

**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: Summit Academy North District

Month and year of current assessment: May, 2023

Date of last Local Wellness Policy revision:

March 2020

Website address for the wellness policy and/or information on how the public can access a copy: <https://www.summitacademy.com/north-high/for-parents/important-information/>

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Leann Hedke	Superintendent	lhedke@summit-academy.com

School Wellness Committee Members:

Name	Job Title	Email Address
Teresa Golba	Executive Administrative Asst.	tgolba@summit-academy.com
Cheryl Kapp	Elementary Physical education Teacher	ckapp@summit-academy.com
Ryan Glaser	MS Physical Education Teacher	rglaser@summit-academy.com
Ali Fisher	HS Physical Education Teacher	afisher@summit-academy.com
Karen Waters	School Nurse	kwaters@summit-academy.com
Sally Racette	504/Homeless/Foster Care Liaison	sracett@summit-academy.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.

Our present policy is quite minimal. We will be using the Michigan State Board of Education Model Local School Wellness Policy as our basis beginning this year. We did not meet our goals partially due to restrictions from COVID as well as specific review of goals annually.

#### **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](#).

<p><b>Michigan Department of Education Local Wellness Policy Assessment Plan</b></p>
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Nutrition Promotion and Education Goal(s):

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeli ne Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
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<p>Nutrition education will be provided quarterly to all students beginning September 2020.</p>						
<p>EL</p>	<p>a. Staff will have Smart Snack Calculator  b. Healthy Snacks-By example  c. Recipes/Newsletter</p>	<p>Fall 2023</p>	<p>-More smart snacks served  -Recipe requests</p>	<p>Admin</p>	<p>Staff, Teachers, Students</p>	<p>No</p>
<p>MS</p>	<p>a. Increase Nutrition Education in staff meetings  b. Include Recipes on social media  c. Fitness challenges among staff members that want to participate  d. Offer fitness opportunities to staff and students</p>	<p>Fall 2023</p>	<p>-Curriculum Inclusion  -Tracking steps/exercise  -2x/month staff meeting training</p>	<p>Ryan Glaser &amp; Admin</p>	<p>Staff, Teachers, Students</p>	<p>No</p>
<p>HS</p>	<p>a. In Health &amp; Science classrooms, students will keep nutritional logs, and compare healthy and unhealthy foods with their families  b. Students will interview family members in regard to family health information, ex. “what runs in the family”</p>	<p>Fall 2022</p>	<ul style="list-style-type: none"> <li>• Logs</li> <li>• Interview project</li> </ul>	<p>PE and Science Teachers</p>	<p>Teacher</p>	<p>No</p>

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Opportunities for at least one additional exercise opportunity will occur monthly-EL	Brain Break-2	Spring 2022	Added to lesson plan	Kapp	Staff, Students,	Yes
Increase physical activity outside of regular physical education class.	a. Give additional opportunities for staff and students.	Oct. 2019	Planned opportunities on schedule and observations	Ryan Glaser & Admin	Staff, Students	No
HS	a. Create a schedule and routine for before and after school physical opportunities b. Train teachers on brain breaks and physical activity in the classroom	Fall 2022	<ul style="list-style-type: none"> <li>Personal fitness log</li> <li>Observation</li> </ul>	PE teacher, Principal	Teachers, students, staff	No

### Physical Activity Goal(s):

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
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Mindfulness and social emotional learning opportunities will be provided on a monthly basis to all students...EL	<p>a. Incorporate mindfulness in the classroom.</p> <p>b. Restorative Circles</p> <p>c. Morning Meeting</p> <p>d. Greeting at the door</p> <p>e. STEAM/Character Ed Kind</p> <p>f. Add Social/Emotional Piece to the weekly family email and all-call.</p>	Oct. 2019	Classroom Observation	Principal	Teachers, Staff, Students	Yes
	<ul style="list-style-type: none"> <li>Scheduled open gym time</li> <li>Workouts for staff</li> <li>Science team agricultural project plans</li> <li>Mental health education</li> <li>Professional development</li> </ul>	Oct. 2019	Observe Review schedule Review lesson plans	Ryan Principal	Teachers, staff, students	No
HS	<p>a. Survey students to gather data on social emotional health</p> <p>b. Through strong personal relationships develop an ongoing focus on social and emotional health, emphasizing anger management</p>	Spring 2023	Observations Data collection	Principal, SSW	Students and staff	Yes

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	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved	Complete?
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accomplish?					and/or impacted?	
Teachers will be provided ongoing nutrition education through professional development on an...EL	-Inclusion in Professional Dev for the elementary	Spring 2023	Review of PD Agendas	Principal	Staff	No
Train teachers on brain breaks and incorporating physical activity in the classroom	<ul style="list-style-type: none"> <li>• Include recipes</li> <li>• Surveying student body</li> <li>• Fitness Fact Friday</li> </ul>	Oct 2019	Review weekly Friday Facts Review school newsletter and social media Review surveys	Admin & Ryan	Staff & Students	No
Teachers will be provided ongoing nutrition education through ongoing professional development	-Add a nutrition PD to weekly staff meetings	Fall 2023	Review of staff meeting agendas	Admin and PE Teacher	Staff	No

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
New: Only non-food items are permitted for birthdays						

New: Classroom and Building celebrations will encourage healthy choices and portion control beginning September, 2023						

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?
School based marketing will be consistent with nutrition education and health promotion						