

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:
Byron Center Public Schools

Month and year of current assessment: 3/2022

Date of last Local Wellness Policy revision: 3/10/2022

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 (1)

School Wellness Leader:

Name	Job Title	Email Address
Bradly Lake	Athletic Director	blake@bcpsk12.net

School Wellness Committee Members:

Name	Job Title	Email Address
Ann Schuelke	BCHS – Health Teacher	aschuelke@bcpsk12.net
Charissa Chapman	BCHS – School Counselor	cchapman@bcpsk12.net
Doug Jacobi	BCHS – PE Teacher	djacobi@bcpsk12.net
Jason Pierson	BCPS – Board Member	
Vince Sturgis	BCPS – Food Service Director	vsturgis@bcpsk12.net
Laura Zeinstra	BCPS – Director of Teaching	lzeinstra@bcpsk12.net
Matt Amo	Nickels – PE Teacher	mamo@bcpsk12.net
DeWayne Reed	Marshall – PE Teacher	dreed@bcpsk12.net
Andrew Booth	PA & PA Professor – GVSU	

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 BCPS was written to model the MDE Wellness Policy.

The BCPS policy has goals in each of the following categories

- Nutrition Education
- Promoting Nutrition
- Standards and Nutrition Guidelines for all foods and beverages
- Food and Beverage Marketing
- Physical Activity and Physical Education
- Other School based Activities that Promote Student Wellness
- Implementation, Assessment, Documentation and Updates

Amendments that need to be made when we update the policy would include more detailed “smart goals” Specific measurements and timelines listed in the triennial assessment form are listed in the BCPS wellness policy but were included if the actions taken already happened or are in progress to get the intended action completed.

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: Byron Center Public School

Date: 3/10/2022

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 the 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 a 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
Nutrition Education to align with MDE healthy eating behaviors	<ul style="list-style-type: none"> A. 8th grade and Secondary education provides in health classes B. EL education provided from teachers, FS staff or volunteers 	Before the beginning of 2022/2023	<ul style="list-style-type: none"> • School visits • Recording of session • Sign in sheet 	PE / Health	Students Admin Teachers FS Director	
Café nutrition promotion and healthy marketing	<ul style="list-style-type: none"> A. Promote nutrition within the district B. Farm to school labels C. FS Website D. Nutrislice Nutrition Analysis E. Café Decal 	By the start of the 2022/2023 school year	<ul style="list-style-type: none"> • Café Checks • Menu analysis • Talking to the students 	FS Director	Students FS Staff	

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is the progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?

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 the progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?

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 the progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Higher Protein in Vending machine for after school snacks	A.) Work with vendors to supply products B.)	Start of 2022/23 school year	School checks/visits Inventory checks	FS Director	Students/ Coaches/ Families	
Extend the Hub/ Front Café hours to help create healthy after school choices	A.) Add to budgeting hours/ staff	Start of 2022/23 school year		FS Director	Students/ Coaches/ Families	

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 the progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?

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 the progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?