

**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:

CLIO COMMUNITY HIGH SCHOOL, CLIO HIGH SCHOOL, CLIO MIDDLE SCHOOL, CLIO INTERMEDIATE SCHOOL, CLIO ELEMENTARY, CLIO EARLY ELEMENTARY

Month and year of current assessment: SEPTEMBER 2023

Date of last Local Wellness Policy revision: MARCH 2021

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? ANNUALLY

School Wellness Leader:

Name	Job Title	Email Address
CARRIE SEKELSKY	ASSISTANT SUPERINTENDENT OF BUSINESS/PARENT	csekelsky@clioschools.org
KELLY KISS	ASSISTANT SUPERINTENDENT OF CURRICULUM/INSTRUCTION	kkiss@clioschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
LISA TAYLOR	SUPERINTENDENT/PARENT	ltaylor@clioschools.org
NANCY DANIELS	FOOD SERVICE DIRECTOR	ndaniels@clioschools.org
BETHANY FRECHETTE	ASST. FOOD SERVICE DIRECTOR/PARENT	bfrechette@clioschools.org
MICHELLE PYRETT	MS PRINCIPAL	mpyrett@clioschools.org
SCOTT WILLIAMS	HS PRINCIPAL	swilliams@clioschools.org
JESSICA MCCALLUM	CCHS PRINCIPAL/PARENT	jmccallum@clioschools.org
BRIAN TREBILCOCK	CIS PRINCIPAL	Btrebilcock@clioschools.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.

Clio Area Schools has based their Wellness Policy after the Michigan State Board of Education Model Local School Wellness Policy. Our committee was set up to represent all levels of education. The committee consist of all levels of education, community members and administrators. Our policy covers nutrition education, promotion, marketing, standards and guidelines for all food and beverages. CAS wellness policy also covers physical activity and education and well as other school-based activities that promote student wellness. The plan is updated as needed, minimally every three years and amended to fit the needs of the District.

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: CLIO AREA SCHOOLS

Date: SEPTEMBER 28, 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?
Nutrition Education shall extend beyond the classroom by engaging and involving the school's food service staff	Elementary students (K-5) received monthly nutrition education via the Mood Boost program.	2022-2023 school year	The food choices that were sampled were included in lunch menus after they voted	Chef Thomas	Students	Ongoing
Nutrition education posters will be displayed	Posters that display educational information, ie. Vitamins, foods that help with stress, good food choices in 6-12 cafeterias. Televisions 9-12 with same information	2022-2023 school year	Visually in the cafeteria	Food Director	Students and Staff	Ongoing

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?
A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State	*Walking track at K-3 *Go Noodle – movement breaks *PE specials assigned to all students	Ongoing	Go Noodle is documenting in Common Curriculum and will be monitored by building admin. Walking track usage will be monitored by teacher survey. Student schedules can be pulled to confirm all students have a PE class	Building Principals	Principals, teachers, students.	Ongoing
Properly certified, high qualified teachers shall provide all instruction in physical education and PE certification	*All K-12 teachers assigned a PE class will be certified through the state with a PE endorsement on their teaching cert.	Ongoing	Measured through personnel file record.	Personnel Department	Teachers, students, office staff	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?
The schools may demonstrate support for the health of all students by hosting health clinics and screening and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify	*Physical Nights *Flu shots for staff *Vision/Hearing screening *Traveling Dentist	Ongoing	Participation	Building Principals	Students/Staff/Families	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?
Reimbursable school meals must meet requirements found in USDA nutrition standards	Staff Trainings Staff Education Student Education (offer vs. serve) Analyze all menus	Every menu Cycle	Software analyzes menu	Food Director	Students, Staff	Ongoing

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?
Free drinking water shall be available to students during designated meal times and may be available throughout the school day.	Water fountains near or in every cafeteria. All non-water drinks are not allowed in school buildings	Ongoing		Principals/ Teachers	Students	Ongoing

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?
All foods offered on the school campus during the school day shall comply with USDA (ala Carte)	Analyze each item sold on the Ala Carte to ensure compliance	Each new purchase	Inventory	Food Service Director	Students and Staff	Ongoing