

**Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs**

**Local Wellness Policy:
Triennial Assessment Summary
Forest Area Community Schools**

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:

Fife Lake Elementary
Forest Area MS/HS

Month and year of current assessment: August 2021

Date of last Local Wellness Policy revision: January 2019

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

www.forestarea.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Joshua Rothwell	Superintendent	jrothwell@forestarea.org

School Wellness Committee Members:

Name	Job Title	Email Address
Amberle Eaker	Elementary Principal	aeaker@forestarea.org
Kelly Holeman	MS/HS Principal	kholeman@forestarea.org
Shelley Ritchie	Food Service Director	sritchie@forestarea.org
Treasa Merchant	Health Teacher	tmerchant@forestarea.org
Joanna Durfee	Parent	jdurfee@mhc.net
Kim Michels	Teen Health Nurse	kmichels@mhc.net

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.

Forest Area currently uses Thrun Law Firm for policy services. The current Forest Area Thrun Law Firm policy mirrors the Michigan State Board of Education Model Local School Wellness Policy.

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: Fife Lake Elementary and Forest Area Middle/High School

Date: August 2021

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
More Nutritional Choices	<ul style="list-style-type: none"> a) More student friendly fresh fruits and vegetables will be available. b) Increase whole grain options on the menu each day. 	Beginning of school year	Track inventory and orders throughout the school year.	Food service Director	Students and staff	Yes
Increase Nutrition Education	<ul style="list-style-type: none"> a) Provide posters to inform students of nutrition facts of the food they're eating. b) Food samples for students with explanation of nutrition information. 	Beginning of school year	Documentation of posters purchased and "food sample" days during lunch hour.	Food service Director	Students and staff	Yes

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?
Increase student activity levels	Incorporate more cardiovascular exercises during strength and conditioning classes.	Beginning of school year	Review teacher lesson plans and observe classroom activities.	Principal	Students	No

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?
Increase participation in after school extracurricular activities	Motivate students to participate	Summer 2022	Increase in number of students participating	Superintendent	Students, teachers, and coaches	No

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?
Additional nutrition information posted for students, staff, and parents.	Purchase/print posters with information	Summer 2022	Visual proof of information	Superintendent	Students, staff, and parents	No

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?
Additional nutrition information posted for students, staff, and parents.	Purchase/print posters with information	Summer 2022	Visual proof of information	Superintendent	Students, staff, and parents	No

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?
Additional posters throughout the commons with nutritional info.	Create/order posters	Beginning of school year	Observation	Food service director/ principal	Students	No