

**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 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.

We include nutrition education through health classes and some classroom activities.

We meet USDA standards, and we can keep improving by promoting healthy choices

We offer regular physical education and recess.

We have a wellness committee in place and provide information to families, but there's room to increase family engagement and share more frequent updates on progress.

We comply with required triennial assessments.

Our wellness policy meets the basic requirements and supports student health

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: Creative Montessori Academy

Date: 10/27/2025

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
Promote healthy food choices schoolwide	Display posters and signs encouraging healthy eating in cafeterias and hallways. • Share nutrition tips in school newsletters and on social media.	Start at beginning of the school year; update quarterly	Number of promotional materials displayed			
Model healthy behaviors among staff	Limit the use of unhealthy foods as rewards.	Ongoing	Observation during events			
Engage families and community partners	Host family wellness nights or nutrition-themed events.	Once per year	Parent attendance and feedback			

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?

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?
Increase daily physical activity for all students	<ul style="list-style-type: none"> • Provide regular physical education classes that follow state standards. • Ensure daily recess for all grade levels. • Encourage classroom teachers to include short activity breaks. 	Ongoing throughout the school year	<ul style="list-style-type: none"> • PE schedules • Recess schedules 			
Promote physical activity before and after school	Offer extracurricular sports, clubs, etc.	Ongoing throughout the school year				

Engage families and the community	Host family activity nights, walk-a-thons, or field days.	A few times a year	Number of family events held Parent/community feedback			
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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?
N/A						

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 healthy options for classroom celebrations and parties	<ul style="list-style-type: none"> • Share healthy celebration guidelines with families and staff at the start of the year. • Encourage non-food celebrations or the inclusion of fruits, vegetables, and other nutritious options. 	Ongoing throughout the school year	<ul style="list-style-type: none"> • Wellness committee review 			
Support healthy snack practices in classrooms and staff-provided food	<ul style="list-style-type: none"> • Share Smart Snacks guidelines with staff for classroom snacks. • Encourage use of healthy options for classroom snacks and donated items. • Provide allergy and safety reminders for shared foods. 	Ongoing throughout the school year	<ul style="list-style-type: none"> • Snack guidelines distributed 			

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?
Monitor and maintain compliance throughout the year	<ul style="list-style-type: none"> Conduct periodic campus walkthroughs to check for compliance. 	Checks twice per year; ongoing as needed	<ul style="list-style-type: none"> Wellness committee review reports 			
Promote healthy choices through positive messaging	Display posters, digital signage, or announcements that encourage fruits, vegetables, water, and other Smart Snack–approved options. <ul style="list-style-type: none"> Use school communications (newsletters, social media, cafeteria signs) to highlight healthy foods. 	Begin at start of year; update at least quarterly	<ul style="list-style-type: none"> Wellness committee checks 			