

**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

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School(s) included in the assessment: Three Oaks Public School Academy

Month and year of current assessment:

May 2025

Date of last Local Wellness Policy revision:

May 2018

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

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Twice Annually

School Wellness Leader:

Name	Job Title	Email Address
Jerri Hitts	Nutritional Services Director	jerrihitts@choiceschools.com

School Wellness Committee Members:

Name	Job Title	Email Address
Nicholas Nalley	Physical Education	nicholasnalley@choiceschools.com
Jennifer Lambert	1st grade teacher	jenniferlambert@choiceschool.com
Raine Henley	1st Grade teacher	rainehenly@choiceschools.com
Amy St. Germaine	2nd Grade teacher	amystgermaine@choiceschools.com
Alice Meldrum	1st Grade teacher	alicemeldrum@choiceschools.com
Monecia Vasbinder	Principal	moneciavasbinder@choiceschools.com
Paula VanLente	2nd Grade teacher	paulavanlente@choiceschools.com
Casey Shoup	Kindergarten Teacher	caseycriswell@choiceschools.com

### 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.

1. Nutritional education is included in the health curriculum.
2. Nutrition education is integrated into other subjects.
3. Nutritional standards are age appropriate.
4. Nutritional education is extended beyond the classroom.
5. Physical education/activities are encouraged beyond the classroom.
6. Foodservice follows nutritional standards set forth by the Michigan Department of Education/USDA
7. Fundraisers are smart snacks
8. No outside of school foods are for sale.

## 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: Three Oaks Public School Academy

Date: 5/29/2025

### 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
	a.					
Increase fruit and vegetable consumption	<ul style="list-style-type: none"> <li>a. offer fruit and vegetable bar at lunch</li> <li>b. Educate Student on vegetable/fruit bar</li> </ul>	Before June 2025	<ul style="list-style-type: none"> <li>-Student feed back, survey</li> <li>-observations at meals</li> </ul>	Hitts	students, foodservice, Teachers	yes
Farm to Table education	<ul style="list-style-type: none"> <li>a. Coordinate with kid's Food basket for farm tours</li> <li>b. Mighty Michigan Month</li> <li>c. Follow up with teachers/students on visit</li> <li>d. Educate families on Kid's food basket during orientation.</li> </ul>	Before June 2025	<ul style="list-style-type: none"> <li>-Student participation in field trips to farm.</li> <li>-May highlight Michigan farm products</li> <li>-monitor acceptance of Kid's food basket meals</li> </ul>	Frizzle	Teachers, foodservice, staff, students, Kids Food Basket	yes
Environmental Sound Practices	<ul style="list-style-type: none"> <li>a. Discontinue use of disposal sporks, use silverware</li> <li>b. Educate students on procedure for really silverware.</li> <li>c. Share table/baskets. Annual educate staff and students on appropriate items for sharing.</li> </ul>	Before start of school next year	-Student will assist in bussing table, silverware	Hitts	Foodservice, students	yes

Increase water consumption of students.	a. Students will have ice water available at tables in lunchroom b. Younger students may need assistance pouring water.	Before June 2025	-Student participation in serving water at tables.	Foodservice	Students, Foodservice	yes
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<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>
Encourage physical activities outside of school hours.	b. provide opportunities for team sports	Before June 2025	-Student participation in after school sports	Nalley	Teachers, coaches, students, parents	Yes
Encourage healthy choices at mealtimes, allowing for more independence at mealtime.	a. Offer over Serve at breakfast and lunch. b. Lunch will offer a choice of two main entrees. c. Study if low sodium/low sugar ketchup bottles are allowed on the tables for menus with ketchup.	Before start of school september 25	-Visual observation in the lunchroom. -Acceptance of fruit and vegetables using production sheets. -Student surveys. November and May	Hitts	Students, Foodservice	Ongoing

### 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>
Provide structure and pleasant dining environment for students.	-Provide clear expectations for lunchroom.	Start of school, fall 2025	Student surveys, observations	Hitts	Teachers, students, staff,	on going
Provide nutritional orientation for students and family	Orientation guide for students and parents	Start of school, fall 2025	Student surveys, parent surveys, observations	Hitts	Students, parents, staff	on going

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>
Only smart snacks will be sold at school fund raisers.	Student Council Fund raisers will only include smart snacks	June 2025	By items for sale	Cummin	Students, staff	yes

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>
Class parties to offer more healthy snacks	Encourage Fresh fruits and vegetables at class parties.	June 2025	By what is offered at class parties	Teachers	Students, Teachers, parents	yes

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>
Only items offered are smart snacks, limited to student council fund raisers.						