

**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:

Bark River Harris School

Month and year of current assessment: 8-7-2023

Date of last Local Wellness Policy revision: June 21, 2021

Website address for the wellness policy and/or information on how the public can access a copy:
School District Website: brhschools.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Anne Madalinski	5 th gr. teacher	amadalinski@brhschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Melissa Robinette	Kindergarten Teacher	mrobinette@brhschool.org
Connie Wells	Kindergarten Teacher	cwells@brhschool.org
Katina Demars	4 th gr. teacher	kdemars@brhschool.org
Kelly Erdody	Elem. Principle	kerdody@brhschool.org
Jim Bilski	H.S. Teacher	jbilski@brhschools.org
Ruth Oswald	6 th gr. teacher	roswald@brhschools.org
Michelle Mattson	5 th gr. teacher	mmattson@brhschools.org
Kristy Erickson	Title 1 Teacher/Preschool Director	kerickson@brhschools.org
Teresa Richer	Food Service Director	tricher@brhschools.org

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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

☐ Alliance for a Healthier Generation: Model Policy

☐ WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

The Bark River-Harris School District wellness programming involves many similar characteristics to the Michigan State Board of Education Model School Wellness Policy.

The Bark River-Harris School District NEOLA policy 8510-WELLNESS includes a majority of the elements on the Michigan State Board of Education's information.

The current Wellness Team at BR-H is made up of an elementary principal, elementary teachers, food service director, high school teacher, and Title I coordinator.

Nutrition education is promoted as per policy 8510-Wellness as an integral part of our K-12 Physical Education curriculum as it relates to the Michigan Merit Curriculum. These standards and benchmarks are accounted for as the students move through the various grade levels. These standards and benchmarks are promoted by each teacher at the appropriate grade levels.

Several ways the food service department ensures that students engage in healthier lifestyles is to promote or assist with the following items:

1. Provide healthier snacks whenever possible or when asked
2. Healthy or non-food rewards in the educational setting.
3. Education occurs for all fundraising events to ensure snacks sold are Smart Snack compliant
4. Nutrition lessons for teachers to outline the Healthier Communities initiative.
5. Exercise breaks in the classroom "brain breaks" are an encouraged activity by the food service director and building principals.
6. Mobile dentist programming to help assist with students who have the need for improved oral health.
7. Lunch schedules are set and allow for elementary and secondary students to have ample time to eat and get the daily nutrition and to minimize disruptions.
8. Our school continues to provide clean, attractive environments in which the students can eat.

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: Bark River Harris School Date: 8-7-23

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.	– Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
Mobile Dentist will begin work at our school district.	Flyers will be sent home to parents.	9-5-23	Verbal check in with the Principal.	Principal	Teachers, staff and students.	SY 2023-24

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?
Promote physical activity for students.	Exercise breaks in classrooms. (Brain Break)	9-5-23	Verbal check in with the principal.	Principal	Staff and students.	SY 2023-24

Physical Activity Goal(s):

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?
Nutrition Lessons	Applied for and received a grant through the Building Healthy Communities Initiative.	2023 SY	Verbal check in.	Principal	Staff and students.	SY 2023-24

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?
Educate on fundraisers with Smart Snack guidelines.	Information in teachers mailboxes.	SY 2023	Verbal check in with the Principal.	Food Service Director	Staff and students.	SY 2023-24

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?
Healthy or non food rewards.	Discuss rewards at back to school meetings.	SY 2023	Verbal check in with the Principal.	Principal	Staff and students.	SY 2023-24

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?
Provide healthy snacks that are compliant with Smart Snack guidelines.	Sell only smart snack compliant foods.	Continual	All ala carte items will meet the requirements.	Food Service Director	Kitchen staff	Ongoing