

**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:

Meridian Public Schools

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision: June 2021

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

www.merps.org > Departments > Food & Nutrition

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Once per year

School Wellness Leader:

Name	Job Title	Email Address
Brooke Holcomb	Director of Business Services	brooke.holcomb@merps.org

School Wellness Committee Members:

Name	Job Title	Email Address
Taylor Roberts	Food Service Director	taylor.roberts@merps.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
- Well SAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

We follow the State Board of Education Model Local School Wellness Policy.

Our wellness policy contains sections on Nutrition Education, Physical Education, Physical Activity, Other School-Based Activities, and other Nutrition Promotion based goals.

We have utilized the SMART goal structure.

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: Meridian Public Schools

Date: 6-13-23

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
Require students to select a fruit or vegetable as part of a complete reimbursable meal	Our meals during breakfast and lunch need to have a fruit or vegetable option for students to select from.	During the course of the entire school year.	Check in with food service at all buildings to see the options in the meal line.	Food Service Director	Students, food service staff	Yes - ongoing
The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.	<p>Ensuring that our meal offerings for breakfast and lunch provide food that meets the established criteria.</p> <p>Ensuring that our vending machines or other sources around the schools follow the criteria too.</p>	During the course of the entire school year.	Meetings with food service director to discuss food options and choices and their level of healthiness.	Food Service Director, Superintendent	Students, food service staff/director, 3 rd party food vendors	Yes - 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?
Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some physical activity.	There need to be breaks in between course times for students to get up and move their body.	During the course of the entire school year.	Ensuring that schedules are established that allow breaks in longer courses and enough time between courses for students to move.	Building Principals	Students and Teaching Staff	Yes, ongoing
Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least 50% of the scheduled class time.	Incorporate physical activity into the physical education class time.	During the course of the entire school year.	Visiting the physical education classes when in session to see what kind of activities they are performing. Verbal check ins with PE teachers to gain understanding of what their plans are for class time.	Physical education teachers	Students, physical education teachers, building principals, parents	Yes, 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?
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	Ensuring that no gates are locked and the access to playgrounds, walking track, fields, etc. is accessible to the public to use.	The entire year, specifically after the end of a school day and before dusk (so long as no team sports are using the equipment or	We can inform the public of the ability to use our facilities.	Superintendent, Facilities Director	All community – including students, staff, parents, and general public.	Yes, ongoing

		area for practice that would create a distribution.)				
The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events.	Planning the daily schedule so students have adequate time to eat their meal.	During the course of the school year – during designated uninterrupted meal times.	Building principals and other administrative staff including wellness committee staff members can visit the schools during scheduled meal times to be reassured that no other activities are occurring.	Building Principals	Students, staff	Yes, ongoing