

**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:

East Lansing Public Schools

Month and year of current assessment: Dec. 2021 – June 2022

Date of last Local Wellness Policy revision: _____

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? 3x Per-School Year

School Wellness Leader:

Name	Job Title	Email Address
Lindsay Young	District Wellness Leader	Lindsay.young@elps.us

School Wellness Committee Members:

Name	Job Title	Email Address
John Atkinson	MMS Principal	john.atkinson@elps.us
Andrew Bender	Assistant Professor, MSU College of Human Medicine/Parent	arbender@msu.edu
Jennifer Clark	Public Health MPH/Parent	jennifer.clark26@yahoo.com
Pam Gower	MMS Teacher	pamela.gower@elps.us
Bianca Guess	Fitness Professional/Parent	bianca.guess1@gmail.com
Lisa Knowles	Dentist, Wellness Speaker, and Dental Director for Blue Cross Blue Shield of Michigan/Parent	IntentionalDental@gmail.com
Gita Mahabir	Mental Health Counseling/Parent	Mahabirg1@gmail.com
Stacie Noel	Medicaid Policy Analyst/Parent	noel.stacie@att.net
Karin Pfeiffer	Professor/Parent	kap@msu.edu
Tiffany Stanley	Operations Manager/Mediator/Parent	stanleytiffany505@gmail.com
Synita Turner	Accountant/Parent	Scholt511@yahoo.com

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.

When reviewing East Lansing Public School's (ELPS) Wellness Policy and comparing it to the Michigan State Board of Education Model Local School Wellness policy there were many similarities, especially, in regards to content. Both policies discuss nutrition standards, discuss standards in regards to national and state requirements, education for students and the connection between home, school and the community. The importance in following the standards outlined in state and national policy is clearly displayed throughout both policies. There are some similarities with the structure of the policy's that support easy understanding and development of goals.

While there are many similarities between the two policies there are also a few differences. Most notably the ELPS Wellness Policy does not include an "Implementation, Assessment, Documentation and Updates" section or an "Other School Based Activities the Promote Student Wellness" section. This difference decreased the information available regarding change and advancement in the ELPS Wellness Policy. Two other areas of difference are that training of staff is discussed in the Michigan State Board of Education Model Local School Wellness Policy. There is no outlined expectation of training for staff in the ELPS Wellness Policy. The final difference is that the way in which goals are outlined or intended to be outlined within the policies are different. ELPS includes the goals within the description of the wellness categories as opposed to outlined with SMART goal concepts.

Both policies are very similar as the ELPS Wellness policy was developed in congruence with recommendations made by the state. There are areas that can be further developed within the ELPS Wellness Policy, however, it does closely reflect the Michigan State Board of Education Model Local School Wellness policy.



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: East Lansing Public Schools

Date: 2021-2022 School Year

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
The district will increase education around nutrition.	<ul style="list-style-type: none"> a) All students will receive nutrition education annually that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. 	End of each school year	<ul style="list-style-type: none"> - Verbal or written check-ins principals. 	Principals, Health/Gym teachers	Students and families	Ongoing
The district will implement evidence-based healthy food promotion techniques.	<ul style="list-style-type: none"> a) Offering school meal programs b) Publicizing foods and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards. c) The District will collaborate with public and private 	End of each school year	<ul style="list-style-type: none"> - Walk through of schools - Review of materials send home - Verbal or written check ins with parents and staff 	Principals, Superintendent, Director of Dining Services	Staff, Students, Families and Community Organizations	Ongoing

	entities to promote wellness.					
The District will assist students in increasing water intake.	a) The District will make water available to students throughout the school day.	Ongoing	Verbal or written feedback from staff and students	Principals and Superintendent	Students and Staff	Ongoing

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?
Equip students with the knowledge, skills and values necessary for life long physical activity.	<ul style="list-style-type: none"> a) Physical education instruction will be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education. b) Students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured. c) Provide physical activity breaks for all students d) Encourages parents/guardians to support their students' participation in physical activity, to be physically active role models, and include physical activities in family events. 	Ongoing	<ul style="list-style-type: none"> - Review of offerings at schools - Review of materials/information sent home - Written or verbal info from staff. 	Principals and physical education teachers.	Students, families and ELPS staff.	Ongoing

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 Student Wellness through School-Based Activities	<ul style="list-style-type: none"> 1. Participate in state and federal child nutrition programs as appropriate 2. Allow other health-related 	Ongoing	<ul style="list-style-type: none"> - Verbal and or written feedback from principals and superintendent 	Principals and Superintendent,	Staff, Students and Families	Ongoing

	<p>entities to use school facilities for activities such as; health clinics, screenings, and wellness events consistent with Policy 3304</p> <ol style="list-style-type: none">3. Use evidence-based strategies to develop, structure and support student wellness4. Create environments conducive to healthy eating, physical activity and conveying consistent health messages.			District Wellness Leader		
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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 ?
Ensure access to Healthy food and beverages to promote health and reduce childhood obesity.	<ol style="list-style-type: none"> 1. The district will ensure student access to foods and beverages that comply with applicable laws and guidelines including, but not limited to, the USDA Nutrition Standards for School Meals and the USDA Smart Snacks in School nutrition standards. 2. The district will offer a variety of age-appropriate, healthy food and beverage selections including fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements. 	Ongoing	Review of feedback from staff and community members	Director of Dining Services. Superintendent and Principals	Students, Families and ELPS Food Service Staff	Ongoing

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?
Promote healthy food and beverages to staff, students and parents to increase students healthy snack intake.	<ol style="list-style-type: none"> 1. Provide a list of healthy food and beverage alternatives to parents/guardians, teachers, and students for 	Ongoing	Written and/or verbal feedback from staff and families.	Principals	Staff, Students and Families	Ongoing

	<p>classroom parties, rewards and incentives, or classroom snacks.</p> <p>2. The District discourages the use of unhealthy food and beverages as a reward or incentive for performance or behavior.</p>					
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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?
Marketing and advertising for food and beverages on school grounds meets or exceeds the USDA Smart Snacks in School Nutrition Standards.	In-school fundraising events must comply with Policy 5501 and MDE's Non-Compliant Food Fundraiser Guidance, which permits 2 fundraisers per week, per school building that do not comply with USDA Smart Snacks in School nutrition standards. In-school fundraising events may last up to 1 day and may not be held in the food service area during meal times.	Ongoing	Review by district administration.	Superintendent	ELPS Staff, Students and families.	Ongoing