

**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](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)

## Section 1: General Information

School(s) included in the assessment:  
Chippewa Valley Schools

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Month and year of current assessment: June 2022

Date of last Local Wellness Policy revision: June 2018

Website address for the wellness policy and/or information on how the public can access a copy:  
<https://www.chippewavalleyschools.org/departments/food-service/>

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Ron Roberts	Superintendent	<a href="mailto:rroberts@cvs.k12.mi.us">rroberts@cvs.k12.mi.us</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Amanda Snider, RD	Dietitian/ FS Coordinator	<a href="mailto:asnider@cvs.k12.mi.us">asnider@cvs.k12.mi.us</a>
Emily DeArmit	FS Director	<a href="mailto:edearmit@cvs.k12.mi.us">edearmit@cvs.k12.mi.us</a>
Mary Smith	CK Coordinator	<a href="mailto:msmith@cvs.k12.mi.us">msmith@cvs.k12.mi.us</a>
Adam Schihl	Athletic Director	<a href="mailto:aschihl@cvs.k12.mi.us">aschihl@cvs.k12.mi.us</a>
Cindy Jones	Health Aide	<a href="mailto:cjones@cvs.k12.mi.us">cjones@cvs.k12.mi.us</a>
Cheryl Gorski	Parent/Lead Server	<a href="mailto:cgorski@cvs.k12.mi.us">cgorski@cvs.k12.mi.us</a>
Lauren Bizyk	Parent	<a href="mailto:Lbizyk@gmail.com">Lbizyk@gmail.com</a>
Jaime Donohue	Parent	<a href="mailto:Jaimluvs81@hotmail.com">Jaimluvs81@hotmail.com</a>

### 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 Chippewa Valley Schools wellness policy was founded from the Michigan State Board of Education Model Local School Wellness Policy. Both policies have the same standards which include nutrition promotion, nutrition education, physical activity, and other school-based activated and student promotion. They both have established wellness committees which develop the district’s wellness goals that are assessed every three years.

Components of Policy	Michigan State Board of Education Model Local School Wellness Policy	Chippewa Valley School District Wellness Policy
District will convene a wellness committee.	X	X
District wellness committee will meet at annually.	X	X
To the extent possible, the District Wellness committee will include representatives from each school building and reflect the diversity of the community	X	X
The designee(s) will convene the district wellness committee and facilitate development of and updates to wellness policy and will ensure each school’s compliance with the policy.	X	X
District will develop and maintain plan for implementation to manage and coordinate execution of this wellness policy. This plan delineates roles, responsibilities, actions, and timelines specific to each school.	X	X
District will retain records to document compliance with requirements of wellness policy.	X	X
District will actively inform the public annually of basic information about this policy, including its content, any updates to the policy and implementation status.	X	X
District will evaluation compliance with the wellness policy to assess the implementation of the policy at least once every three years.	X	X
The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.	X	X
Policy content includes specific language regarding competitive foods and beverages.	X	X
Nutrition content includes specific language regarding promotion of healthy food and beverage choices.	X	X
Policy content includes specific language regarding nutrition promotion.	X	X
Policy content includes specific language regarding food and beverage marketing in schools.	X	X
Policy content includes specific language regarding physical activity.	X	X
Policy content includes specific language regarding nutrition education.	X	X
Policy content includes specific language regarding physical education.	X	X

## 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: Chippewa Valley Schools

Date: June 2022

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Example: Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>- Verbal check-ins with staff to ensure compliance.</li> <li>- Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
<i>Nutrition Promotion &amp; Education- Elementary buildings will have one fruit or vegetable taste testing per school year.</i>	<ul style="list-style-type: none"> <li>a. Review seasonal produce for Michigan to determine availability of seasonal produce.</li> <li>b. Check with GFS or other local businesses for products.</li> <li>c. Coordinate with dietitian and kitchens to menu or sample new fruit and vegetable products.</li> </ul>	SY 18/19	<ul style="list-style-type: none"> <li>-Document schedule of taste testing's.</li> <li>-Verbal communication with students.</li> <li>-Verbal communication with staff on acceptability</li> </ul>	Dietitian	<i>Kitchen Staff &amp; Students</i>	<i>NO- Taste tests were not allowed and/or students were not in-person Mar 2020-June 2021. Taste tests completed 2022.</i>
<i>Nutrition Promotion &amp; Education-All school buildings have one or more posters which promote nutrition and/or health.</i>	<ul style="list-style-type: none"> <li>a. Find age appropriate nutrition education posters.</li> <li>b. Send posters to schools.</li> <li>c. Kitchen staff will hang posters in locations visible to students.</li> </ul>	SY 18/19	<ul style="list-style-type: none"> <li>-Review at on-site visits that information is posted</li> <li>-Review and update posters as needed</li> </ul>	Dietitian/ Director	<i>Staff &amp; Students present in building</i>	<i>YES</i>

Physical Activity Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>Physical Activity- Elementary Students will have recess or opportunity for physical activity every day.</i>	<i>a. Communicate with executive director of curriculum to ensure students are receiving enough time for physical activity. b. Allow for spaces for activity to occur. c. Communicate with wellness committee of actions being taken</i>	<i>SY 18/19</i>	<i>-Time is scheduled in school day to allow for physical activity</i>	<i>Executive Director of Elementary Curriculum / Assistant Principals</i>	<i>Principals, Teachers, Students</i>	<i>YES</i>
<i>Physical Activity- All students in grades 7-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.</i>	<i>a. Opportunity for all students to enroll in programs. b. Multiple programs available to encourage participation. c. Activities are promoted to all students.</i>	<i>SY 18/19</i>	<i>-Ensure extracurricular activities and intramural programs are occurring in each building.</i>	<i>Athletic Director</i>	<i>Students, Coaches, Athletic Directors, Parents</i>	<i>YES</i>

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

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>The Wellness Committee will meet at least 2 times per year.</i>	<i>a) Wellness committee will schedule dates at the beginning of the year to meet twice per school year.</i>	<i>SY 20/21</i>	<i>Meetings Scheduled</i>	<i>Amanda Snider</i>	<i>Wellness Committee Members</i>	<i>NO- Due to covid, meetings were cancelled.</i>

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>Nutrition Guidelines for Food &amp; Beverages- The foods and beverages sold outside of the school meals program will meet the USDA Smart Snacks guidelines.</i>	<i>a. Locate all vending machines and school stores in the district. b. Check items being sold for compliance. c. Educate contact person if any items are not in compliance</i>	<i>SY 18/19</i>	<i>-Review Annually</i>	<i>Principals, Purchasing Supervisor</i>	<i>Principals, Purchasing Supervisor, Dietitian, Staff, Students</i>	<i>NO- Smart snack regulations were lifted during the 20/21 SY due to Covid.</i>

Guidelines for other foods and beverages available on the school campus, but not sold:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>Guidelines for other food &amp; beverages available on school campus but not sold- Students are allowed to have water bottles in their classrooms.</i>	<i>a. Communicate to teachers to allow and encourage students to have water at their desk.6b. Allow for students to refill as needed.</i>	<i>SY 18/19</i>	<i>-Willingness from teachers to allow water -Principals assess this goal is being accomplished</i>	<i>Principals</i>	<i>Teachers &amp; Students</i>	<i>YES</i>

Marketing and advertising of only foods and beverages that meet Smart Snacks:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
<i>Marketing and advertising of only foods and beverages that meet Smart Snacks- Schools will only display posters or marketing material for approved smart snack food items.</i>	<i>a. Dietitian determine smart snacks b. Check that posters or marketing material are displayed for smart snack items only</i>	<i>SY 18/19</i>	<i>-Determine during on-site reviews</i>	<i>Dietitian/ Director</i>	<i>FS Staff, Students</i>	<i>YES</i>