

**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:

Mason County Central School District: High School, Middle School, Scottville Elementary, Upper Elementary, Victory Early Childhood

Month and year of current assessment: May 4th, 2023

Date of last Local Wellness Policy revision June 14th, 2021

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

mccschools.org

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? 3 meetings per school year / sub committee work as needed

### School Wellness Leader(s):

Name	Job Title	Email Address
Angela Taylor	Director of State and Federal Programs	ataylor@mccschools.org
Josie Domain	Food Service School Meals	jdomin@mccschools.org

### School Wellness Committee Members:

Name	Job Title	Email Address
Jeff Mount	Superintendent	jmount@mccschools.org
Lois Cole	Food Service Senior Meals	lcole@mccschools.org
Steve Anes	Physical Education Teacher	sanes@mccschool.org
David Smith	Physical Education Teacher	dsmith@mccschools.org
Ed Sanders	Physical Education Teacher	esanders@mccschools.org
Grace Richardson	DHD#0 Health Educator	grichardson@dhd10.org
Kendra Gibson	MSU Extension Office	<a href="mailto:gibso126@msu.edu">gibso126@msu.edu</a> <a href="mailto:gibso126@anr.msu.edu">gibso126@anr.msu.edu</a>
Chris Etchison	Elementary Principal	cetchison@mccschools.org
Kevin Kimes	Upper Elementary Principal	kkimes@mccschools.org
Rob Dennis	Middle School Principal	rdennis@mccschools.org
Jeff Tuka	High School Principal	jtuka@mccschools.org
Suzanne Cressell	DHD#10 Health Educator Nurse	scressell@dhd10.org
Kelly Barnhardt	School Nurse Corewell	kelly.barnhardt@corewellhealth.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

☐ WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

Our policy is comparable to the MDE model wellness policies which guides Mason County Central Schools in the school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. Our committee and policies are specific to our district goals and allow uniqueness with our community partners to best serve the students and families of our school community. We are able to meet three times per school year and as needed for committee work and events related to wellness and nutrition within our community and school.

## 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: Mason County Central Schools Date: 7/6/2023

### 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.	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 and scheduled staff meetings.	Principals	Teachers, staff, students	Ongoing
Classroom parties and rewards for students are limited to “nutritious snacks” or non food options. Omitting sugary treats, pop etc. for rewards	Providing staff options for nonfood rewards or point system for prizes. Letting parents know of other options rather than “sugary snacks” to send with their child. Also, letting parents know non-nutritious snacks are not accepted	Sept 2021 Initiated and Ongoing	Principals will communicate with staff members at staff meetings or by e-mail on how progress is. This is then reported at our wellness meetings.	Principals	Teachers, staff, students Food Service employee	Ongoing
Educating parents and students K-12	Sending info on nutrition with our breakfast and lunch menus. Community partnerships such as Spectrum School Health Program and (Win with Wellness), MSU Extension (Programs in/out of school day), and Mason County Reformed Church (Hand to Hand) food distribution for families in need of food during the weekends.	Sept 2021 Initiated and Ongoing	Survey to parents Surveying students	Food Service Director, Principals, Building Staff & Wellness Committee	Students Parents Staff	Ongoing
Grab and Go Breakfast In the classroom	Send information home on times and locations throughout the school year.	Sept 2021 Initiated and Ongoing	Feedback from teachers, students, parents. Food service employee meetings, getting their feedback.	Food Service Director and Staff, Principals, and Building	Staff Teachers Staff	Ongoing

				Secretaries		
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### Physical Activity Goal(s):

### 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>
Keeping students active	Community partnerships such as Spectrum School Health Program and (Win with Wellness) in particular keep both information and activities for all our students at the forefront along with dedicated recess times for grades Prek-5th and dedicated physical education classes at our secondary levels. In addition, MSU Extension has partnered with our wellness committee to offer additional in classroom and out of classroom opportunities for our students and families around healthy eating both during the school year and in the summer. We also during the school year in grades K-5 participate in the ACES (All Children Exercising Simultaneously) program coordinated through our physical education teacher. We also are bringing back our color run through our parent committees to encourage walk/run type family event in our community this fall. We have also partnered with our Scottville Walks program to make sure our campus is part of their exercise loop along with walking paths marked for all to participate. We also at the secondary level have organized sports, weight room availability and an athletic trainer on site for promotion of physical activity and wellness. We also have a school wide App in which information can be sent to parents and students.	Sept 2021 Initiated and Ongoing	Feedback is shared during committee meetings and data is collected and shared by partnering agencies or staff leaders.	Food Service Director, Principals, Building Staff & Wellness Committee	Students, Parents, Staff & Community	Ongoing

Educating parents and students how important physical activity is important	Community partnerships such as Spectrum School Health Program and (Win with Wellness) in particular keep both information and activities for all our students at the forefront along with dedicated recess times for grades Prek-5th and dedicated physical education classes at our secondary levels. In addition, MSU Extension has partnered with our wellness committee to offer additional in classroom and out of classroom opportunities for our students and families around healthy eating both during the school year and in the summer. We also during the school year in grades K-5 participate in the ACES (All Children Exercising Simultaneously) program coordinated through our physical education teacher. We also are bringing back our color run through our parent committees to encourage walk/run type family event in our community this fall. We have also partnered with our Scottville Walks program to make sure our campus is part of their exercise loop along with walking paths marked for all to participate. We also at the secondary level have organized sports, weight room availability and an athletic trainer on site for promotion of physical activity and wellness. We also have a school wide App in which information can be sent to parents and students.	Sept 2021 Initiated and Ongoing	Feedback is shared during committee meetings and data is collected and shared by partnering agencies or staff leaders.	Food Service Director, Principals, Building Staff & Wellness Committee	Students, Parents, Staff & Community	Ongoing

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>
Follow the “Smart Snack” and follow the USDA guidelines to meet nutrition requirements	Prepare and provide breakfast, lunch and snacks that follow USDA guidelines. Ongoing education to food service and all district staff on nutrition guidelines.	Sept 2021 Initiated and Ongoing	Surveys, staff meetings Food Service Staff meetings	Food Service Director	Students, staff, Food Service employees	Ongoing
All vending machine and fundraisers meet the “Smart Snack” Guidelines through UDSA	Monitor all vending machines and fundraisers to ensure proper products are being sold.	Sept 2021 Initiated and Ongoing	Fundraising requests are brought to the administrative council via specific request form created and approved on the basis of meeting policies and proper oversight in place. Food Service Director and employees will monitor vending machines	Principals and Food Service Director	Students	Ongoing

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>
Only healthy foods Offered in classroom	Principals, staff, food service employees educated on the USDA guidelines.	Sept 2021 Initiated and Ongoing	Communication with staff, principals, parents, students and food service staff.	Principals, Food Service Director	Students, Staff Food Service	Ongoing
Outside food products not offered to students at breakfast or lunch periods	Awareness to teachers and staff on the importance of only serving breakfast and lunch prepared by food service, as this ensures meeting proper guidelines and a nutritious meal.	Sept 2021 Initiated and Ongoing	Communication with staff, principals, parents, students and food service staff	Principals, Food Service Director	Students, Staff Food Service	Ongoing



Drinking water	Install water filling stations in each building	Sept 2020 Initiated and Ongoing	Principal and teacher monitoring and encouragement of students bringing water bottles and using them throughout the day to hydrate.	Principals and Food Service Director	Students	Ongoing

#### 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>
Signage in each building On the value of nutrition	Hanging posters Handing out literature on nutrition App postings/news feeds on nutrition or nutrition tips	Sept 2021 Initiated and Ongoing	Communicating with students	Food Service Employees	Students, Staff Food Service	Ongoing
"Taste Tests" and did you know opportunities of where their food comes from and nutritional value for students.	Get new products and fresh seasonal produce and fruit from food service vendors and local farmers for students to try and to promote these items through App.	Sept 2021 Initiated and Ongoing	Surveying students	Food Service Employees	Students	Ongoing
Educating students at the secondary levels about nutrition, health choices and healthy habits.	Created Lunch & Learns at the secondary level during their scheduled lunch times 2x per month providing games and education through our DHD#10 Health Educator Nurse and Health Educator.	Sept 2022 Initiated and Ongoing	Data collected	DHD#10	Students	Ongoing