

**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:  
LANSE AREA SCHOOLS

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Month and year of current assessment: October 2023

Date of last Local Wellness Policy revision: March 2021

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

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

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? At least annually

School Wellness Leader:

Name	Job Title	Email Address
BROOKE OSTERMAN	SCHOOL NURSE	<a href="mailto:BOSTERMAN@LASCHOOLS.US">BOSTERMAN@LASCHOOLS.US</a>
BRITTANY WADAGA	SCHOOL NURSE	<a href="mailto:BWADAGA@LASCHOOLS.US">BWADAGA@LASCHOOLS.US</a>

School Wellness Committee Members:

Name	Job Title	Email Address
SUSAN TOLLEFSON	SUPERINTENDENT	<a href="mailto:STOLLEFSON@LASCHOOLS.US">STOLLEFSON@LASCHOOLS.US</a>
MELISSA SCROGGS	K-5 PRINCIPAL	<a href="mailto:MSCROGGS@LASCHOOLS.US">MSCROGGS@LASCHOOLS.US</a>
LISA CICHOSZ	6-12 PRINCIPAL	<a href="mailto:LCICHOSZ@LASCHOOLS.US">LCICHOSZ@LASCHOOLS.US</a>
KATIE WAARA	SCHOOL BOARD REPRESENTATIVE	
DAN CAVANAUGH	SCHOOL BOARD REPRESENTATIVE	
ERIC DEMINK	PE & HEALTH TEACHER	
TARA KURTYCZ	PE TEACHER	
SHELLEY BIANCO	FOOD SERVICE MANAGER	
JENNIFER KNISELY	TEACHER	
DARRIN VOSKUHL	ATHLETIC DIRECTOR	
KRISTINE MAKI	SCHOOL SOCIAL WORKER	
KIM HENDRICKSON	SCHOOL SOCIAL WORKER	



### 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.

- See Attached WellSAT 3.0 Assessment

## 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: \_\_\_\_\_ Date: \_\_\_\_\_

### 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>
Health/Nutrition education provided at elementary, middle school, and high school levels.	Incorporate the nutrition education content into PE classes.	Beginning next school year	A. Verbal check-ins with staff twice annually to ensure compliance B. Lesson plans and curriculum maps	Principal, Superintendent	Students, staff	

Physical Activity 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>
Quarterly, the school shall provide information to families to encourage and assist them in efforts to incorporate physical activity into their child's daily life.	Information in the form of a flyer or social media post encouraging physical activity outside of school will be posted or sent out to families twice a year for students and parents to view.	Beginning of next school year	Staff will ensure that information is sent out or posted four times per school year.	School nurse	Students, family members, staff, community members	

School-based activities to promote student wellness 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>
Provide wellness events in conjunction with community members	A. When able, the school will collaborate in planning/organizing events with community members B. Students and staff are encouraged to attend and participate in community wide wellness events	Every school year	By the end of every school year, the school will engage or collaborate in at least one wellness event in conjunction with community members or community organizations	School nurse, principal	Students, staff, families, community members	



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

<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>
At least 10% of fundraisers held during the school day must meet Smart Snacks standards	Incorporate and encourage school fundraisers that meet the smart snacks standards	Every school year	The fundraiser calendar will be checked to ensure that at least 10% of our fundraisers meet the Smart Snacks standards	Principal	Students, staff, community members	

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

<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>
The use of food or candy as a classroom reward will be strongly discouraged.	Staff will be provided with a list of suggested alternative non-food classroom rewards.	Beginning of the school year	By Spring 2024, teachers will be encouraged at monthly staff meetings to utilize the suggested alternative non-food classroom rewards list.	Principal	Student, staff	

Marketing and advertising of only foods and beverages that meet Smart Snacks:

<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>
Any food or beverage marketed or promoted to students will meet the USDA Smart Snacks nutrition standards	In order to promote student health, consistent health related messaging will be provided	Each school year	Each school year, 100% of marketing and promotion will continue to meet the USDA Smart Snacks nutrition standards.	Food service manager	Students, staff	