

**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:

**Sand Creek Community Schools**

Month and year of current assessment: **March and April, 2022**

Date of last Local Wellness Policy revision: **May 17, 2021**

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

**[www.sc-aggies.us](http://www.sc-aggies.us)**

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? **The Wellness Committee met March 14 and April 19, 2022. We plan to meet annually going forward.**

School Wellness Leader:

Name	Job Title	Email Address
Sharon Smith	Superintendent	Sharon.smith@sc-aggies.us

School Wellness Committee Members:

Name	Job Title	Email Address
Sharon Smith	Superintendent	<a href="mailto:Sharon.smith@sc-aggies.us">Sharon.smith@sc-aggies.us</a>
Jodie Gilbert	Elementary Principal	<a href="mailto:Jodie.gilbert@sc-aggies.us">Jodie.gilbert@sc-aggies.us</a>
John Peacock	6-12 Principal	<a href="mailto:John.peacock@sc-aggies.us">John.peacock@sc-aggies.us</a>
Jerry Dyson	Assistant Principal, 6-12 Building	<a href="mailto:Gerald.dyson@sc-aggies.us">Gerald.dyson@sc-aggies.us</a>
Laurie Boss	Food Service, 6-12 Building	<a href="mailto:Laurie.boss@sc-aggies.us">Laurie.boss@sc-aggies.us</a>
Hollie Hillard	Food Service, Elementary Building	<a href="mailto:Hollie.hillard@sc-aggies.us">Hollie.hillard@sc-aggies.us</a>
Dakota Suiter	PE and Health Teacher	<a href="mailto:Dakota.suiter@sc-aggies.us">Dakota.suiter@sc-aggies.us</a>
Matt Benge	PE Teacher	<a href="mailto:Matt.benge@sc-aggies.us">Matt.benge@sc-aggies.us</a>
Marc Spicer	PE Teacher	<a href="mailto:Marc.spicer@sc-aggies.us">Marc.spicer@sc-aggies.us</a>
Keshia Maybee	Elementary Counselor	<a href="mailto:Keshia.maybee@sc-aggies.us">Keshia.maybee@sc-aggies.us</a>
Abby Slusher	6-12 Social Worker	<a href="mailto:Abby.slusher@sc-aggies.us">Abby.slusher@sc-aggies.us</a>
Vicki Silva	Elementary Teacher	<a href="mailto:Victoria.silva@sc-aggies.us">Victoria.silva@sc-aggies.us</a>
Melissa Jodway	6-12 Special Ed Teacher	<a href="mailto:Melissa.jodway@sc-aggies.us">Melissa.jodway@sc-aggies.us</a>
Becky Serin	School Nurse	<a href="mailto:Becky.serin@sc-aggies.us">Becky.serin@sc-aggies.us</a>

Sarah North	Parent	<a href="mailto:Sarahann86@gmail.com">Sarahann86@gmail.com</a>
Christopher Ondrovick	Support Staff and PTO	Chris.ondrovick@sc-aggies.us
Jamie Driskill	Parent	<a href="mailto:driskill.jamieheidi3@gmail.com">driskill.jamieheidi3@gmail.com</a>
Lily Atwood	Student	
Ellie Driskill	Student	<a href="mailto:elizabeth.driskill@students.SC-Aggies.us">elizabeth.driskill@students.SC-Aggies.us</a>
Matt Hillard	Board Member	<a href="mailto:Matt.hillard@sc-aggies.us">Matt.hillard@sc-aggies.us</a>
Nathan Adams	Board Member	<a href="mailto:Nathan.adams@sc-aggies.us">Nathan.adams@sc-aggies.us</a>
Randy Olson	Board Member	Randy.olson@sc-aggies.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.

Overall, the Sand Creek Community Schools' Wellness Policy matched up very well compared to the MDE Model Local School Wellness Policy. In fact, in many areas we found that the district's policy was more detailed and contained more goals than the model policy. Areas that need changed or further investigation are noted below.

A. Nutrition Education

- Need to add statement that superintendent will continually evaluate ending policies and contracts to ensure they meet the intent and purpose of this policy. If they do not, they should be modified or not renewed.
- Some verbiage in our policy need to be removed or changed to fit our current meal program.
- Remove: C.8 – Page 3; Edit C.10 page 3 – Stop at word screenings and remove the rest; Edit D.2d page 4 – Change wording to “Fluid milk meets MDE standards”.

B. Physical Activity – Our policy is way above what they recommend in the model. We are doing good in this area. Couple of areas to note:

- District Policy - Physical Education 1C states that all students in grades 6-12 shall receive 225 minutes per week of PE for entire school year. This does not happen if the student does not pick that elective. Not all grades have a required PE class. Should be reworded to say “opportunity”.
- District Policy - Physical Activity – 2B states that all students in grades K-5 shall be provided with daily (recommended active) recess period at least 25 minutes in duration. This is only an issue when weather prevents students from going outside. What can we do for indoor recess, when needed, that will provide this activity?

C. School Based Activities. Our policy has all needed components.

- District Policy 2C7: We do not have an organized wellness program available to all staff. However, we do see a need for this.
- District Policy 2C1 – says we will provide at least 25 minutes daily for children to eat. We have about 12 minutes. Sample smart goal says “have at least 20 minutes to eat lunch”. Strategize on how to get more eating time which is not really possible with our space at this time.
- Add SmartGoals 13, 14 and 15 from MDE Sample Goals (Under Other Activities 13,14,15) regarding oral health services and presentations.
- Add statement on how many times wellness committee will meet annually

#### D. Nutrition Promotion

- Do not have the community involvement in wellness and healthy options and choices.
- We do not have Wellness update on Quarterly newsletter. We could add a wellness section to quarterly newsletter to better inform community, parents and students regarding our Wellness Policy and goals.
- Do we provide nutrition information for competitive foods - near point of purchase – if selling during the school day?
- Page 4, letter . Strike the “other than the food service program”
- Jr High Gym – “off the wall” exercise. To provide the required activity during day. After lunch.
- Add to SC policy: School hosts field trips to local farms (virtually or in person)
- Add to SC policy: The use of food or candy as a classroom reward is discouraged
- Add to SC policy: Students can bring in bottled water from home.
- Strike all of F (page 4 of 5) “All food and beverages that are provided, offer...”
- Strike G “for fund raisers, for classroom parties, at holiday celebrations, at concession stands, or at any school related event”



## 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.

Use 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: Sand Creek Community Schools

Date: April 19, 2022

### 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>
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
Longer elementary meal periods	a) Re-evaluate current plan and scheduling b) Add extra tables to accommodate more students at one time c) Look into new café/gym d) Look at offering recess before lunch e) Look at different seating arrangements	Spring/ Summer 2022	-Student & Staff Survey -New schedule for lunch period meeting (minimum 20 min. in the seat for students)	Jodie Gilbert & Hollie Hillard	Cafeteria department, teachers, students	No
Offer wellness program to staff	a) Form a committee b) Plan monthly/bimonthly activities	Late summer/fall 2022	-Staff survey	Jodie Gilbert & Jerry Dyson Building PR	Staff	No
Promotion of more specific healthy eating habits and tips to the community.	a) List healthy snack options in quarterly announcements b) Recipe of the month c) Nutritional education website page on Sand Creek Community Website.	2022/2023 school year	- Actively sending out snack options - Providing handouts to students - Own nutritional education website page.	Sharon Smith, Dakota Suiter, Marc Spicer	Teachers, staff, students, parents and community members	No



School hosts field trips to local farms (virtually or in person)	Elementary field trips to local farms	2022/2023 School Year	-Student survey -Board Spotlight by elementary students	Jodie Gilbert & Dakotal Suiter	Parents, teachers, students, staff	No
--	---------------------------------------	-----------------------	--	--------------------------------	------------------------------------	----

### 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>
Have an active 25-minute recess regardless of weather.	Recess supervisors need access to instructional physical activities videos and available space.	2022/2023 School Year	Google folder of instructional videos and activities. Assigning a designated inside recess classroom.	Jodie Gilbert, Dakota Suiter, recess supervisors	Teachers, staff and students	No

### 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>
Add to district wellness policy offering free oral health care to elementary students	Mobile Dental visits to elementary School	By June 30	Based on participation and Number of visits	Jodie Gilbert	All elementary students	Yes
Provide at least 20 minutes for students to eat lunch, after receiving food	Strategize and work on a plan to provide adequate eating time starting with the start of the 2022-23 school Year	To start August 22	Daily scheduled time slots for lunch periods for each grade/class	Jodie Gilbert and Hollie Hillard	Principal, kitchen staff, playground and students	No
Wellness program for staff	Evaluate the interest of staff members to implement a wellness program. Example ideas: 1) Competition on how many steps a day. 2) Walking club or group	Open – survey for interest before 2022/23 year	Based on participation	Matt Bengel	Open to any staff member	No

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>
Provide nutritional information for all competitive foods (near the point of sale) sold during school day	Provide the nutritional information for competitive foods, if any, sold during school day.	2022/2023 School year	Staff and student survey List of all competitive foods sold and the information	Hollie Hillard and Laurie Boss	Students and staff	No

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>

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?