

**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:

Anchor Bay School District

Month and year of current assessment: June 2021

Date of last Local Wellness Policy revision: November 2018

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

https://www.anchorbay.misd.net/downloads/food_services/wellness_policy_update_2018.pdf

Section 2: Wellness Committee Information

How often does your school wellness committee meet? At least once per year

School Wellness Leader:

Name	Job Title	Email Address
Lenard Woodside- Until Dec 2020 (A new Superintendent will be selected for 2021-2022 School year)	Superintendent	TBD

School Wellness Committee Members:

Name	Job Title	Email Address
Karri Youngblood	Food Service Director	kyoungblood@abs.misd.net
Sherry Kenward	Director of Student Services	skenward@abs.misd.net
Gretchen Pilon	MMS Employee	gpilon@abs.misd.net
Kevin Grammars	ABHS Employee	kgrammars@abs.misd.net
Rebecca Eckstein	Lighthouse Employee	reckstein@abs.misd.net
Jennifer Dixon	ABHS Employee	jdixon@abs.misd.net
Nick Champine	ABSH Employee	nchampine@abs.misd.net
Chelsey Shell	Student Services Coordinator	cshell@abs.misd.net
Sherri Milton-Hoffman	Lighthouse Principle	Smilton_hoffman@abs.misd.net
Paige Hunter	MSS Asst. Principle	phunter@abs.misd.net
Richard Palmer	ABHS Asst. Principle	rpalmer@abs.misd.net
Terry Koch	Ashley Employee	tkoch@abs.misd.net
Marc Patyi	ABHS Employee	mpaty@abe.misd.net

Kellie Mackesy	MSN Employee	Kmackesy@abs.misd.net
Lindsay Ahedo	CPLC	lahedo@abs.misd.net
Andrea Stay	ABHS Employee	astay@abs.misd.net
Lora Gonzales	Director Of Human Resources	lgonzales@abs.misd.net

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.

The Anchor Bay School Wellness Policy correlates with the Michigan State Board of Education Model Local School Wellness Policy. Both policies are centered around the same standards of nutrition promotion and education, physical activity, and other school-based activities and student promotion. They also both set up committees and establish a policy leadership role who set the school wellness goals they want to accomplish. Triennial assessments are also scheduled each three years to assess the wellness goals.

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: **Anchor Bay School District**

Date: **May 13, 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
<p>Wellness Newsletters will be created by the Wellness Committee and distributed to students, staff, and parents 4 times per year.</p> <p>Newsletters will focus on Nutrition, Wellness, and Physical Activity.</p>	<ul style="list-style-type: none"> a) Discuss newsletter wellness topics during wellness meetings b) Designate topics to different members c) Designate one person to person to put all topic together d) Created follow-up tools with target audience mid-year to get their feedback. 	-2019-2020 SY	<ul style="list-style-type: none"> - Survey target audience for feedback. 	-Director of student services.	<ul style="list-style-type: none"> - Students, Staff, Community Parents 	-Was not able to implement until May 2021. Will continue for the 2021-2022 school year for more accurate feedback.

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?
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	<ul style="list-style-type: none"> a) Relay information to all principles and give examples of movement activity b) Discuss with all teachers/staff c) Follow-up mid-year to discuss challenges and additional information needed. 	2019-2020 SY	<ul style="list-style-type: none"> - Verbal check-ins with staff to ensure compliance -Teacher survey at end of school year. 	Ron Medley-Principle of Great Oaks Elementary	-Students and Staff	Yes- comprehensive physical education program is being followed. There was a short halt for the 2020-2021 school year due to COVID.

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?
The Wellness Committee will meet at least 3 times per year.	<ul style="list-style-type: none"> a) Wellness committee will set up meeting dates at the beginning of the year. b) Wellness committee agree on at least 3 dates. 	2019-2020 SY	<ul style="list-style-type: none"> - How many meetings are held. 	Director of Student Services	-Wellness Committee	Yes- for the 2019-2020 2020-2021 school years.

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?
Turn off outsourced vending machines at the secondary level during lunch periods.	a) Speak with secondary principals about vending machine policy. b) Post signage on vending machines of shut down times. c) Speak with outsourced vending machine companies.	-2019-2020 SY	<ul style="list-style-type: none"> - Check increase in food service sales during lunch - Check increase in smart snacks sales during lunch 	Director of Food Service	<ul style="list-style-type: none"> - Students - Staff - Food Service Department 	<p>Yes, for the 2019 school year until March 2020.</p> <p>Vending machines shut down for 2020-2021 School year. Will continue next school year to get further data.</p>

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?
All school sponsored food events will adhere to the wellness policy and only serve foods that meet the NSLP nutrition and smart snack guidelines.	a) Food Service Director train all principles on smart snack compliance. b) Provide smart snack guidelines for all teachers and staff. c) Train Kitchen Staff on building compliance.	-2018-2019 SY	-Verbal check-ins with principles, staff, & food service staff	All Principles	<ul style="list-style-type: none"> - Students and Staff 	<p>Yes, Implemented 2018-2019</p> <p>Halted in March 2020</p>

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 posters that promote healthy eating will be placed in all cafeterias.	<ul style="list-style-type: none"> a) Wellness committee decide on what types of posters to get. b) Inform all schools and kitchen staff c) Post within cafeterias in visible areas. 	-2019-2020 School year	-Survey students for feedback.	Food Service Director	-Students	Yes, Posters were hung for the 2018-2019 school year.