

**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 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

School(s) included in the assessment:

**Wedgwood Christian Services**

Month and year of current assessment: **May 2021**

Date of last Local Wellness Policy revision: **11/16/2020**

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

<https://www.wedgwood.org/services/residential-care/>

A digest version of the Wellness Policy/Procedures is provided to parents/guardians of youth in our Residential Treatment programs as part of the Admission Packet.

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? **Quarterly**

School Wellness Leader:

Name	Job Title	Email Address
David Blakeslee	Associate Director	<a href="mailto:dblakeslee@wedgwood.org">dblakeslee@wedgwood.org</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Anna Damstra	Education Coordinator	<a href="mailto:adamstra@wedgwood.org">adamstra@wedgwood.org</a>
Jackie Brewster	Program Manager	<a href="mailto:jbrewster@wedgwood.org">jbrewster@wedgwood.org</a>
Susan Vachon	Food Service	<a href="mailto:svachon@wedgwood.org">svachon@wedgwood.org</a>
Aileen Feist	Activity Treatment Coordinator	<a href="mailto:afeist@wedgwood.org">afeist@wedgwood.org</a>
Kristy Ippel	Nursing Supervisor	<a href="mailto:kippel@wedgwood.org">kippel@wedgwood.org</a>
Diane Rabe	Chief Financial Officer	<a href="mailto:drabe@wedgwood.org">drabe@wedgwood.org</a>

### 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.

In early 2019, following an audit of our Food Service and its compliance with expectations set by the federal school lunch program, Wedgwood was directed to develop our own Wellness Policy and Procedures rather than utilizing the Wellness Policy developed by Lighthouse Academy (the charter school that we contract with to provide educational services in our Residential Treatment homes). We based our procedures on text we were referred to that was developed by the Alliance for a Healthier Generation.

We formed the Wellness Committee in 2019 to address the various programming and resource needs required for successful implementation of the policy and procedures. Committee membership represents Wedgwood's Education, Food Service, Activity Treatment, Nursing, Finance and Quality Assurance Departments. The Committee began quarterly meetings that led to adapting the model wellness policy to accurately fit with the unique characteristics of Wedgwood's Residential Education programs.

Unlike traditional schools, our students come to us from a wide variety of locations throughout the state of Michigan. Many of them have parents/guardians who live at a significantly distant location from our campus, and some of them are permanent wards of the state. This results in some sections of the model policy feeling irrelevant and difficult to implement as originally written. The original procedures were written in February 2019 and have been reviewed/revised twice since that time (December 2019 and November 2020). These revisions were made in order to more accurately describe the circumstances that our students and faculty operate within.

## 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: Wedgwood Christian Services

Date: June 16, 2021

### 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>
Serve healthy meals	Meals should include the following: fruits, vegetables, whole grains, fat-free and low-fat milk, that are moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving	Daily upon admission continuing through discharge date	Daily productions sheets monitor State nutritional requirements/portion sizes/balanced options. Nutritional assessments of State-approved menus.	Jackie Brewster/ Susan Vachon (Food Service)	Food Service Department/YTS to assure that all menu items are offered to students.	Yes: weekly review of paperwork completion & observing POS
Mitigate childhood obesity	Nurses conduct monthly height, weight and blood pressures checks for all students. If significant weight gain is noted, nurses ask about participation in physical activities, food portions, "seconds", etc. Nurses may advocate fruits/vegetables for second helpings. Check for influence of meds that cause weight gain, BP increase, shortness of breath,  Nursing plans to meet with student/staff groups to discuss nutrition, weight gain, serving sizes, calories, condiments, etc.	Monthly checks       Monthly team meetings	Weight increases of 5+ pounds for 3 consecutive months would be a cause of concern. Nurses will contact supervisor and therapist if significant weight gain is noted.  Nurses will consider measuring BMI for students in overweight/obese categories	Kristy Ippel (Nurse Supervisor)	Nurses, home staff, students, therapists, parent/guardians	Yes, ongoing
Promote healthy eating to support development of lifelong healthy eating patterns	Applied for grant Michigan fruits and vegetables – locally grown  Students will visit farms, orchards, local markets to buy organic	Duration of a student's stay	Consistent medical weigh-ins by nursing  Consistent activities that involve making healthy food choices.	Food Service, Nursing, Activity Treatment Specialists	Nursing Dept/Activity Therapists	Yes, ongoing
Support healthy choices to accommodate cultural food preferences and special dietary needs	a) Diversity Food Fair b) Medical Statements to request Special meals/accommodations	Duration of student's stay	Assure that a variety of cultures are presented on menu  Medical statements turned in after Dr. approval	Susan Vachon/ Nursing	Nursing Department/Food Service	Yes, 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 Persons	Stakeholders Who will be involved and/or impacted?	Complete?
Children and adolescents should participate in at least 60 minutes of physical activity every day	<p>Student participate in gym classes during school for one trimester per year. Teachers offer “brain breaks” to get students moving if they have been at desks for extended periods. There are also times throughout the week where homes have scheduled times to use the gym and Wellness Center. These spaces can be utilized to have supervised structured or unstructured (open gym) activities provided for students to encourage regular activity that promotes and maintains physical fitness and healthy lifestyle practices.</p> <p>Occupational Therapy and Employment Training Program also serve as sources of activity for many students.</p>	Continuous, year-round	Student participation in activities is a recurring agenda item for AT meetings, with discussion and planning follow-up for students who are identified as lagging in participation or at risk of obesity due to diet, medications or other concerns mentioned above.	Aileen Feist (AT), Jackie Brewster (ETP) and Jon Cornell (OT)	Teachers, staff, students	Yes, ongoing
Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) <b>will not be withheld</b> as punishment for any reason	<p>Encourage and integrate physical activity and movement opportunities into daily schedules.</p> <p>Survey of Residential leaders and house rules to ensure that restricting students from activity and movement opportunities is not allowed as a disciplinary intervention. (I.e. students who are grounded or kept on unit due to AWOL concerns are still allowed access to physical activities.</p>	<p>Continuous, year-round</p> <p>June/July 2021</p>	<p>Activity Treatment Specialists</p> <p>Quality Assurance, Residential Leadership</p>	<p>Aileen Feist (Activity Treatment)</p> <p>David Blakeslee (QA)</p>	Students, staff	Yes, ongoing
Ensure that grounds and facilities are safe and equipment is available to students to be active	Wedgwood conducts necessary inspections and repairs and complies with MDHHS Licensing Rules in maintaining a safe, secure environment	Monthly facility inspections	Facility maintenance requests are completed & monitored by Quality Assurance	David Blakeslee (QA)	Facilities Staff, students, school faculty	Yes, ongoing

### School-based activities to promote student wellness goals:

<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>
<b>Elementary students</b> in each grade will receive physical education for at least 60-89 minutes per week throughout the school year	Meet with Education Specialists before the school year begins to plan ways to integrate physical education into each week (Brain Breaks, recess, Friday activities)  Monthly team meetings reviewing any barriers to physical education/activities successfully taking place	Before the beginning of next school year (July 2021) and throughout the next school year	Education Team will meet prior to school year to set expectation of physical education/activities taking place throughout school year.  Process reviewed quarterly in Educ. Team meetings	Anna Damstra (Education Coordinator) Education Specialists	Staff and students	In progress, will begin prior to next school year
<b>Secondary students</b> (middle and high school) are required to take the equivalent of one academic year of physical education	Physical Education class will be offered during one trimester of every school year.  PE teacher and Education Coordinator will plan appropriate activities that promote physical activity.	Next School Year	Meeting held before PE class between PE teacher and Education Coordinator.  Consistent participation monitored of students	PE teacher and Education Coordinator	Staff and students	In progress, will begin prior to next school year
Promote student physical fitness through individualized fitness and activity assessments	Physical Education Teacher will monitor mastery and participation in activities in PE Classes  Education Staff will not use removal of PE class as a consequence, unless restriction is put in place by clinician or for safety reasons.  Lighthouse Academy consults and annually partners with Kent County Health Dept to focus on wellness (healthy living, physical & emotional wellness, relationships)	Next School Year (starting July 2021)	PE teacher assesses student's participation and mastery of skill which is reflected in a grade for Physical Education class.  Education Team will meet prior to school year starting to compile alternatives to removing physical activity consequently. This process will be reviewed quarterly in Education Team meetings.	PE Teacher, Education Coordinator, Education Specialists, Clinicians	Staff and students	In progress, will begin prior to next school year

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>
Wedgwood students are not allowed to purchase items from vending machines while classes are in session. Access to vending machines is monitored by staff and students are not allowed to consume caffeinated beverages while residing at Wedgwood.	No further actions are needed at this time.	N/A	N/A	N/A	N/A	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>
Weekly store will be offered to students in connection with the schools PBIS model. Students will attend the store one time per week as a reward for meeting their goals and school commitments.	<p>The RTA (Responsible Thinking Advocate) will provide items in the store that students can purchase.</p> <p>Drinks will not include soda/pop or any caffeinated beverage and food options will be limited per student. Non-food items will be offered as well. (water bottles, personal journals, notebooks, sports equipment, pens/pencils, etc.)</p>	Next School Year (July 2021)	<p>RTA and Education Coordinator will meet prior to school starting to ensure that items in the PBIS store are appropriate</p> <p>RTA will monitor student purchases and encourage healthy choices</p>	RTA	RTA and Students	In progress



### 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>
Wedgwood students have limited exposure to food and beverage marketing. They can see vending machines as they move between classrooms but otherwise residential living spaces and surrounding buildings do not host any advertising displays.	Students eat meals in their assigned residential living areas. No further action is needed at this time.	N/A	N/A	N/A	N/A	Yes