# Michigan Department of Education

# Office of Health and Nutrition Services

# School Nutrition Programs

# 

# Local Wellness Policy: Vestaburg Community School

# 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://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fns.usda.gov%2Ftn%2Flocal-school-wellness-policy&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897074960&sdata=7j%2BzxZb3aiHyIEaM6RvOuOzBvyw6PsM%2BkPr3T3DNMOA%3D&reserved=0)

[https://www.michigan.gov/mde/0,4615,7-140-66254\_50144-194546--,00.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.michigan.gov%2Fmde%2F0%2C4615%2C7-140-66254_50144-194546--%2C00.html&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897084956&sdata=k9ywqPPJoetUO59OBvugbKmC0hfP1mXFUfdjejgABiE%3D&reserved=0)

# Section 1: General Information

School(s) included in the assessment:

Vestaburg Elementary and Vestaburg Middle/High School

Month and year of current assessment: 11/20

Date of last Local Wellness Policy revision: 2017

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? Monthly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Troy Reedy | Dean of Students/Athletic Director | [treedy@vcs-k12.net](mailto:treedy@vcs-k12.net) |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Karen Grover | Superintendent’s Administrative Assistant | [kgrover@vcs-k12.net](mailto:kgrover@vcs-k12.net) |
| Laura Kimbell | Food Service Director | [lkimbell@vcs-k12.net](mailto:lkimbell@vcs-k12.net) |
| Dana MacLaren | RN | [danamaclaren14@gmail.com](mailto:danamaclaren14@gmail.com) |
| Laura Neelis | Elementary Teacher | [lneelis@vcs-k12.net](mailto:lneelis@vcs-k12.net) |
| Allyssa Neyer | Business Manager | [aneyer@vcs-k12.net](mailto:aneyer@vcs-k12.net) |
| Val Palmer | Pupil Accounting Specialist | [vpalmer@vcs-k12.net](mailto:vpalmer@vcs-k12.net) |
| Jody Vissman | Middle School Teacher | [jvissman@vcs-k12.net](mailto:jvissman@vcs-k12.net) |
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# 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 VCS wellness policy is very similar to the model policies. Like the model policies, it is comprehensive and focuses on three main sections: Nutrition, Physical Education and Activity, and Other School-based Activities. Below is a comparison of how the VCS policy compares with the model policy in each of those sections.  Nutrition:   * Both policies focus on educating students on healthy eating choices. This includes getting students to understand why foods that are high in fat, sugar, etc. should be limited and replaced with fruits, vegetables, whole grains, etc. * Both policies call on the school to provide plenty of healthy food options for any district provided meals. This also includes healthy drink options. * In the VCS plan under the Nutrition section, there is limited detail about the specific foods the district will provide to students. In a different section of the policy, however, there is great detail provided.   Physical Education and Activity:   * Both policies call for a physical education program that aligns with GLCEs and other MI curriculum standards. * The VCS plan is specific about the values and lessons student will learn as part of the PE program in the district. These include values like fair play, cooperation, competitiveness, and hard work. * The VCS policy also specifies that the district will be aware and inclusive of cultural, gender, and other differences among students as part of the PE program   Other School-based Activities:   * The VCS plan guarantees students time to eat a healthy meal and have water in classrooms. * The VCS policy encourages the community to use school facilities for physical education purposes |

# 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: Vestaburg Community S Date: 1/13/21

## Nutrition Promotion and Education Goal(s):

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| --- | --- | --- | --- | --- | --- | --- |
| **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. | 1. Provide teachers with list of non-food reward examples. 2. Discuss changes at back-to- school staff training. 3. 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 |
| VCS will include healthy eating as part of curriculum in Health and PE classes | * Review of current courses to see which include a nutrition portion * Determine what changes need to be made to existing nutrition portions of curricula * Identify courses or units that would benefit from the addition of a nutrition component | During next school year | * Audit of current courses and how many include nutrition education * Review of validity of the nutrition education VCS currently provides * Student survey to determine what they learned about nutrition in the classes that include nutrition education | Dean/AD  Wellness Committee | * Students * Staff | No |
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| **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 will be given daily opportunities to be physically active | * Elementary students will have recess built into their school day * Middle school students will have time to exercise tied to their lunch time * Secondary students will be required to take PE classes each year * Secondary students will be given multiple sports options during each MHSAA season * The school will support community efforts to keep kids active by offering help with facilities, coaching | 2021 | * Checking district master schedule to ensure it includes time for recess and PE classes * Maintaining one or more teams in each of VCS’ MHSAA sponsored sports * Maintaining a connection between the athletic department, varsity coaches, and youth programs in the area | Dean/AD | * Students * Athletic staff * PE teachers | Ongoing |
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## Physical Activity Goal(s):

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

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| **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 provide a monthly wellness activity, challenge, or event designed to promote physical, mental, or emotional wellness | * Wellness Committee (WC) will meet monthly to plan, monitor, and enhance activities * WC will communicate to staff and students what wellness activities will be offered each month * WC will plan out the year to ensure a variety of facets of wellness are addressed in their activities | 2020-21 school year | * A schedule of wellness activities that includes an event for each month of school * Documentation on the number of people participating in wellness activities * Feedback collected from participants by WC | Dean/AD and rest of WC | * Students * Staff | Ongoing |
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## Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

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| **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 served on campus will follow nutritional guidelines determined by the state of Michigan | * Food service director runs all meals through the 6 Cent Spreadsheet (6CS) to ensure they comply with nutritional standards * Food service director runs all snacks through the Smart Snack Calculator | 2018-present | * Regular checks conducted by food service director to ensure results from 6CS and Smart Snack Calculator align with nutritional standards * Results from MDE audits | Food Service Director | * Students * Staff | Ongoing |
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## Guidelines for other foods and beverages available on the school campus, but not sold:

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| **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?** |
| Teachers will only allow water in the classroom | * The policy will be added to our handbook and communicated to teachers and students * Students will be educated on the benefits of drinking water and how much they should drink on a daily basis | 2021-22 school year | * Teacher survey * Administration observations | Dean/AD | * Staff * Students | Not started |
| Students will eat predominantly healthy snacks | * Students will be encouraged by staff to bring healthy snacks from home * Students will be educated on which snacks are healthy * Staff will reward students for eating healthy snacks | 2021-22 school year | * Teacher and student survey about snacking habits | Teachers | * Staff * Students * Parents | Not started |
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## Marketing and advertising of only foods and beverages that meet Smart Snacks:

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| --- | --- | --- | --- | --- | --- | --- |
| **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?** |
| VCS will create food marketing that clearly indicates to students which foods are Smart Snacks | * Provide food in vending machines that are appealing, but also healthy * All foods will be checked using the Smart Snack Calculator | 2020 | * Check all foods on smart snack calculator and ensure they pass * Marketing will be approved by the food service director to ensure it meets VCS standards | Food service director | * Staff * Students | Ongoing |
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