

**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:

Harper Creek Community Schools; High School, Middle School, Beadle Lake Elementary School, Sonoma Elementary School, Wattles Park Elementary School

Month and year of current assessment: June 2022 – Update –

Year 2

Date of last Local Wellness Policy revision: June 13, 2022

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

<https://go.boarddocs.com/mi/hcs/Board.nsf/Public?open&id=policies>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? At least twice per year or as needed

School Wellness Leader:

Name	Job Title	Email Address
Rob Ridgeway	Superintendent	ridgwayr@hapercreek.net

School Wellness Committee Members:

Name	Job Title	Email Address
Brent Swan	Elementary Principal	swanb@harcercreek.net
Christine Valenzuela	Physical Education Teacher	valenzuelac@harcercreek.net
Jennifer Mackey	Parent	Jenmackey44@gmail.com
Laura Williams	Assistant Superintendent	williamsl@harcercreek.net
Travis Winchel	SPLASH/Nutrition Program Coordinator	winchelt@calhounisd.org
Suzanne Allen	Consumer Science / Nutrition Teacher	allens@harcercreek.net
John Ruemanapp	Food Service Director	ruemanappj@harcercreek.net
Shalen Short	Elementary Principal	shorts@harcercreek.net
Julie McBride	Parent	Jazzykay2729@gmail.com
Kim DiVito	School Nurse	jbarry@calhouncountymi.gov

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.

Update June 2022.

Harper Creek Community Schools will transfer to the standard policy recommend by Thrun Law Firm – Effective July 1, 2022. The Board of Education voted to approve the policy effective July 1, 2022 on June 13, 2022.

Series 5000: Students, Curriculum, and Academic Matters

5700 Student Health and Safety

5707 School Wellness Policy

The District is committed to providing a school environment that enhances opportunities for learning and lifelong wellness.

A. Nutrition Promotion and Education Goals

All students will receive nutrition education annually that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Teaching healthy eating behaviors will be part of the curriculum.

The District promotes healthy food and beverage choices for students. The District will implement evidence-based healthy food promotion techniques through:

1. offering school meal programs; and
2. publicizing foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards. The District will collaborate with public and private entities to promote student wellness.

The District will make water available to students throughout the school day.

B. Physical Activity Goals

The District will offer physical education programs that are designed to equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction will be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and an understanding of the benefits of a physically active and healthy lifestyle.

The District strives to provide physical activity breaks for all students, including recess for elementary students and before and after school activities, and encourages students to use active transport (e.g., walking, biking).

The District encourages parents/guardians to support their students' participation in physical activity, to be physically active role models, and to include physical activities in family events.

C. Goals for Other School-Based Activities Designed to Promote Student Wellness

The District may partner with community members or groups to implement this Policy. The District will also:

1. participate in state and federal child nutrition programs as appropriate;
2. allow other health-related entities to use school facilities for activities such as health clinics, screenings, and wellness events consistent with Policy 3304;
3. use evidence-based strategies to develop, structure, and support student wellness; and
4. create environments conducive to healthy eating, physical activity, and conveying consistent health messages.

D. Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students on the School Campus and During the School Day

The District will ensure that students have access to foods and beverages that comply with applicable laws and guidelines including, but not limited to, the USDA Nutrition Standards for School Meals and the USDA Smart Snacks in School nutrition standards.

The District will offer students a variety of age-appropriate, healthy food and beverage selections including fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements to promote student health and reduce childhood obesity.

E. Standards for All Foods and Beverages Provided, But Not Sold, to Students During the School Day

The District may provide a list of healthy food and beverage alternatives to parents/guardians, teachers, and students for classroom parties, rewards and incentives, or classroom snacks. The District discourages the use of unhealthy food and beverages as a reward or incentive for performance or behavior.

F. Food and Beverage Marketing

Marketing and advertising is allowed on school grounds or at school activities only for foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage fundraising and marketing that occurs at events outside of school hours need not comply with the USDA Smart Snacks in School nutrition standards.

In-school fundraising events must comply with Policy 5501 and MDE's Non-Compliant Food Fundraiser Guidance, which permits 2 fundraisers per week, per school building that do not comply with USDA Smart Snacks in School nutrition standards. In-school fundraising events may last up to 1 day and may not be held in the food service area during meal times.

Equipment that currently displays noncompliant marketing materials (e.g., scoreboard with soft drink logo) will not be removed or replaced. As the District reviews and considers new contracts and as durable equipment, like scoreboards, is replaced or updated, any food or beverages marketed and advertised will meet or exceed the USDA Smart Snacks in School nutrition standards.

G. Wellness Committee

The District will form a Wellness Committee to establish goals for, oversee, and periodically review and update school health policies and programs. The Wellness Committee will also oversee this Policy's implementation.

The Wellness Committee will represent all school buildings and include, to the extent possible, parents/guardians, students, food service representatives, physical and health education teachers, school and community health care professionals, and community members. The Board encourages community participation in the Wellness Committee. When possible, membership will also include Supplemental Nutrition Assistance Program education coordinators.

H. Implementation and Oversight

The Superintendent or designee is responsible for ensuring that each school building complies with this Policy.

The Board will review this Policy at least every 3 years to determine compliance, progress, and the extent to which this Policy compares to model school wellness policies. Parents/guardians, students, school employees, school health professionals, Board members, and community members may provide input to the District during the Wellness Policy review process.

A copy of this Policy will be maintained in the District's administrative offices and posted on the District's website. The Superintendent or designee will maintain all legally required documentation for implementation of this Policy.

The Superintendent or designee will annually provide notice about this Policy and any updates to the community.

Date adopted: 7-1-2022

Date revised: 2-24-2022

Harper Creek Community Schools' current wellness policy is the standard policy recommend by NEOLA. The current wellness policy has all required components and has similarities to the Michigan State Board of Education Model Local School Wellness Policy. The review was completed by Rob Ridgeway, superintendent, Laura Williams, assistant superintendent, and John Ruemenapp, food service director - Chartwells. The review has led to several changes in both order and language to ensure the local wellness policy matches with the Triennial Policy Assessment and goal setting. The recommended wellness policy changes are shared with the local wellness committee for approval prior to a formal Board of Education review and update.

Specific Recommended Changes:

Moved Section C. Nutrition Promotion and the Nutrition Guidelines to Section B so the local policy sequence matches the model policy.

Replaced the sentence, *Additionally, the District shall encourage students to increase their consumption of healthy foods during the school day.* with *The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation I the school meal programs.*

Under Nutrition Guidelines added section F. *The District shall establish nutrition standards for all food and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).*

Moved Section B. Physical Activity to Section C. and added b. from the model policy *Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-and long-term benefits of a physically active and healthy lifestyle.*

Added Section D. Other School-based Activities that Promote Student Wellness including the following statement, *The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey health messages.*

Change the *designation of the individual charged with operational responsibility for verifying the District meets goals established by this policy* from the **food service director to superintendent.**

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: Harper Creek Community Schools

Date: June 2022 - update

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.	<ul style="list-style-type: none"> 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
Establish a common nutrition education program district-wide.	<ul style="list-style-type: none"> a) Meet with health/nutrition educators from each building to determine current curriculum. b) Discuss commonalities and difference to determine a vertically aligned nutrition education program c) Decide the Power Standards for nutritional education with cross cutting standards. 	Work will be done during the 2020-21 school year with implementation in 2021-2022	- Completion of the Power Standard Document	Curriculum Director	Health/Nutrition/PE teachers, students, food service director, administration	Update – In process – Projected completion of complete curriculum 2023 New
Implement the 'Mood Food' Chartwell's program throughout the district to promote nutrition to students	<ul style="list-style-type: none"> a) Food service director will educate building principals about the program. b) Principal and building staff will brainstorm how best to implement the program with COVID restrictions. 	Start second semester of 2020-21	<ul style="list-style-type: none"> - Student/Staff surveys on impact of students making healthier choices. - Participation numbers in the school lunch program. 	Food Service Director	Students, staff, administration	Update – Mood Food was implemented at WPE – Surveys/Data need to be collected New
Create a Sensory Garden	<ul style="list-style-type: none"> a) Secure funding source b) Secure human resources for upkeep of the garden Determine potential curricula impacts	Spring 2022	<ul style="list-style-type: none"> - Ongoing agenda item - Progress on action steps Implementation of the garden.	Food Service Director	Students, Staff	Update – Change Hydroponics Gardens were implemented within he

						District New
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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?
Promote daily physical activity	<ul style="list-style-type: none"> a) Physical education – Maximize access b) Recess – all students K - 4 c) Teachers using outside classroom spaces d) Trauma Informed Yoga 	Improving physical activity will occur immediately	<ul style="list-style-type: none"> - Staff/student survey of physical activity - Individual school schedules - Implementation of trauma informed yoga in buildings 	Building Principals	Students, staff, administration	Update – a), b), and C) implemented Survey of staff/studetns needs to be completed D) yoga occurred in two of five buildings New
Promote Movement /Brain Breaks within all classroom K -12	<ul style="list-style-type: none"> a) Information to secondary staff regarding brain break research and strategies to implement b) Set a goal that brain breaks are part of instruction best practices 	Beginning of the 2021-22 school year	<ul style="list-style-type: none"> - Survey of staff on the use of brain breaks - Principal observation 	Curriculum Director	Students	Update – Not Completed New

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?
At least one wellness event per building per school year	<ul style="list-style-type: none"> a) Student Voice b) Staff Input c) School leadership teams schedule 	Beginning of the 2021-222 school year	<ul style="list-style-type: none"> - Schedule of events 	Building Principals	Student, staff, families	Update - Wellness Events occurred in four of five buildings New
Wellness awareness - Each day of the week is a different exercises	<ul style="list-style-type: none"> a) Set-up the daily wellness exercises – District, but also level specific b) Participate in All Students Exercise Simultaneously 	Beginning of the 2021-22 school year	<ul style="list-style-type: none"> - Participation level per building 	Building Principals	Students, staff	Update – Not Complete New

All students participate in a physical activity extracurricular	<ul style="list-style-type: none"> a) Identify access to extracurricular activities b) Current rate of participation 	Second Semester 2020-21	<ul style="list-style-type: none"> - Participation rate of students - Survey of students 	Athletic Director	Students	Update – <i>Athletic Director will report to Board of Education on athletic participation</i> New
Hydration Stations	a) Install hydration stations at all school buildings	Summer 2021	- Evaluation of the number of hydration stations at each building	Facility Director	Students, staff, administrator's	Update – <i>Complete</i> New

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?
Incorporate more fresh Michigan based produce in a Farm to Table model.	<ul style="list-style-type: none"> - Procuring fresh produce items - Using more fresh produce versus canned/prepackaged produce - Lofty Goal – Start a school garden 	Beginning of the 2021-222 school year	<ul style="list-style-type: none"> - School Menus - Survey staff 	Food Service Director	Students, staff, administration	Update – <i>Fresh Fruit implemented by food service department – garden did not happen but hydroponic gardens did ongoing</i>
Maximize the amount of food we are providing students	<ul style="list-style-type: none"> - Advertise free lunch/breakfast program - Promote healthy eating habits with students in classrooms - Ask students what may help (student leadership team?) 	Beginning of the 2021-222 school year	<ul style="list-style-type: none"> - Participation in breakfast/lunch program 	Superintendent	Students, staff, families, administration	Update – <i>Ongoing Lunch/Breakfast Program Promoted Need to implement student leadership teams ongoing</i>

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?
Promote alternative choices for food and beverages at school parties.	<ul style="list-style-type: none"> - Create list of alternative choices including healthy food/beverage and non-food choices - Send list to parents in a positive manner – marketing - Teachers discuss alternatives to traditional party treats with students 	Second Semester 2020-21	<ul style="list-style-type: none"> - Survey of staff 	Elementary Principals	Students, staff, families	<i>Ongoing</i> – the list is created at Elementary Buildings – MS & HS typically do not have parties. New

Increased food safe certification of volunteers and awareness of food safe certification.	- Promote food safe courses for volunteers – Popcorn Friday Volunteers for example	Beginning of the 2021-2022 school year	- Increase in number of food safe certification	Food Service Director	Staff, volunteers	<i>Ongoing</i> – continued conversations with Booster Clubs specifically for concessions stands New
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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?
Promote after school snacks for extracurricular provided by Food Service	<ul style="list-style-type: none"> a) Advertising/promotion of current snack programs offered by our food service department b) Education of after school staff – coaches, advisors – regarding food service snack program 	Spring 2021	- Participation numbers in the after school snack food program	Food Service Director	Students, after school advisors and coaches	<i>Complete</i> – All administrators were asked to promote the availability of after school snacks to all extracurricular activities New
Create Promotional videos marketing and adverting Smart Snacks	<ul style="list-style-type: none"> a) Student voice/vote on what to include on the Smart School Snacks b) Digital Smart Snack Cookbook c) Poster Contest – Including vending items 	Beginning of the 2021-2022 school year	<ul style="list-style-type: none"> - Survey data - Creation of materials – Smart Snack Cookbook/Posters 	Building Principals	Students, staff, families	<i>Not Complete</i> – New