

**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 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

Describe how your wellness policy compares to model wellness policies.

- BCMA's Wellness Policy aligns quite closely with the model policy
- Our policy includes how we connect to inside the classroom and students' home lives
- We have components of fresh food options through a garden project and cooking in the classroom
- BCMA is lacking formal wellness/nutrition education for families and students
- We have a lack of communication around nutrition to families

## 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: Battle Creek Montessori Academy

Date: November 20, 2025

### 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.	<ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
Increasing nutrition education for students and families	<ul style="list-style-type: none"> <li>● Contact MDE for resources</li> <li>● Introduce and distribute materials to teaching staff</li> <li>● Implementation into classroom teaching</li> </ul>	By spring break of this year	<ul style="list-style-type: none"> <li>● Verbal check-ins with staff to ensure compliance.</li> <li>● Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	In progress
Align food consumption and projects within the classroom to Montessori philosophy	<ul style="list-style-type: none"> <li>● Design scope and sequence</li> <li>● Explore funding</li> <li>● Audit lesson plans and food-based learning opportunities</li> </ul>	By beginning of 26-27 school year	<ul style="list-style-type: none"> <li>● Lesson plan audits</li> <li>● Budget design</li> </ul>	Principal	Teachers, staff, students	In progress
School staff members discourage all sugary drinks and snacks.	Staff members will encourage students to bring healthy drinks and snacks, reaching out to parents when necessary.	Ongoing	Admin has verbal check-ins with staff. Staff report to admin with excessive or repetitive situations.	Teachers	Teachers, instructional aids, para. pros, nutrition staff, students, parents/families	In process
Our school will promote USDA MyPlate guidelines.	Food service staff will display MyPlate Guideline posters throughout the two cafeterias.	Ongoing	Quarterly visual checks of the two cafeterias for improvement.	Principal	Wellness Coordinator, students, nutrition staff	In process
Students will have access to drinking water, staying hydrated while giving students a	Grant funded. School will provide water bottles to every student. School will incorporate the Filter First program. All water fountains will have	Ongoing	Currently in the process in installing stations.	Principal	Wellness coordinator / Director of Operations, students, instillation company, First Filter	In process

healthy alternative to sugar drinks.	water bottle fill stations.					
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Physical Activity Goal(s):

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>
Formalize PE standards on report card	<ul style="list-style-type: none"> <li>● Select key PE standards to include on the report card.</li> <li>● Create clear scoring criteria for each standard.</li> <li>● Add standards to the report card system and train staff on use.</li> </ul>	By spring break 2026	<ul style="list-style-type: none"> <li>● Are standards on the report card?</li> </ul>	Principal	Teachers, staff, students	In progress
Explicit teaching of importance of wellness in PE class	<ul style="list-style-type: none"> <li>● Embed wellness lessons (nutrition, sleep, activity habits) into regular PE instruction.</li> <li>● Use quick student reflections to connect daily activities to lifelong health.</li> <li>● Partner with school initiatives to reinforce wellness messages throughout the year.</li> </ul>	By BOY 26-27	<ul style="list-style-type: none"> <li>● Lesson plan audit</li> </ul>		Teachers, staff, students	In progress
Expose students to as many physical activities and experiences to promote lifelong health and fitness.	P.E. teacher introduces various sports and activities throughout the school year. Direct them towards afterschool programs and activities according to their interests.	Ongoing	Visually observing the abilities and interests of the students.	P.E. teachers	P.E. teacher, students, afterschool programs	In process

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

NA; BCMA does not sell food on campus

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>
All foods brought in by student families must be store-bought and sealed.	Front office staff would review the treats and snacks that are brought into the school for classrooms, making inspections for food allergies and safety.	Ongoing	Front office staff will report concerns to the admin team	Front office staff	Front office staff, teachers, admin, nutrition staff, students, families	In process
Teachers will encourage families to provide healthy options for classroom treats.	When parents call to ask if they can bring food into a classroom for treats or celebrations, the teachers will ask for healthy food options.	Ongoing	The teacher will determine if the food is appropriate for the class. Teachers can always say no when the food arrives.	Teachers	Teachers, families, students	In process
Allergies will be known by teachers, front office, and nutrition staff	Communication will be made throughout all stakeholder staff members when families share allergy information	Ongoing	Enrollment applications require the reporting of all allergies. Medical forms will be created every time an allergy is reported.	Front office staff	Front office staff, nutrition staff, teachers, students, families	In process

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 snacks that we provide to students need to be met by the USDA standards.	Food service will monitor for nutrition standard compliance by the use of our vendors and what food we order. School receives fresh fruit and vegetables from the Fresh Fruit and Vegetables program.	Ongoing	Verbal check in with vendors and review of the food that we receive.	Nutrition staff	Nutrition staff, vendors, admin, students	In process
Fliers are sent home and posted to inform parents about Smart Snacks and food.	Fliers are given to students to take home and posters are displayed throughout the school.	Ongoing	Verbal and visual check in with students on what they eat.	Nutrition staff	Nutrition staff, front office staff, admin, students, families	In process