# 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://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)

<https://www.doe.in.gov/nutrition/school-wellness-policy>

# Section 1: General Information

School(s) included in the assessment:

The Academy for Business & Technology Elementary 

Month and year of current assessment:

June 2021 Date of last Local Wellness Policy revision:

June 2012/2013

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

abtelementary.com

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? \_\_\_\_Quarterly\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Alberta Galarza | School Leader | Alberta.galarza@leonagroup.com |

School Wellness Committee Members:

|  |  |  |
| --- | --- | --- |
| Name | Job Title | Email Address |
| Alberta Galarza | School Leader | Alberta.galarza@leonagroup.com |
| Alejandra Lara | Food Service Coordinator | alejandra.lara@leonagroup.com |
| Wendy Cronce | Office Manager | wendy.cronce@leonagroup.com |
| Pamela Shaffer | Instructional Coach | pamela.shaffer@leoangroup.com |
| Chelsea Zajac | Social Worker | chelsea.zajac@leoangroup.com |
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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
  + Indiana State Board of Education Model Local School Wellness Policy
  + Alliance for a Healthier Generation: Model Policy

Describe how your wellness policy compares to model wellness policies.

|  |
| --- |
| This policy outlines the Academy’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:   * Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards; * Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors; * Students have opportunities to be physically active before, during, and after school; * Schools engage in nutrition and physical activity promotion and other activities that promote student wellness; * School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school; * The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and * The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.   This policy applies to all students, staff, and schools in the District. |

# 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](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html).

# Local Wellness Policy Assessment Plan

School Name: The Academy for Business & Technology Date: June 23, 2021

## 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 |
| Students in the school have access to healthy foods throughout the school day. | a.) Provide students with monthly lunch and breakfast menus.  b.) All lunches will include: fruit, milk, meat, vegetables daily | Beginning of the school year | * Check list * Student surveys | Food Service Coordinator | Staff, students | Yes |
| Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors; | a.) Monthly workshops on nutrition  b.) Activities that support healthy eating  c.) Posters that promote healthy eating will be posted throughout the cafeteria | Beginning of school year | * Nutrition Workshop presentations * Attendance logs * Student surveys | Food Service Coordinator | Staff, students | Yes |
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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?** |
| Students have opportunities to be physically active before, during, and after school; | 1. Students will have the opportunity to participate in the before/after latchkey program where they can play basketball, soccer and other physical activities. 2. All students will have scheduled recess time as part of their daily routines | Beginning of the school year | * Attendance to the latchkey program * Student schedules * Student surveys | Principal | All staff members, students | Yes |
| The school will engage in nutrition and physical activity promotion and other activities that promote student wellness; | 1. Families will receive monthly activities to do at home through the Monthly Parent Newsletter. 2. Students will have opportunities to share what they are doing at home through Class Dojo. This will be shared throughout the school. | Beginning of the school year | * Monthly Newsletters * Class Dojo | Principal | All staff members, students | Yes |
| School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school; | 1. Staff can participate in an afterschool exercise club, Zumba or yoga class | End of the 1st month of school | * Staff Attendance * Staff Surveys | Principal | All staff members | Yes |

## 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?** |
| The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. | a.) Provide all staff with a list of Smart Snacks that meet the nutrition standards.  b.) Discuss changes in the beginning of the school year.  c.) 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 | Staff, students | Yes |
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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?** |
| All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards | a.) Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.  b.)Classroom snacks brought by parents. The school will provide parents a list of healthy snacks. | Beginning of the school year | * Verbal check-ins with staff to ensure compliance. * Teacher survey at end of school year. | Principal | Staff, students | Yes |
| Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. | 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. | * Verbal check-ins with staff to ensure compliance. * Teacher survey at end of school year. | Principal | Teachers, staff, students | Yes |
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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?** |
| Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. | a.) Provide staff with a list of foods and beverages that can be used.  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. | * Verbal check-ins with staff to ensure compliance. * Teacher survey at end of school year. | Principal | Teachers, staff, students | Yes |
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