

**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:

High Point, Progress Park, WISD Young Adult Classrooms, Honey Creek

Month and year of current assessment: April 2024

Date of last Local Wellness Policy revision: April 27, 2021

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

www.washtenawisd.org, <https://go.boarddocs.com/mi/washisd/Board.nsf/Public?open&id=policies#>, Policy 8510 - Wellness

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Throughout the year as needed

School Wellness Leader:

Name	Job Title	Email Address
Brian Marcel	Associate Superintendent	bmarcel@washtenawisd.org

School Wellness Committee Members:

Name	Job Title	Email Address
Cherie Vannatter	Deputy Superintendent	cvannatter@washtenawisd.org
Jennifer Parrelly	Hight Point Principal	jparrelly@washtenawisd.org
Jennifer Mattison	Food Service Director	mattisonj@dexterschools.org
Catrina Nugent	High Point Nurse	cnugent@washtenawisd.org
Delia Powell	Adaptive PE Teacher	dpowell@washtenawisd.org
Jason Ferrise	Occupational Therapist	jferrise@washtenawisd.org
Cathy Wesenberg	Food Service	cwesenberg@washtenawisd.org
Rebbie Shaw	Student	

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 policy is based off of the NEOLA format for the Local Wellness Policy. When compared to the Michigan State Board of Education Model Local School Wellness Policy there are many correlations. All of the goals in the WISD policy are reflective of the spirit of sample goals listed in the MDE Model Policy, in fact some of the goals are verbatim.

The MDE Model Policy has a large number of goals as samples that offer a broad offering for schools to select from that might meet their needs. The Wellness Policy of the Washtenaw ISD is more selective in the goals identified. This was done intentionally to identify targets that could be attained with the specific student population that is served.

Washtenaw ISD looks to continue to gain on the excellent work that was done in identifying goals in the first round of Wellness Policy and build upon that for the future.

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: Washtenaw Intermediate School District

Date: April 5, 2024

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.	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
The District Nutrition Department will promote and encourage Farm to School efforts in order to provide healthy foods.	<ul style="list-style-type: none"> The F&N department will look for opportunities to serve local vegetables and fruits on a monthly. 	Ongoing	Review of the monthly memos	F&N Director	Students, staff, F&N staff and administrators	Ongoing
	<ul style="list-style-type: none"> Apply annually for the 10-cent grant. 	2022/2023 school year	Apply for the grant on an annual basis.	F&N Director	Students, staff, F&N staff and administrators	Ongoing
	<ul style="list-style-type: none"> Student tasting events of local items offered on a semi-annual basis 	2024/2025 school year	Review of the monthly memos	F&N Director	Students, staff, F&N staff and administrators	Ongoing

Physical 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?
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	<ul style="list-style-type: none"> Lesson plans will include activities that include cooperation, fair play, and responsible participation. 	2024/2025 school year	Administrative review of lesson plans	PE and APE teachers	Students, PE teacher, APE teacher	
Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.	<ul style="list-style-type: none"> PBIS posters in the gym and hallways Best practices to include: Physical activities shall not be taken away as discipline, physical activities shall not be used as discipline 	2024/2025 school year 2024/2025 school year	Staff and administrative review of posters Discipline reports	PE and APE teachers Administration, classroom teachers	APE teacher, PT, OT, SLP, classroom staff Classroom staff	
Planned instruction in physical education shall take into account gender and cultural differences	<ul style="list-style-type: none"> Students will learn about the history (people and cultures) of every sport played. Lessons are planned appropriately based on gender and cultural differences. 	2024/2025 school year 2024/2025 school year	Staff and administrative review of lesson plans Staff and administrative review of lesson plans	PE and APE teacher PE and APE teacher	Students and staff Students and staff	

Planned instruction in physical education shall promote participation in physical activity outside the regular school day.	<ul style="list-style-type: none"> Extra-curricular athletic opportunities will be provided. 	2024/2025 school year	Students join the Special Olympics team, sports clubs, Michigan Adaptive Sports	PE and APE teacher	Students and families, staff	
	<ul style="list-style-type: none"> Outdoor education opportunities and community based physical activities shall be available on the district website. 	2024/2025 school year	Family reports, participation in after-school activities	PE and APE teacher	Students and families, staff	
	<ul style="list-style-type: none"> Staff will assist families in obtaining equipment needed to facilitate physical activity in home/community. 	2024/2025 school year	Family reports	APE teacher, PT, OT, SLP, classroom staff	Students and families, staff	

Physical Activity Goal(s):

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?

Physical activity shall not be employed or taken away as a form of discipline or punishment.	<ul style="list-style-type: none"> • PBIS posters in the gym and hallways 	2024/2025 school year	Staff and administrative review of posters	PE and APE teacher	APE teacher, PT, OT, SLP, classroom staff	
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	<ul style="list-style-type: none"> • Movement breaks are embedded across the day by the way of classroom movement breaks, APE, PE, recess, community-based instruction and/or IEP goals. 	2024/2025 school year	Staff and administrative review of schedules	Administration, teaching staff, APE and PE teachers	Students, classroom staff, APE and PE teachers	
School-wide activities will give consideration to promoting student wellness.	<ul style="list-style-type: none"> • Provide physical activities on a school-wide basis. 	2024/2025 school year	Staff and administrative review of schedules	Administration, teaching staff, APE and PE teachers	Students, classroom staff, APE and PE teachers	

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?
The food service shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	Students, F&N staff, F&N administration, District administration	Ongoing
The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the USDA.	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing
The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing
The sale of foods and beverages to students that do not meet the USDA Smart Snacks in	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing

School nutrition standards to be consumed on the school campus during the school day is prohibited.	<p>that the district participates under.</p> <ul style="list-style-type: none"> Student fundraisers shall be approved on an individual basis by the building administration and F&N Director shall be notified. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	Building administrator	Students, parents, building staff and administration, F&N Director	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	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing
	<ul style="list-style-type: none"> Student fundraisers shall be approved on an individual basis by the building administration and F&N Director shall be notified. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	Building administrator	Students, parents, building staff and administration, F&N Director	Ongoing

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.						
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.	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing
The food service program shall be administered by a director who is property qualified, certificated, licensed, or credentialed, according to current professional standards.	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	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.	<ul style="list-style-type: none"> Water fountains, bottle-filling stations, and/or sinks are available throughout the building, including the cafeteria. 	Ongoing	Units are measured by maintenance to ensure working order.	Director of Operations	Students, staff, teachers	Ongoing
Rewarding children in the classroom should not involve candy or other foods that undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.	<ul style="list-style-type: none"> Classroom activities that incorporate food will take into account student needs (i.e., medical conditions, religious requirements, etc.) 	Ongoing	Classroom observations	Teachers, Building administrators, nurses, APE teacher.	Students, staff, teachers, building administration.	Ongoing
	<ul style="list-style-type: none"> Resources will be given for healthy snacks and/or alternatives for rewards. 	Ongoing	Classroom observations	Teachers, Building administrators, nurses, APE teacher	Students, staff, teachers, building administration	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	<ul style="list-style-type: none"> The F&N Department will adhere to the guidelines set forth by the USDA under each applicable nutrition program that the district participates under. 	Ongoing	Administrative reviews by MDE on adherence to USDA standards	F&N Director	F&N staff, F&N administration	Ongoing
	<ul style="list-style-type: none"> Classroom activities and 	Ongoing	Review by administration, teachers and nurses	HP principal	Teachers, nurses, families, students	Ongoing

parties, and at holiday celebrations) shall comply with the food and beverage standards approved by the Superintendent. The food service program will not subsidize the operation through the sale of foods with minimal nutritious value.	community-based instruction that incorporate food will take into account student needs (i.e. medical conditions, religious requirements, etc.)					
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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?
With regard to nutrition promotion, any foods or 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.	<ul style="list-style-type: none"> The F&N department will adhere to the guidelines set forth by USDA under each applicable nutrition program that the district participates under. 	Ongoing	Annually self-monitoring reviews for adherence to USDA standards	F&N Director	Students, staff, F&N staff and administrators	Ongoing
	<ul style="list-style-type: none"> We will limit ala carte options to water and milk to encourage student selections of nutritionally balanced options. 	Ongoing	F&N Director will ensure ala carte sales adhere to the goal	F&N Director	Students, staff, F&N staff and administrators	Ongoing
The district nutrition department will promote and encourage Farm to School efforts in order to provide healthy foods	<ul style="list-style-type: none"> The F&N department will look for opportunities to serve local vegetables and fruits monthly, as appropriate based on availability, price, and staffing. 	Ongoing	Periodic review of the menu	F&N Director	Students, staff, F&N staff and administrators	Ongoing

	<ul style="list-style-type: none">• We participate in the 10-cent grant.	2022/23 school year	Apply for the grant on an annual basis	F&N Director	Students, staff, F&N staff and administrators	Ongoing
	<ul style="list-style-type: none">• Student tasting events of local items offered on a semi-annual basis	2024/25 school year	Review of the monthly menus	F&N Director	Students, staff, F&N staff and administrators, parent volunteers	