

**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: Meadowview School and Union Street

Month and year of current assessment: March 2025

Date of last Local Wellness Policy revision: May 24, 2021

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

<https://go.boarddocs.com/mi/eaton/Board.nsf/Public?open&id=policies#>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Once a year

School Wellness Leader:

Name	Job Title	Email Address
Lynn Taylor	Food Service Director	ltaylor@eatonresa.org

School Wellness Committee Members:

Name	Job Title	Email Address
Lynn Taylor	Food Service Director	ltaylor@eatonresa.org
Christina Holmes	Regional School Health Coordinator	<u>cholmes@eatonresa.org</u>
Taylor Jackson	Adaptive Physical Education Teacher	tjackson@eatonresa.org
Elizabeth Buchhop-Siler	Teacher	<u>esiler@eatonresa.org</u>
Steve Sand	School Nurse	ssand@eatonresa.org
Debra Troll	Paraprofessional	dtroll@eatonresa.org

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.

Comparing the Eaton RESA Wellness policy to the Michigan State Board of Education Model Wellness Policy reveals many similarities. The Eaton RESA Wellness Policy was created using the recommendations of the state board of education and with the model policy in mind. Additionally, the sample goals provided by the Michigan Department of Education were used in the development of many of the Eaton RESA Wellness Policy goals.

Both the Eaton RESA Wellness Policy and the Michigan State Board of Education Model Local School Wellness Policy recognize the crucial link between student health and well-being and their ability to learn. Both policies emphasize the importance of good nutrition and regular physical activity in the developmental process of students. They also agree that a community-wide effort involving staff, parents, and the public is necessary to support students in developing healthy behaviors and habits related to eating and exercise. Furthermore, both policies highlight the role of schools in providing nutritious meals and snacks through school meal programs, supporting good eating habits, and promoting increased physical activity.

The policies both address nutrition education integration into the curriculum. Additionally, both policies recognize the importance of professional learning and training opportunities for staff implementing the health education curriculum. Nutrition promotion is also a focus of both the Eaton RESA and the model policy, encouraging students to make healthy food choices and participate in school meal programs. Both policies mandate adherence to the USDA Smart Snacks in School nutrition standards for foods and beverages marketed or sold to students during the school day as well as in classroom celebrations. Additionally, both emphasize the importance of physical activity as well as physical education in equipping students with the knowledge and skills for lifelong health-enhancing activity. The Eaton RESA policy specifically mentions a daily recess period for students, while the model policy emphasizes providing opportunities for regular supervised physical activities.

The Michigan State Board of Education Model Wellness Policy includes a section for Other School-Based Activities that Promote Student Wellness, which is not included in the Eaton RESA Wellness Policy. While both policies address how the Wellness Committee will review and update the policy, the Michigan State Board of Education Model Wellness Policy includes the use of specific tools like the HSAT (Healthy School Action Tool); however, both policies do require that the plan is reviewed and updated at least once every three years.

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: Eaton RESA

Date: 2024/2025 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.	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
Include nutrition education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.	Adjusted goal to include being developmentally appropriate for Eaton RESA students.	Each school year	-Providing required nutrition and health education per requirements	Physical Education teacher	Students, teachers	Ongoing
Integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.	Removed goal, as it was redundant	N/A	N/A	N/A	N/A	N/A
Ensure that staff responsible for providing instruction in nutrition education shall regularly participate in professional	Adjusted to "participate in professional development activities" as these opportunities are sporadic throughout the year	Ongoing as able and available	<ul style="list-style-type: none"> Attendance at professional development events Updating curriculum to current standards as needed 	Physical Education teacher	Students, PE teacher	Ongoing

development activities designed to better enable them to teach the benchmarks and standards.						
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Physical Activity Goals (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?
Provide physical education curriculum with sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	Adjusted go to include “developmentally appropriate”	Yearly	Providing physical activities as appropriate	Physical education teacher	Students	Ongoing
Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.	Physical activity must not be assigned to students because of poor behavior or punishment for any reason. Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete classwork. All students in grades K-5 shall be provided with a daily recess period at least fifteen (15) minutes in duration.	Daily	Daily physical activity time provided to all students. Physical activity not forced or withheld as use of punishment.	Teachers, physical education teacher	Students, teachers	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?

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.	Ensure Maintenance is keeping full water jugs and cups stocked available for all classrooms.	Ongoing	Stock filled water jugs and cups available to all classrooms. Adaptive/sippy cups cleaned and sanitized regularly.	Teachers, maintenance	Students, teachers	Yes, ongoing
Provide at least thirty (30) minutes daily for students to eat.	Continue current meal schedule	Ongoing	Students have adequate time to finish their meals.	Food Service Director, teachers, administration	Students, teachers	Yes, ongoing
Schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.	Continue current scheduled meal times, as they do not interfere with other daily activities.	Ongoing	Students have adequate time to focus on eating without other distractions or tasks.	Food Service Director, teachers, administration	Students, teachers	Yes, ongoing

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?
Any foods 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.	Minimal to no food marketing or sales, exempt fundraisers are limited and tracked per MDE requirements.	Ongoing	Fundraising logs are kept. Any marketing is compliant.	Food Service Director	Students	Yes, ongoing
Encourage students to increase their consumption of healthful foods during the school day;	Removed, redundant	N/A	N/A	N/A	N/A	N/A
Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.	Removed, redundant	N/A	N/A	N/A	N/A	N/A

As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).	Food provided from Charlotte Public Schools menu which follows required meal guidelines	Ongoing	Meets USDA meal pattern requirements	Food Service Director	Food Service Director, students	Yes, ongoing
The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.	No additional food items are for sale at MV	Ongoing	Not sold	Food Service Director	Food Service Director, students	Yes, ongoing

The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.	No additional food items sold	Ongoing	Not sold	Food Service Director	Food Service Director, students	Yes, ongoing
All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.	<p>No sale of extra snack foods or drinks.</p> <p>All exempt fundraisers are not competing with meal times.</p> <p>Fundraisers are documented.</p>	Ongoing	<p>Extra food items not sold.</p> <p>Fundraisers are documented.</p>	Food Service Director	Food Service Director, teachers, students	Yes, ongoing

All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.	No a la carte items sold.	Ongoing	No a la carte items sold	Food Service Director	Students	Yes, ongoing
All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the food and beverage standards approved by the Principal or Program Administrator.	<p>The school principals will encourage the incorporation of fruits, vegetables, and other healthful options for classroom parties, snacks, and celebrations.</p> <p>A variety of food and non-food items may be used as rewards for providing positive reinforcement for children's behavior and academic performance in the classroom.</p>	Ongoing	<p>A list of non-food reward ideas will be provided to teachers.</p> <p>Student holiday party meals generally include fruit, vegetable, and milk along with the entree.</p>	Food Service Director, students, teachers	Food Service Director, students, teachers	Yes, ongoing
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.	Currently all meals are provided free of charge regardless of determination for 2024-2025 school year.	Ongoing	No fees associated with meals for any student at this time.	Food Service Director	Students	Yes, ongoing
All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.	<p>The school principals will encourage the incorporation of fruits, vegetables, and other healthful options for classroom parties, snacks, and celebrations.</p> <p>A variety of food and non-food items may be used as rewards for providing positive reinforcement for children's behavior and academic performance in the classroom.</p>	Ongoing	<p>A list of non-food reward ideas will be provided to teachers.</p> <p>Student holiday party meals generally include fruit, vegetable, and milk along with the entree.</p>	Food Service Director	Students	Yes, ongoing

Board Policy Information

The Board designates the Principal or Program Administrator as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.	Changed to "Food Service Director or Meadowview Administrators"	2025-Ongoing				Ongoing
<p>The Superintendent shall appoint a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.</p> <p>The Wellness Committee shall be responsible for:</p> <ul style="list-style-type: none"> A. assessment of the current school environment; B. review of the District's wellness policy; C. measurement of the implementation of the policy. 	<p>Adjusted to "a District Wellness Committee shall be developed"</p> <p>Added "D. Recommend revision of the policy as necessary"</p>	2025-ongoing				Yes, Ongoing
Before the end of each school year the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its	Adjusted to "Yearly the Wellness Committee shall recommend"	Ongoing				Yes, ongoing

recommendations.						
<p>The Superintendent shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.</p> <p>The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall:</p> <ul style="list-style-type: none"> A. include information in the student handbook; B. and post the policy on the District's website, including the Wellness Committee's assessment of the implementation of the policy. 		Ongoing				Yes, ongoing
<p>The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.</p>		Ongoing				Yes, ongoing