

**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

School(s) included in the assessment:  
Trinity Lutheran School of Clinton Township

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Month and year of current assessment: May 2021

Date of last Local Wellness Policy revision: \_\_\_\_\_

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

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? At least 1 time yearly but try to meet twice yearly

School Wellness Leader:

Name	Job Title	Email Address
Gordon Kennedy	Principal	gkennedy@trinityct.org

School Wellness Committee Members:

Name	Job Title	Email Address
Cynthia Chilcutt	Food Service Director	Horsemom57@Yahoo.com
Sandy Knopf	School Secretary	sknopf@trinityct.org
Lisa Curley	Food Service Assistant	lcurley@trinityct.org
Lisa Riveria	Parish and School Nurse	lriviera@trinityct.org
Heather Burek	Parent	burekh@Yahoo.com
Jennifer Punturiere	Physical Ed. Teacher	jpunturiere@trinityct.org
Sarah Howard	Assistant School Secretary	showard@trinityct.org
Mary Burrus	7 <sup>th</sup> Grade Teacher	mburrus@trinityct.org
Anthony Puzzela	7 <sup>th</sup> Grade Student	

### 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 order to meet the Wellness Policy requirement established by the Child Nutrition and WIC Reauthorization Act of 2004, including the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) Trinity Lutheran School created a Local Wellness Policy. Our policy is modeled after the Michigan State Board of Education Model Local School Wellness Policy intended to create a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. Trinity's plan to implement our goals are set out in our Local Wellness Policy in the following manner:

Provides promotion of nutritional educational goals by grade level content expectations in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State so that instruction provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

Complies with standards and nutrition guidelines for all foods and beverages served in the cafeteria.

Nutrition educational posters are displayed in the cafeteria.

Provides nutrition education to reinforce lifelong balance by emphasizing the link between caloric intake and exercise in ways that are age appropriate.

Provides physical activity that is aligned with the Michigan Physical Education Content Standards and Benchmarks.

Provides planned instruction in physical education in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

Provides planned instruction in physical activity provided by a properly certified, qualified teacher.

Provides physical activities (e.g. recess during the school day, intramurals after school and/or on weekends, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

Provides other school-based activities and programs that promote student wellness, including activities serving as a fund raiser. Other appropriate programs, including those that involve students, parents, siblings and outside individuals, that help create a positive school environment and conveys consistent wellness messages and is conducive to healthy eating and physical activity will be held.



## 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: Trinity Lutheran School of Clinton Township

Date: May 19, 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>
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
Nutritional education for students	a) Provide teachers with grade level appropriate curriculum b) Food Service Director and Staff will be involved in education of students	At the beginning of each school year	Monitor with teachers throughout school year and year end evaluation Food Service Director and Staff will prepare surveys and worksheets to evaluate	Principal Food Service Director and Teachers	Teachers, principal, students, kitchen staff and parents	Yes
School meal program	Provide healthy choices at lunch that allow students to apply the knowledge, attitudes and skills taught in the classroom using menus that meet federal guidelines of nutritional values per age level. Implement smarter lunchroom techniques to increase participation, reduce food waste and increase selection and consumption of healthy food choices.	Beginning of each school year	Visually by kitchen staff and teachers and by the number of lunches purchased. Verbal check in with staff to ensure compliance. Complete Smarter Lunchroom Scorecard.	Food Service Director	Teachers, kitchen staff, students	Yes
Promote healthy food and beverage choices through posters in cafeteria	Display nutritional posters in cafeteria changing them throughout the school year	Beginning of each school year	Visually by kitchen staff and teachers and by verbal interaction with students	Food Service Director	Teachers, kitchen staff, students	Yes
Provide nutrition education to reinforce lifelong balance by emphasizing the link between caloric intake	In classroom learning using visuals of various products teaching how to read and decipher the Nutrition Facts on products and discussing the ingredients, chemicals and nutritional benefits plus how much exercise would be required	Beginning of each school year	Monitor with teachers throughout school year and interaction with students	Principal	Principal, teachers, kitchen staff, students and parents	Yes

and exercise in ways that are age appropriate	to burn the caloric intake of that product					

### Physical Activity 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 physical activity that is aligned with the Michigan Physical Education Content Standards and Benchmarks	Physical Education instruction for all K-8 grade students.	Beginning of each school year	Each student participates in PE that is aligned with the listed benchmarks and standards during the school year	Principal, PE teacher and classroom teachers	Students, staff and PE teachers	Yes
Provide planned instruction in physical education in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.	Posters reinforcing goal. In classroom lessons relative to same. PE teacher enforcement of goal.	Beginning of school year	Positive reinforcement and curriculum offered K-8 grades.	Principal, Classroom teachers and PE teacher	Students, staff, principal and PE teacher	Yes

### 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 planned instruction in physical activity provided by a properly certified, qualified teacher.	Continue to work with L'Anse Creuse School District to have access to PE teachers from their schools to work with our students. In the event we are unable to obtain a qualified teacher from L'Anse Creuse, to secure same through other means.	Beginning of school year	On a yearly basis. To date, L'Anse Creuse District has been able to supple Trinity with a certified PE teacher.	Principal PE Teacher	Principal, students, staff and PE teacher	Yes
Provide other school based activities and programs that promote student wellness, including activities	Ask for suggestions from staff and Local Wellness Committee members for ideas. After compiling ideas, choose those that fit our goal and set date. Notify information relative to event by posting on our website and	Beginning of school year and after final planning	Participation of event like Jump Ropes for Hearts, Walk-A-Thon and other related events. Survey of Staff after event Input from students and	Principal, students, staff and parents	Principal, students, staff, and parents	Yes



<p>serving as a fund raiser. Other appropriate programs, including those that involve students, parents, siblings, and outside individuals, that help create a positive school environment and conveys consistent wellness messages and is conducive to healthy eating and physical activity will be held.</p>	<p>posting in the weekly Trinity Tweet. Continue discussion on project to completely redo the current field to provide competitive sports and non-competitive sports to our students. The goal is to include a soccer field, a baseball diamond, a long-jump pit and a walking/running track that would surround the outside area.</p>		<p>parents during and after events.</p>			

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>
Complies with standards and nutrition guidelines for all foods and beverages served in the cafeteria.	All food items and beverages available for lunch shall comply with the current USDA <u>Dietary Guidelines for Americans</u> .	Beginning of school year	Check all items available to students for lunch to ensure compliance	Food Service Director, Principal and Staff	Students Principal and 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>
Trinity does not offer any type of food or beverage sales from any source during the school day.						

### 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>
Trinity does not offer any food or beverage sales other than the school lunch. However, we do promote student health and provide positive health messages through classroom instruction and posters.	Communicate with staff the USDA Dietary Guidelines. Enforce no fundraiser involving food is allowed. Have classroom instruction that relays positive health messages. Display posters impacting positive choices.	Beginning of school year	By confirming that staff has complied with the Action Steps at end of the year.	Principal	Principal, staff, and students	Yes