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:

White Cloud Upper Elementary, White Cloud Junior High School, and White Cloud High School

Month and year of current assessment: April 2025

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.whitecloud.net/Downloads/WCWellness.pdf

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Ed Canning	Superintendent	canninge@whitecloud.net

School Wellness Committee Members:

Name	Job Title	Email Address
Monica Traynor	Director of Nutrition	traynorm@whitecloud.net
Steve Dehann	Physician Assistant	sdehaan@familyhealthcare.org
Jennifer Bruin	MSU Extension	bruinj@msu.edu

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.

The district shall ensure that all foods and beverages sold to students on the school campus during the school day are in compliance with the current USDA Nutrition Standards for the National School Lunch and School Breakfast Programs. Any food and beverages marketed or promoted to students during the school day will meet the USDA Smart Snacks nutrition standards. We have incorporated all the different areas outlined in the Michigan Model Policy into our local policy. Focusing on smart goals and more nutrition education. We follow all the standards and Nutritional guidelines for food and beverage requirements for reimbursable school meals set by the United States Department of Agriculture. White Cloud Public Schools also follow physical activity, education and other school-based activity standards that are in the Model Policy.

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: White Cloud Public Schools Date: 2024-2025

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
Quarterly Food Service District Newsletter	The Food Service Director prepares a newsletter. Shares article to the Inside White Cloud Public Schools newsletter	August 2024	Quarterly mailings to local District addresses	Monica Traynor	Teachers, Staff, Students, Families	Yes
Promote and serve Locally grown fruit and produce	Find local vendors to purchase produce from. Once established, orders are produced weekly or biweekly.	August 2024	Student participation and staff feedback	Monica Traynor	Food Service staff and students	Ongoing

Physical Activity 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?**
Students in grades K-5 will have physical education and activity	Physical education at least 60 minutes per week. Including, but not limited to recess, classroom physical activity breaks, or physical education. Can be modified based on students' needs. Recess will not be used as a form of punishment.	Annually	Student class participation, staff feedback, and attendance	Principle	Staff, students, teachers	Ongoing
Students in grades 6-8 will have physical education and activity	Physical education for at least 45 minutes per day. Including, but not limited to recess, classroom physical activity breaks, or physical education. Can be modified based on students' needs. Recess will not be used as a form of punishment.	Annually	Student class participation, staff feedback, and attendance	Principle	Staff, students. teachers	Ongoing

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?**
Family literacy night at the Upper Elementary	Educational initiative designed to improve literacy skills for both children and parents. Parents and children engage in shared reading, writing, and other literacy-related activities together.	Annually	Parent, Student, Staff attendance and participation. Track the number of parents who signed up.	Principal, teachers, Secretaries, MSUE	Staff, students, parents/guardians	March 2025
Mental Health Awareness. be nice.	Mental health education, bullying, and suicide prevention. Notice changes in behaviors and signs of depression	September 2024	Suicide prevention posters Call or text hotlines Monthly meetings	Counselor, Principal, PBIS team	Counselor, staff, students	Ongoing

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?**
All School buildings following the smart snack guidelines including Michigan exempt allowing each building 2 non-smart snacks sold per week per building	Make sure each building has the smart snack exempt tracker forms.	August 2024	Check in with principals mid-year and end of year to make sure completing the tracker.	Principal, teachers, Secretaries, Administration	Staff and 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?**
Include more local products into the national school lunch program.	Contact GFS for locally grown products and put them on the menu.	Ongoing	Verbal check-ins with Food Service staff and students. Monitor how well the students are taking the products.	GFS, Food service staff, Director	Food service staff, Gordon foods	Yes
Incorporate more scratch cooking	Standardized Recipes from No kid hungry, Chef Ann foundation, Healthy Schools Recipes	February 2024	Verbal Check in with staff. Student feed back	Food service staff, Director	Food Service Staff, students	Ongoing

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?**
Make students aware of the consumption of healthier food items.	Send out a link to the Smart Snack calculator for all building staff. https://foodplanner.healthiergeneration.org/calculator/ Encourage Admin and teachers of different healthy options during parties and celebrations.	August 2025	Documented sharing of smart snack calculator and promotion of healthy foods in School Newsletter	Teachers, Food service, principal	School, staff, parents, students	Ongoing
Continue to update the bulletin board outside the cafeteria with MI crop of the quarter.	The Food Service will update the school update bulletin board quarterly with healthy information. Feature local produce with informational fun facts	October 2024	Food service will do taste samples for students to try healthy options	Food service, Director	Food Service, Staff, Students	Ongoing