec     | P.E Teacher                 | <a href="mailto:jkralovec@westiron.org">jkralovec@westiron.org</a>     |
| Francis Economy  | Social Worker               | <a href="mailto:feconomy@westiron.org">feconomy@westiron.org</a>       |
| Faye Atanasoff   | School Board Member         | <a href="mailto:faye.atanasoff@gmail.com">faye.atanasoff@gmail.com</a> |
| Kristen Meske    | Nurse Practitioner          |  |

### 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.

The West Iron County Wellness policy includes many of the same components as model wellness policy. Such as nutrition promotion and education, physical education and activity, school based activities, nutrition guidelines, and marketing. Our Wellness policy does not go into the same great depth as the model, but covers the same areas.

## 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: \_\_\_\_\_ Date: \_\_\_\_\_

### Nutrition Promotion and Education Goal(s):

| <b>Goal</b><br>What do we want to accomplish?                             | <b>Action Steps</b><br>What activities need to happen?   | <b>Timeline</b><br>Start dates            | <b>Measurement</b><br>How is progress measured?  | <b>Lead Person</b>    | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|---|--|---|--|-----------------------|--|------------------|
| Example:<br>Food and beverages will not be used as a reward for students. | <ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul> | Before the beginning of next school year. | <ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul> | Principal             | Teachers, staff, students                                    | Yes              |
| Promote FREE daily Breakfast  | <ul style="list-style-type: none"> <li>-Send a Breakfast Menu Home</li> <li>-Promote breakfast to families and students</li> </ul>   | March 2023                                | -Daily count of participation number   | Food Service Director | Food Service, Students, Teachers                             |                  |
|   |  |   |  |                       |  |                  |
|   |  |   |  |                       |  |                  |
|   |  |   |  |                       |  |                  |
|   |  |   |  |                       |  |                  |

| <b>Goal</b><br>What do we want to accomplish?   | <b>Action Steps</b><br>What activities need to happen?            | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured?  | <b>Lead Person</b> | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|---|---|--------------------------------|--|--------------------|--|------------------|
| Provide information to students to encourage them in their efforts to incorporate physical activity into their lives. | - Announce activities outside of school that get students active. | ongoing                        | Student feedback & enrollment numbers for community activities like baseball, softball, soccer, etc. | Principals         | Students   |                  |
|   |   |                                |  |                    |  |                  |
|   |   |                                |  |                    |  |                  |

Physical Activity Goal(s):

School-based activities to promote student wellness goal(s):

| <b>Goal</b><br>What do we want to accomplish? | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b>    | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|---|--|--------------------------------|---|-----------------------|--|------------------|
| Offer foods that meet nutritional standards   | -Serve meals that meet USDA nutrition standards        | ongoing                        | -Menus that meet the USDA nutrition standards   | Food Service Director | Students, staff  |                  |
|   |  |                                |   |                       |  |                  |

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

| <b>Goal</b><br>What do we want to accomplish? | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates    | <b>Measurement</b><br>How is progress measured? | <b>Lead Person</b> | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|---|--|-----------------------------------|---|--------------------|--|------------------|
| - Promote USDA nutrition standards            | -Advertise/posters on bulletin boards                  | Before the end of the school year | -   | Food service       | Students, foodservice  |                  |
|   |  |                                   |   |                    |  |                  |
|   |  |                                   |   |                    |  |                  |

Guidelines for other foods and beverages available on the school campus, but not sold:

| <b>Goal</b><br>What do we want to accomplish?  | <b>Action Steps</b><br>What activities need to happen? | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured?                   | <b>Lead Person</b> | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|--|--|--------------------------------|---|--------------------|--|------------------|
| Limit caffeine to students during school hours | -Timer on the vending machines                         | ongoing                        | By the number of caffeinated beverages sold during the school day | School principal   | students   | yes              |
|  |  |                                |   |                    |  |                  |
|  |  |                                |   |                    |  |                  |

Marketing and advertising of only foods and beverages that meet Smart Snacks:

| <b>Goal</b><br>What do we want to accomplish?  | <b>Action Steps</b><br>What activities need to happen?   | <b>Timeline</b><br>Start dates | <b>Measurement</b><br>How is progress measured?   | <b>Lead Person</b>                  | <b>Stakeholders</b><br>Who will be involved and/or impacted? | <b>Complete?</b> |
|--|--|--------------------------------|---|-------------------------------------|--|------------------|
| The foods and beverages sold outside of the school meals programs will meet the USDA Smart Snacks in School nutrition standards 3 days a week. | <ul style="list-style-type: none"> <li>- Foods that are smart snack compliant will be available daily.</li> <li>- Limit foods sold that are not smart snack compliant to only 2 days a week</li> </ul> | All year                       | <ul style="list-style-type: none"> <li>- Checking the smart snack calculator before adding new products</li> <li>- Only offering snacks that don't meet compliance 2 days week</li> </ul> | School store (TriPaw Lodge) Teacher | Staff, students, Food Service Director                       |                  |
|  |  |                                |   |                                     |  |                  |
|  |  |                                |   |                                     |  |                  |