

Local Wellness Policy: Triennial Assessment Template Plan

Background – Why do sponsors have to do this?

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. The wellness committee must review the policy every year to ensure progress is being made on the district's wellness policy and procedures. Every three an assessment of the local wellness policy called the "triennial assessment" must be completed.

Purpose – What is the purpose of this document?

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:

- (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 – What do sponsors do with the assessment when it is completed?

- A copy of the assessment must be made available to the public.

The LEA decides how the assessment is made available. Many LEAs 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 requested when you have a School Nutrition Program administrative review.*

Resources

USDA Local School Wellness Policy website: <https://www.fns.usda.gov/tn/wellness-policy>

MDE Local School Wellness Policy website:
https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html

Section 1: General Information

School(s) included in the assessment:

NICE Community School District: Aspen Ridge School & Westwood High School

Month and year of current assessment: May 2026

Date of last Local Wellness Policy revision: May 2023

Website address for the wellness policy and/or information on how the public can access a copy: www.nice.k12.mi.us

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Chris Marana	Elementary Principal	maranac@nice.k12.mi.us

School Wellness Committee Members:

Name	Job Title	Email Address
Danielle Cittadino	School Nurse	cittadinod@nice.k12.mi.us
Melissa Maki	Food Service Director	melissa@nice.k12.mi.us
Janet Kuopus	School Counselor	kuopusj@nice.k12.mi.us
Cherish Ostola	School Counselor/Parent	ostolac@nice.k12.mi.us
Donna Ballweber	Family Resource Room	ballweberd@nice.k12.mi.us
Rachael Kallioinen	Family Resource Room	kallioinenr@nice.k12.mi.us
Ruth Thibeault	Food Service	thibeaultr@nice.k12.mi.us
Christie Makela	Elementary PE	makelac@nice.k12.mi.us
Luke Gray	MS/HS PE and Health	grayl@nice.k12.mi.us
April Valela	Business Office/Parent	valelaa@nice.k12.mi.us

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 wellness policy (through NEOLA) is closely aligned with the Michigan State Board of Education Model and meets the requirements set by law. Components include

1. Nutrition education
2. Physical activity (physical education and physical activity)
3. Other school-based activities
4. Nutrition promotion

Section 4. Compliance with the Wellness Policy and progress towards goals

At a **minimum**, local wellness policies are required to include:

- One (1) specific goal for each area:
 - Nutrition promotion
 - Nutrition 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 Snack standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., 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 Snack 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.

Tip: When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve. Include detailed and well-defined language.
- **Measurable:** Define numbers and quantities of the progress.
- **Attainable or Achievable:** Determine what is feasible.
- **Realistic or Relevant:** Consider resources, personnel, cost and time, and determine what can reasonably be accomplished.
- **Timely:** Identify deadlines or timeframe to complete the goal.

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

School Name: NICE District: Aspen Ridge School & Westwood High School Date: May 2026

Nutrition Promotion 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
Promotion of healthy snacks for classroom parties	Provide families with examples of healthy snacks/food that can be provided for classroom parties. For example: cut up fruit with low fat caramel dip.	Fall 2023	Feedback from teachers	Principal	Teachers, staff, students	Ongoing

Nutrition 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?
Promotion and advertising of healthy food options	Display posters and other advertising materials within the school. Conduct healthy food tasting at Family Night.	Fall 2023	Feedback from students	Principal, staff, MARESA staff, Food Co-Op	Students	Ongoing

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?
Provide a new space for older students (5-8) to play	We need to create a new paved space in the rear of the building so kids have a place to play basketball that is away from the service loading area and storage units	Summer 2024	By creating the new space.	Principal	Teachers, staff, and students	YES

Gaga Ball Pit	Build a Gaga Ball pit on the playground for students to play at recess time. Grant funds were secured and the build will take place in the summer.	Summer 2026	Completion of the project	Principal	Students and staff	Ongoing
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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?
Provide unique opportunities for students to be active during the school day.	We received a bike grant through Specialized Bike Company. The storage units are being built. The next step will be introducing the bikes to the students.	Fall 2023	Student surveys	Teachers	Students and staff	Yes - grant secured and storage units built. Programming is ongoing
ACES Day	All Children Exercising Simultaneously - the event needs to be organized and planned	Ongoing	Student feedback	Elementary PE teacher	Students and staff	Ongoing
Healthy Heart Challenge	Organize and plan the event so students can participate	Fall 2025	Student feedback	Elementary PE teacher	Students and staff	Yes

Evaluation of other areas:

Policy Area	Not Met (Name of Schools)	Partial Compliance (Name of Schools)	Full Compliance (Name of Schools)
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and Smart Snacks)			Aspen Ridge School Westwood High School

<p>Guidelines for other foods and beverages available on the school campus, but not sold</p>		<p>Aspen Ridge School Westwood High School</p>	
<p>Marketing and advertising of only foods and beverages that meet Smart Snacks</p>			<p>Aspen Ridge School Westwood High School</p>



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	December 21, 2015
Last Revised	August 16, 2021

8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the NICE School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. The standards and benchmarks for nutrition education shall be behavior-focused.
3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

B. With regard to physical activity, the District shall:

1. **Physical Education**

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

d. Planned instruction in physical education shall include cooperative as well as competitive games.

2. Physical Activity

a. All students in grades K-5 shall be provided with a daily recess period.

b. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. Schools may limit the number of celebrations involving serving food during the school day.
4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
 - c. whole-grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation
 - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - e. meals designed to meet specific calorie ranges for age/grade groups
3. eliminate trans-fat from school meals
4. require students to select a fruit or vegetable as part of a complete reimbursable meal

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.

D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

E. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.

F. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

G. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

H. The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.

I. All food service personnel shall receive pre-service training in food service operations.

The Board designates the Superintendent and/or Head Cook as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall appoint a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's wellness policy;
- C. recommendation for the revision of the policy, as necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall:

- A. distribute information at the beginning of the school year to families of school children;
- B. include information in the student handbook;
- C. and post the policy on the District's website, including the Wellness Committee's assessment of the implementation of the policy.

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.

Revised 11/13/17

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Legal 42 U.S.C. 1751, Sec. 204
 42 U.S.C. 1771
 7 C.F.R. Parts 210 and 220

Last Modified by Tamela Moody on October 8, 2021