# Michigan Department of Education

# Office of Health and Nutrition Services

# School Nutrition Programs

# 

# 2022 C.O.O.R. Educational Center 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://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fns.usda.gov%2Ftn%2Flocal-school-wellness-policy&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897074960&sdata=7j%2BzxZb3aiHyIEaM6RvOuOzBvyw6PsM%2BkPr3T3DNMOA%3D&reserved=0)

[https://www.michigan.gov/mde/0,4615,7-140-66254\_50144-194546--,00.html](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.michigan.gov%2Fmde%2F0%2C4615%2C7-140-66254_50144-194546--%2C00.html&data=02%7C01%7CWoodC15%40michigan.gov%7C63b8f00e1cf547c4aed908d787c27f56%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637127141897084956&sdata=k9ywqPPJoetUO59OBvugbKmC0hfP1mXFUfdjejgABiE%3D&reserved=0)

# Section 1: General Information

School(s) included in the assessment:

C.O.O.R. EDUCATIONAL CENTER

Month and year of current assessment: March 2022

Date of last Local Wellness Policy revision: June 2017

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

https://www.coorisd.net/programs/cec/food-services/

# Section 2: Wellness Committee Information

How often does your school wellness committee meet? 6 times/year\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Wellness Leader:

| Name | Job Title | Email Address |
| --- | --- | --- |
| Melisa Akers | School Principal | akersm@coorisd.net |

School Wellness Committee Members:

| Name | Job Title | Email Address |
| --- | --- | --- |
| Teresa Gertiser | School Nurse | gertisert@coorisd.net |
| Joseph Moore | Classroom Teacher | moorej@coorisd.net |
| Kristen Kalthoff | Administrative Assistant | kalthoffk@coorisd.net |
| Kimberly Murphy | Accounting Clerk | murphyk@coorisd.net |
| Gretchen Walsh | PT Assistant | walshg@coorisd.net |
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# 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](https://www.michigan.gov/documents/mde/SBE_Model_LWP_+_ADA_-_Final_SBE_Version_560023_7.pdf)
  + Alliance for a Healthier Generation: Model Policy
  + WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

| Our local wellness committee used the Michigan State Board of Education Model Local School Wellness Policy as a guide to develop the C.O.O.R. Educational Center policy. Our goals were developed under the same headings as the Board of Education guidance: Nutrition Education, Nutrition Standards, Physical Education and Physical Activity Opportunities, and Other Schoolbased Activities that Promote Student Wellness. |
| --- |

# 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](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html).

# Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: COOR Educational Center Date: 4/27/2022

## 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?** |
| --- | --- | --- | --- | --- | --- | --- |
| The CEC will host a minimum of 2 wellness events per school year. | * Field Day * CEC Olympics Day * ACES Day | * Spring * August * May 3rd | Participation  Review progress of this goal at bimonthly wellness meetings | Gretchen | Students and staff | * Yes * No * Yes |
| The school nurse will provide nutrition education to share with the classrooms 2 times a year. | * Two nutrition lessons for each classroom to teach * Informational nutrition posters in cafeteria | * October 2021 and February 2022 * By end of year | Verbal check-ins with staff to ensure compliance | Teresa | Students and staff | * Yes * Yes |
| The Food Service Director will monitor yearly and sample twice a year a week’s worth of production records for compliance with the USDA requirements. | * Monitor production records to ensure compliance. | 2022-2023 school year | Review progress of this goal at bimonthly wellness meetings | Kim | Food Service Director | * No |
| CEC staff will ensure that healthy snacks (versus sugary snacks) are made available to students on a regular basis. Administration is currently working with Chartwells to provide these healthy snacks. | * Provide teachers with a list of healthy snack choice options. * Provide students access to healthy snacks by partnering with Chartwells. | Beginning of 2022 - 2023 school year | Review progress of this goal at bimonthly wellness meetings. | Principal | Students | * No |

## 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?** |
| --- | --- | --- | --- | --- | --- | --- |
| Elementary and Secondary students will have at least two 20 minute sessions of physical activity each week. | * Mileage Club - Students will earn rewards based on their activity level * Classroom staff will ensure that all students have the opportunity to be physically active at least two times per week - GoNoodle, gym, recess, walk to park, workout room, Jack Hartman videos * Wellness Calendar - Starting September 2021, staff will receive a monthly calendar that has daily activity challenges. Staff will document their completion of these daily activities and the most active staff member will be acknowledged and rewarded each month | 2021-2022 school year | Review progress of this goal at bimonthly wellness meetings  Teachers built two physical activity opportunities into their daily schedules.  Emails regularly sent out to staff reminding them to participate in the wellness calendar and submit their calendars at the end of the month to be entered into a prize drawing. | Gretchen, classroom teachers | Students and staff | 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 CEC will provide students with an opportunity to plant and harvest a school garden. | * Students will learn how to plant, grow, and harvest food from the school gardens. * Students will use fresh fruits and vegetables from the school garden to make healthy meals and snacks at school | 2021-2022 school year | Review progress of this goal at bimonthly wellness meetings.  Verbal check-ins with staff to ensure compliance | Teachers and students | Students and staff | Yes |

## 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?** |
| --- | --- | --- | --- | --- | --- | --- |
| N/A - We currently do not sell food or beverages on campus | N/A | N/A | N/A | N/A | N/A | N/A |

## 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?** |
| --- | --- | --- | --- | --- | --- | --- |
| Classroom snacks | Ensure that staff are providing students with healthy choices for daily snacks | 2022-2023 school year | Verbal check-ins with staff to ensure compliance  Review progress of this goal at bimonthly wellness meetings | Classroom teachers and staff | Students and staff | No |
| Baking/Cooking | Ensure that staff are teaching students to bake/cook healthy food options | 2022-2023 school year | Verbal check-ins with staff to ensure compliance  Review progress of this goal at bimonthly wellness meetings | Classroom teachers and staff | Students and staff | No |

## 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?** |
| --- | --- | --- | --- | --- | --- | --- |
| N/A - We currently do not sell food or beverages on campus | N/A | N/A | N/A | N/A | N/A | N/A |