

**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:

Avondale School District

Month and year of current assessment: May, 2023

Date of last Local Wellness Policy revision: \_\_\_\_\_

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

www.avondaleschools.org (Food Service Page)

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Once a year

School Wellness Leader:

Name	Job Title	Email Address
Dan Trudel	Asst. Sup of Fin. Services	dan.trudel@avondaleschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
SARA RUSS	SECRETARY	SARALRUSS@GMAIL.COM
Amy Schneider	AMS Admin	amyn.schneider@avondaleschools.org
Susan Jackson	SKILL Facilitator	Susan.Jackson@avondaleschools.org
Jenny Johnson	Teacher	Jennifer.johnson@avondaleschools.org
Lisa Karagol-Stephens	Parent	LKaragol1@aol.com
Vicky Munka	Para + Parent	vmunka9088@wideopenwest.com
Ali Weadock	Everyone - Parent	ali@weadock.net
Andrea Yamarino	Parent	maanco18@yahoo.com
Angela Tyszka	Parent	angela.tyszka@yahoo.com
Megan Haase	Director of Food Service	megan.haase@avondaleschools.org

Meeting Information)

(5/11/2023 @ 5pm in Admin Board office)

Start Time 5:03pm

Note Taker:

End Time 10:17am

Megan Haase

**Michigan Department of Education  
Local Wellness Policy Assessment Plan**

School Name: Ann Arbor School District

Date: 5/11/2023

**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>
<p>Example: Food and beverages will not be used as a reward for students.</p>	<p>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.</p>	<p>Before the beginning of next school year.</p>	<p>- Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year.</p>	<p>Principal</p>	<p>Teachers, staff, students</p>	<p>Yes</p>
<p>Building signs/marketing</p>	<p>Digital signage - in each building Purchase TVs and install</p>	<p>developed over summer</p>	<p>Visual checks e each building</p>	<p>Food Service Director + Asst. Sup. of Services</p>	<p>Involved Nutrition Staff Impact on students</p>	
	<p>will be used for menus, farm to school, fundraisers discovery kitchen nutrition ed.</p>	<p>implement over school year</p>				

## 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.

### 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.

Currently dividing wellness policy and conducting a deep dive into the policy to better outline the community's needs & wants for Avondale School district students

(for Nutrition, Health & Wellness, Physical Activity)

Current policy needs adjustment. We are looking at it as a district as a whole then we will be able to move to building by building

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?
Look @ more options for Fun Runs or create a distinct walk initiative	Get all P.E. teachers & building principals together	Spring 2024	Did students participate	Building P.E. Teachers	All Students	

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?
Have Student Athletes promote healthy eating w/ elementary students	Take take-overs w/ student athletes	Fall 2023	# of visits & events at elementary schools	Athletic Director Kerilyn Bishop	Elementary students + Student Athletes	
	Would like it to happen at every level					

(maybe farm to school veggies / Homecoming week)

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

Goal	Action Steps	Timeline	Measurement	Lead Person	Stakeholders	Complete?
What do we want to accomplish?	What activities need to happen?	Start dates	How is progress measured?	Lead Person	Who will be involved and/or impacted?	Complete?
make sure all schools are following MDE fundraising guidelines	- conduct meeting w/ building officers to go over policies & procedures - final policy & procedures to district staff	Nov!!! Make it well known before start of school	Reviewing & checking request MDE fundraising building forms	Building Principals	Principals, & Food Service Director if applicable	

Guidelines for other foods and beverages available on the school campus, but not sold:

Goal	Action Steps	Timeline	Measurement	Lead Person	Stakeholders	Complete?
What do we want to accomplish?	What activities need to happen?	Start dates	How is progress measured?	Lead Person	Who will be involved and/or impacted?	Complete?
Better understanding of what is given to students It's different in each building wanting to make it uniform	collaborate w/ each building's admin team to create one uniform policy for district	winter 2023	through wellness policy committee meeting	Dan Trudel	Building Principals, Administrators, Staff & Students	

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?
All foods advertised in cafes are healthy	We gradually roll marketing	Spring 23	Building meals-ins	Megan Hooper	Food Service personnel	