

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.doe.in.gov/nutrition/school-wellness-policy>

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
- Indiana State Board of Education Model Local School Wellness Policy
- Alliance for a Healthier Generation: Model Policy

Describe how your wellness policy compares to model wellness policies.

The overall structure and content when compared, was present. However, it was found that some detail and clarification was missing.

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](#).

Local Wellness Policy Assessment Plan

School Name: Wildwood Environmental Academy Date: 6/2021

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
Where applicable, nutrition education shall be a part of health and physical education classes and integrated into other subject areas when connections to the curriculum can be developed.	<ul style="list-style-type: none"> a) During back to school TBT and BLT meetings remind staff of the importance of incorporating healthy choices across the curriculum. b) at each mid-term review in TBT meetings how connections to the curriculum were made. 	August	Through feedback at TBT meetings.	School Leader	School Leader, staff, students	Yes
The gardens on school grounds will be used to demonstrate and encourage nutrition education.	<ul style="list-style-type: none"> a) Schedule Environmental Education classes b) support the EE teachers 	August	Discussion and feedback from the EE teachers	School Leader	EE staff, students	No

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?
Ensure physical activity is a part of the students daily experience.	Schedule health and physical education classes for all K-8 students and appropriate high school classes.	July	Review of the final schedule.	School Leader	School Leader, PE teacher students	No
Provide access to equipment, materials and virtual resources for staff use	purchase equipment, materials and subscriptions necessary as well as technology	June	Feedback from staff	School Leader	School Leader, teachers, students	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?
Students are able to participate regularly in physical activities including, unstructured play, organized activities, gardening, nature hikes, physical brain breaks and other physical activities throughout the school day.	In return to school TBT meetings remind staff to include recess, brain breaks, sensory trail, nature hikes, etc. in weekly plans.	August	TBT meeting feedback	School Leader	Teachers, staff, students	No

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?
Nutritious meals that meet the federal and state regulations will be served at breakfast and lunch.	Choose a vendor that can consistently meet the requirements.	August	Contract date	School Leader	School Leader, vendor, corporate, students	Yes
The only vending machine available to students contains only healthy snacks and drinks. No soda pop or sugary treats are available. No additional a la carte items are available.	Secure vendor	June	Contract date	School Leader	School Leader, vendor, corporate, students	Yes
Model healthy portions and choices to support lifelong healthy eating habits.	Communicate with vendor	August	Contract date	School Leader	School Leader, vendor, students	Yes

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 students, families, and staff to only allow healthy snacks and drinks at school.	Newsletters, welcome back packets and social media posts regarding healthy eating and drinking at school.	August	Monitoring of what items are brought to school.	School Leader	School Leader, Cafeteria Managers, teachers, students, families	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?
Food and beverage marketing including postings, menus and any documents or statements promoting healthy choices and food services.	Review materials prior to posting or distribution	August	successful implementation	School Leader	School Leader, Office Managers, cafeteria staff	No