

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. As wellness committees meet 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: Emmons Lake Elementary, Paris Ridge Elementary, Kettle Lake Elementary, Caledonia Elementary, Dutton Elementary, Kraft Meadows Intermediate, Duncan Lake Middle School, Caledonia High School

Month and year of current assessment: 05/2025

Date of last Local Wellness Policy revision: 05/2024

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? 3X/year

School Wellness Leader:

Name	Job Title	Email Address
J. Traugher	Teaching & Learning Coordinator	traugherj@calschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Sara Devries	Director of Finance	devriessb@calschools.org
Brittany Barber Garcia	School Board Member, Parent, Mental Health Professional	garciab@calschools.org
Lance Jones	Administrator	jonesl@calschools.org
Meaghan Beyer	Food Service Director	beyerm@calschools.org
Taylor Kastens	Health & PE Teacher Unified PE Teacher	kastenst@calschools.org
Rachel Gallucci	School Nurse	galluccir@calschools.org
Kelly Green	School Counselor	greenk@calschools.org
Kathryn Wells	Parent	NA

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](#)
- ✓ [WellSAT](#)
- ☐ Alliance for a Healthier Generation: Model Policy ([Healthier Generation Resource](#))

Describe how your wellness policy compares to model wellness policies.

Nutrition Environments & Services: We have implemented an interactive Food Service tool for students and families to determine nutritional and calorie information. The food service staff helps families navigate the tool; there is also a training tutorial within the program. This program provides all food nutritional labels.

The district also addresses the free/reduced students and non-discrimination concerns by using a POS system to keep this information private, however the policy doesn't address this.

Nutrition Education: The current policy addresses the WellSat standards with the exception of caffeine and classroom parties.

Physical Education & Physical Activity: The district policy is compliant with WellSat standards, though the policy does not fully address training for physical education teachers and/or exemption requirements for students.

Wellness: The policy does encourage staff to model healthy eating and physical activity behaviors but does not address strategies to promote employee wellness. It doesn't address using physical as a reward but does address not using it as a punishment. The policy does specify marketing that can promote healthy and beverage choices and restricts the sale and promotion of foods that only meet the Smart Snacks standards. However, it does not specify marketing on school property and equipment, education materials, places where food and beverages are purchased, school publications and media or marketing through fundraisers and corporate incentive programs. It also does not address marketing and promotion of social emotional wellness.

Integration & Coordination: The district Wellness Policy contains language about a district wellness committee, but does not go so far as addressing a building level committee.

Overall, the district Wellness Policy is highly compliant with the components outlined by the State. .

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: Caledonia Community Schools

Date: 05/2025

Nutrition Education and Promotion 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 District will provide nutrition education, including the USDA MyPlate Guidelines, to parents/guardians and the community.	Information will be sent to parents via the school newsletter, including the Food Service Dept menu.	Ongoing	Observation Check-in	Wellness Team	Administrator Teachers Food Service Personnel Students	In process
The District will promote nutrition standards for all foods and beverages provided to students during the school day.	Each school will incorporate wall hangings in classrooms & the cafeteria. The Food Service Dept. will encourage consumption of 'Mood Boost' foods during the fall and Healthy Snack options.	Ongoing	Observation Check-in	Wellness Team	Administrator Teachers Food Service Personnel Students	In process
The District will provide and monitor requirements associated with reimbursable school meals per the United States Department of Agriculture (USDA) Nutrition Standards for School Meals.	Information provided in terms of offerings as opposed to servings. Each school is monitored annually to ensure compliance.	Ongoing	Newsletters Observation Check-in	Admin	Administrator Teachers Food Service Personnel Students	In process

Physical Education and Activity Goal(s):

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?
All schools will provide information to families to encourage and assist them in their efforts to incorporate	Information will be sent to parents via the school newsletter, including offerings from the Caledonia Resource	Ongoing	Newsletters	Wellness Team	Administrator Teachers Food Service Personnel Students	In Process

physical activity into their children's daily life.	program.				Parents	
All schools will take into consideration the MDE guidelines when scheduling Physical Education, which recommends instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level, for students of all abilities, including those with disabilities.	Schedules will be created per school logistics, structures and/or other information worthy of consideration.	Ongoing	School schedules	Admin	Administrator Teachers	In Process

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?
The District will promote nutrition standards for all foods and beverages provided to students during the school day.	Each school will incorporate wall hangings in classrooms & the cafeteria. The Food Service Dept. will encourage consumption of 'Mood Boost' foods during the fall and Healthy Snack options.	Ongoing	Newsletters Emails Other mailings	Wellness Team	Administrator Teachers Food Service Personnel Students Parents	In Process
The District will provide and monitor requirements associated with reimbursable school meals per the United States Department of Agriculture (USDA) Nutrition Standards for School Meals.	Information will be sent to parents via the school newsletter, including the Food Service Dept menu.	Ongoing	Newsletters Emails Other mailings	Food Service Director	Food Service Personnel Students Parents	In Process

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?
All foods and beverages marketed or promoted to students on the school campus during school hours will meet the USDA Smart Snacks in School Nutrition Standards.	Information will be sent to parents via the school newsletter, including the Food Service Dept menu.	Ongoing	Each building admin. completes a 'review' with the support of the Food Service Dept. to ensure state compliance. Newsletters	Wellness Team	Administrator Teachers Food Service Personnel Students Parents	In Process

Other School-based Activities that Promote Student Wellness:

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 schools will foster comprehensive student wellbeing through social, emotional, and behavior education. and support.	Wellness lessons will be facilitated per school as will Capturing Kids Hearts & PBIS instruction.	Ongoing	Observation Check-ins TRAILS Curriculum Be Nice CKH National Showcase	Admin	Administrator Teachers Mental Health Personnel Students	In Process