

**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:

Iron Mountain Public Schools

Month and year of current assessment: June 2020

Date of last Local Wellness Policy revision: June 2017

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

imschools.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Twice a Year – Late Fall and Mid Spring

School Wellness Leader:

Name	Job Title	Email Address
Karen Druschke	Director of Finance	kdruschke@diisd.org

School Wellness Committee Members:

Name	Job Title	Email Address
Karen Druschke	Director of Finance	kdruschke@diisd.org
Wanda Sherman	Director of Food Service	shermanw@imschools.org
Sharon Ducat	IMPS PE Teacher	ducats@imschools.org
Matt Wonders	IMPS Health Ed Teacher	wondersm@imschools.org
Dawn Smith	IMPS School Success Worker	smithd@imschools.org
Donny Bianco	IMPS K-4 Principal	biancod@imschools.org
Will Traber	IMPS 5-12 Principal	traberw@imschools.org
Adam Ray	District Liaison Officer	raya@imschools.org
Renee Yake	IMPS HS Math Teacher	yaker@imschools.org
Rhonda Carey	IMPS Science Teacher	careyr@imschools.org
Benjamin Reath	IMPS Technology Director	reathb@imschools.org
Joy Kassin	Parent	kassin@charter.net
Laura Hagan	Parent	haganl@imschools.org
Harvey Johnson	Coach	johnsonh@imschools.org
Foz Burgoon	IMPS Board of Education Member	burgoonf@imschools.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.

The Iron Mountain Public Schools Wellness Policy comparison to the Michigan State Board of Education Model Local School Wellness Policy in the following ways:

The Iron Mountain Public Schools Policy Preamble includes all elements of the Michigan State Board of Education's Preface.

The Iron Mountain Public Schools Policy Wellness Committee contains all the elements of the Michigan State Board of Education Policy and the IMPS Policy expands on the Michigan State BOE policy to include details on the Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement.

The elements of Nutrition, Physical Activity and Physical Education as well as Other School-based Activities that Promote Student Wellness are all fully addressed in the IMPS policy to a degree and level that meets or exceeds those of the Michigan State Board of Education Model Local School Wellness Policy.

The Elements of Implementation, Assessment, Documentation and Updates for IMPS will be reviewed to be certain that they meet or exceed the model policy as provided by the Michigan State Board of Education.

The current assessment and revised policy will be made available on the schools website no later than June 30, 2020.

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: Iron Mountain Public Schools

Date: May 25, 2020

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.	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
Food and beverages will not be used as a reward for students.	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	No
Nutrition education made available to parents/guardians in the community.	Invite the MARESA Family Cooking Class to return in 2020-2021 after the social distances order has been lifted.	During the school year 2020-2021	- Review at late fall committee meeting.	Team	Teachers, Team	No

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?
Recess, PE or other physical activities will not be withheld as a form of punishment for poor behavior or incomplete class work.	- Fall reminder to all staff members to follow through on this directive every day.	School Year 2020-2021	- Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year.	Principal	Students, Teachers	No
Mouthguard education and use.	- Coaching staff and PE teachers to inform and enforce use of mouthguards. At this time done as part of the required health class.	School Year 2020-2021	- Discussion topic for late fall 2020	Coach and Teachers	Students, Parents, Coaches, Teachers.	Yes

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?
School shall provide at least 30 minutes daily for students to eat lunch.	Stager or increase lunch passing time.	Fall 2020	Reviewing lunch schedules.	Principal	Students, Lunch Staff	No
District Wellness Committee meets at least two times a year.	Create a calendar and schedule meetings for late fall and mid spring.	School Year 2020-2021	Review meeting agendas and minutes.	Director of Food Service and Finance	Team Members	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?
Food service director offers reimbursable school meals that meet USDA nutrition standards.	Review the meal plans and menus	2019-2020	When review is complete and passes the standards.	Food Service Director	Students, staff, administrators.	Yes

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?
Water filling stations in each building.	Assess which locations would need changes to water fountains, price out the adaptations to the fountain, purchase and install devices.	Summer 2020	When all buildings have a water station available.	Principals, Lead Janitor, Director of Finance	Students, parents, community members and staff.	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?
The district will evaluate vending policies and only renew those that meet the intent and purpose of our wellness policy	Review vending machine agreements.	Fall 2020	When all vending machines comply with the wellness policy.	Principals	Students, parents, community members and staff.	No