

**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 1: General Information

School(s) included in the assessment:

Northridge Academy

Month and year of current assessment: **June 2024**

Date of last Local Wellness Policy revision: **June 2021**

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

<https://www.northridgeflint.com/foodservice>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? **Every six months**

School Wellness Leader:

Name	Job Title	Email Address
Glenita Shelton	Vice Principal	Glenita.Rubin-Shelton@leonagroupmw.com

School Wellness Committee Members:

Name	Job Title	Email Address
Zeporia Johnson	Food Service Coordinator	Zeporia.Johnson@leonagroupmw.com
Javonta Booth	Vendor/Parent	Chefsspecial.servsafe@gmail.com
Sabrina Moore	Lunch Aide/Parent	Sabrina.Moore@leonagroupmw.com
Gwen Hovey	Food Service Director	Guinevere.Hovey@leonagroupmw.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.

Northridge Academy used MDE's Model Local School Wellness Policy, to ensure all required areas and language were included. The academy also utilized MDE's sample wellness policy goals, to guarantee that all goals met the SMART goal guidelines.

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., 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: Northridge Academy

Date: June 2024

Nutrition Promotion and Education Goals:

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.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> – Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year. 	Principal	Teachers, staff, students	Yes
Students can bring in bottled water from home.	All staff encourage and allow students to bring water.	Every day	N/A	Principal	Teachers, staff, students	Yes
Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.	<p>The vendor held a cooking demonstration.</p> <p>The school did a survey of the meal program to get feedback from the students.</p> <p>There is also a suggestion box for the students to give feedback.</p>	Every day	<p>Student survey once a year</p> <p>Monitor suggestion box once a week</p>	Food Service Coordinator	Students	Yes
The nutrition education program shall work with the school meal program to use the cafeteria as a learning lab.	The vendor held a cooking demonstration.	Once a year	N/A	Food Service Coordinator, Vendor	Students	Yes

<p>Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.</p>	<p>The after-school program held a cooking class, explaining nutrition and healthy diets.</p>	<p>Throughout the year</p>	<p>Discussions with students</p>	<p>Principal</p>	<p>Students</p>	<p>Yes</p>
<p>Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, posting on the District website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.</p>	<p>The vendor held a parent meeting explaining the nutrition standards and meal pattern.</p>	<p>Once a year</p>	<p>N/A</p>	<p>Vendor, Food Service Coordinator</p>	<p>Parents, community partners</p>	<p>Yes</p>

Physical Activity Goals:

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?
Students, Pre-K-8, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.	There is recess every day for elementary students.	Throughout the year	N/A	Principal	Students, staff, teachers	Yes
Physical activity clubs and intramurals shall be available during before and/or after-school hours.	The school has basketball, football, volleyball, and track and field, and cheerleading available to all students.	Throughout the year	N/A	Principal	Students, staff	Yes
The school must provide at least 20 minutes of active daily recess to all elementary students.	There is recess every day for elementary students.	Throughout the year	N/A	Principal	Students, staff, teachers	Yes

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?
The school shall provide at least thirty (30) minutes daily for students to eat.	The lunch periods are scheduled to give students enough time to eat.	Throughout the year	N/A	Principal	Students, staff, teachers	Yes
The school shall provide attractive, clean environments in which the students eat.	The cafeteria is cleaned in between all meal periods. It is decorated with positive statements, food posters, and school spirit.	Throughout the year	Visual check of the cafeteria by the food service coordinator	Food Service Coordinator	Students, staff, teachers	Yes
The school shall schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.	Meals are rarely adjusted and the location of the meals change to avoid disruption.	Throughout the year	N/A	Principal	Students, staff, teachers	Yes
Students, parents, and other community members shall have access to, and be encouraged to use the school's outdoor physical activity facilities outside the normal school day.	The playground is a community playground, and all can use it.	Throughout the year	Verbal discussions with parents and the community	Principal	Students, parents, community partners	Yes
The wellness center or school nurse has toothbrushes available for students in need.	The homeless liaison has toothbrushes and other hygiene products available to students.	Throughout the year	N/A	Homeless liaison	Students	Yes

<p>Oral health professionals come into the school to provide preventive oral health services, ie: dental screenings, dental sealants, fluoride varnish, education, dental cleanings etc. at least twice a year. Parents are sent home a dental report card, completed by the dental provider after the dental treatment.</p>	<p>Mott Dental visits the school once a year.</p>	<p>Once a year</p>	<p>N/A</p>	<p>Office manager</p>	<p>Students, parents</p>	<p>Yes</p>
--	---	--------------------	------------	-----------------------	--------------------------	------------

Physical 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?
All district elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.	Every student had gym class 4 days a week for 30 minutes.	Throughout the year	Teacher evaluation visits by the principal	Gym teacher, principal	Students	Yes
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	All the students participated in gym class.	Throughout the year	Teacher evaluation visits by the principal	Gym teacher, principal	Students	Yes
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	The gym teacher had a lesson plan that included good sportsmanship, working as a team, etc.	Throughout the year	Teacher evaluation visits by the principal	Gym teacher, principal	Students	Yes
Planned instruction in physical education shall include cooperative as well as competitive games.	The teacher played dodgeball, soccer, and other gym activities.	Throughout the year	Teacher evaluation visits by the principal	Gym teacher, principal	Students	Yes

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?
The food service staff offer reimbursable school meals that meet USDA nutrition standards.	Vendor provides only reimbursable meals that meet the meal pattern.	Throughout the year	Visual checks by the food service coordinator and food service director	Vendor	Students	Yes
The school will offer breakfast to all students through the USDA School Breakfast Program.	Breakfast is offered to everyone every morning.	Throughout the year	N/A	Food Service Coordinator	Students	Yes
Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.	All bus students arrive by 7:45 am, and breakfast goes to 8:15 am, so there is plenty of time to eat.	Throughout the year	N/A	Principal	Students	Yes
A water filling station is available in the cafeteria.	A water filling station is available for student use. It is regularly cleaned and maintained.	Throughout the year	Visual checks by the food service coordinator to ensure working order	Food Service Coordinator	Students, teachers, staff	Yes
Students are encouraged by 50% of teachers to drink tap water throughout the school day. Students are permitted to have water bottles at their desks and are given ample opportunities to refill water containers.	All staff encourage students to use water bottles and refill them when needed.	Throughout the year	N/A	Principal	Students, teachers, staff	Yes

Lunch will follow the recess period to better support learning and healthy eating.	Students go outside before lunch.	Throughout the year	N/A	Principal	Students, teachers, staff	Yes
--	-----------------------------------	---------------------	-----	-----------	---------------------------	-----

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?
Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.	The school does not advertise any food or beverages to students.	Throughout the year	N/A	Principal	Students, teachers, staff	Yes
As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.	Marketing guidelines are always considered during the contract process.	Throughout the year	N/A	Principal	Students, teachers, staff	Yes