# 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://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fns.usda.gov%2Ftn%2Flocal-school-wellness-policy&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897074960&sdata=7j%2BzxZb3aiHyIEaM6RvOuOzBvyw6PsM%2BkPr3T3DNMOA%3D&reserved=0)

[https://www.michigan.gov/mde/0,4615,7-140-66254\_50144-194546--,00.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.michigan.gov%2Fmde%2F0%2C4615%2C7-140-66254_50144-194546--%2C00.html&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897084956&sdata=k9ywqPPJoetUO59OBvugbKmC0hfP1mXFUfdjejgABiE%3D&reserved=0)

# Section 1: General Information

School(s) included in the assessment:

Vestaburg Elementary and Vestaburg Middle/ High School

Month and year of current assessment: 03/2023

Date of last Local Wellness Policy revision: 2020

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

[www.vcs-k12.net](http://www.vcs-k12.net) Under Food Services

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? At least Quarterly/Try to Monthly\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Brandon Hubbard | Superintendent | bhubbard@vcs-k12.net |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Laura Kimbell | Food Service Director | [lkimbell@vcs-k12.net](mailto:lkimbell@vcs-k12.net) |
| Karen Grover | Superintendent’s Administrative  Assistant | [kgrover@vcs-k12.net](mailto:kgrover@vcs-k12.net) |
| Carolynn Mapes | Food Service/Parent | [cmapes@vcs-k12.net](mailto:cmapes@vcs-k12.net) |
| Laura Neelis | Elementary Teacher | [lneelis@vcs-k12.net](mailto:lneelis@vcs-k12.net) |
| Stefanie Smith | LLMSW | [stsmith@vcs-k12.net](mailto:stsmith@vcs-k12.net) |
| Jody Vissman | Middle School Teacher | [jvissman@vcs-k12.net](mailto:jvissman@vcs-k12.net) |
| Monica Barber | Nurse | [mbarber@vcs-k12.net](mailto:mbarber@vcs-k12.net) |
| Kristine Staines | Middle School/High School  Principal | [kstaines@vcs-k12.net](mailto:kstaines@vcs-k12.net) |
| Ray Fron | Interim MS/HS Dean of Students  Athletic Director | [rfron@vcs-k12.net](mailto:rfron@vcs-k12.net) |
| Cynthia Hillary | Elementary Principal | [chillary@vcs-k12.net](mailto:chillary@vcs-k12.net) |
| Lynn Van Sickler | Board President | [lvansickler@vcs-k12.net](mailto:lvansickler@vcs-k12.net) |
| Ty Warczinsky | Parent, Coach, Alternative Ed Director, Addiction Counselor | [twarczinsky@vcs-k12.net](mailto:twarczinsky@vcs-k12.net) |

# Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

X 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.

|  |
| --- |
| VCS wellness policy is similar to all three models. The VCS wellness policy focuses on four main areas: Activity, Other school based activities, Nutrition, and Physical Education. A comparison of how the VCS wellness policy compares with model policies in each area is below.  Other School based Activities:   * The VCS wellness policy encourages our community to use the facilities for physical education purposes. * VCS gives students adequate time to eat their meals, and water is available in their classrooms as well as with water bottle filling stations.   Nutrition   * The policies request the school provides healthy options for any district provided meals, including beverages. * There is not much detail in the VCS plan under the nutrition section, but later on there is greater detail provided. * The policies point out healthy eating choices including helping students understand there are healthier options for foods that are high in carbs, sugar, fat, sodium, etc. and that those foods can be replaced with healthier options such as whole grains, fruits, vegetables, herbs/spices, etc.   Physical Education and Activity:   * VCS policy says the district will be aware and inclusive of gender, culture, and other differences among the students as part of the PE program. * Both policies call for a physical education program that aligns with GLCEs and other MI curriculum standards. * The VCS policy points out values and lessons the student will learn as part of the PE program. These values include but are not limited to fair play, cooperation, competitiveness, and hard work. |

# 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](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html).

# Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: Vestaburg Community Schools Date: 3/7/2023

## 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. | 1. Provide teachers with list of non-food reward examples. 2. Discuss changes at back-to- school staff training. 3. Follow-up mid-year to discuss challenges and determine   additional communication needed. | Before the beginning of next school year. | * Verbal check-ins with staff to ensure compliance. * Teacher survey at end of school year. | Principal | Teachers, staff, students | Yes |
|  |  |  |  |  |  |  |
| VCS will include healthy eating as part of curriculum in Health and PE classes | * Add Harvest of the Month in the cafeteria to introduce more fruits/vegetables to students * Review of current curriculum to see which include nutrition * Determine what changes need to be made to existing nutrition portions of curriculum. | Preparation prior to next school year, the remainder in school year 23-24 | * Review of the nutrition education VCS currently provides. Which classes and curriculum * Student survey to determine what they have learned about nutrition in those classes | Superintendent/ Wellness Committee | * Students * Parents * Community * Staff | Ongoing |
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| **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 will be given multiple daily opportunities to be physically active | * Middle school students will have extended time on their lunch to be physically active. * Secondary students will be required to take PE classes each year. * Elementary students will have receive recess throughout the school day. * The school will support community efforts to keep kids active by offering help with coaching and opening the facilities for activity. | 2023 | * Maintaining teams in each of VCS’ MHSAA sponsored sports * Keeping a connection with the athletic department, coaches, and youth programs in the area * Checking curriculum to ensure it includes time for recess and PE classes | AD/Superintendent | * Students * Community * Coaches * Athletic staff * PE teachers | Ongoing |
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## Physical Activity Goal(s):

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

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| Wellness Committee will do a quarterly wellness activity, challenge, or event designed to promote physical, mental, or emotional wellness | * WC will plan out the years activities/challenges prior to school year to ensure a variety of wellness topics are addressed * WC will communicate with staff and students what activities will be offered each quarter | Ongoing | * WC will keep records of how many students/staff participate in challenges/activities * WC will receive feedback from participants * A schedule of activities/challenges will be relayed to students/staff quarterly. | Wellness  Committee | * Students * Staff | Ongoing |
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## Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

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| --- | --- | --- | --- | --- | --- | --- |
| **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 foods served on campus will follow nutritional guidelines determined by the USDA | * Food service director runs all meals through the Meal Component Tool to ensure they comply with nutritional standards from the USDA * Food service director runs all snacks through the Smart Snack Calculator including the items in the vending machine. | 2018-Present | * Regular checks conducted by food service director to ensure results from Meal Component Tool and Smart Snack Calculator align with nutritional standards from USDA * Results from MDE audits | Food  Service  Director | * Students * Staff | Ongoing |
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## Guidelines for other foods and beverages available on the school campus, but not sold:

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| Elementary teachers will allow only water/flavored water in the classroom | * Elementary teachers will communicate with students that they are only allowed to have water during the school day. * Students will be educated on the benefits of drinking water and how much they should drink on a daily basis | SY 23-24 | * Teacher and Administration observations | Dean of Students | * Staff * Students | No |
| Students will eat mainly healthy snacks | * Students will be encouraged to bring healthy snacks from home * Elementary students cannot bring pop to have with meals/snacks * Students will be educated on which snacks are healthy | SY 23-24 | * Teacher survey about what students bring for snacks * Student survey about snacking habits | WC | * Staff * Students | No |
|  |  |  |  |  |  |  |

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

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| VCS will create food advertisements that clearly indicates which foods are Smart Snacks | * Provide foods that are appealing, but also healthy * All foods will be checked using the Smart Snack Calculator | 2018-Present | * Check all foods on smart snack calculator and ensure they pass * Advertising will be approved by the food service director to ensure it meets VCS standards | Food  Service  Director | * Staff * Students | No |
| The food service department will participate in Harvest of the month, and offer samplings of the items at least quarterly | * Food service director will get Harvest of the month information around to send home to families. * Food service director will menu healthy items from Harvest of the month | 23-24 SY | * Items to be taste tested will be advertised on the menu’s | Food  Service  Director | * Staff * Students | In Progress |
|  |  |  |  |  |  |  |