

**Michigan Department of Education**

**Local School Wellness Policy Update Outline**

**Background**

A local school wellness policy is a written document of official rules that guide a local

educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

While LEAs have flexibility to develop the specific content of their local school wellness policies, the policies must include the following:

* Specific goals for nutrition promotion and education, physical activity, and other school-based activities designed to promote student wellness.
* Standards and nutrition guidelines for all foods and beverages available on the school campus during the school day that at minimum are:
	+ consistent with Federal regulations for program meals.
	+ consistent with Smart Snacks in School nutrition standards.
	+ designed to promote student health and reduce childhood obesity.
* Policies that allow marketing or advertising of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in School nutrition standards.

LEAs are also required to:

* Review and consider evidence-based strategies when setting local school wellness goals.
* Involve, inform, and update the public (including parents, students, and other stakeholders) about the content and implementation of the local school wellness policy.
* Conduct a triennial assessment. This assessment must be conducted at least once every three years to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies.
* Update or modify the local school wellness policy as appropriate.

MDE Recommends an annual review of the local school wellness policy. This outline can be used to assist in the review and updating process.

Additional resources are available at [http://www.michigan.gov/schoolnutrition.](http://www.michigan.gov/schoolnutrition) When on the page, scroll down and select Local School Wellness Policy below the Guidance heading.

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| **Timeline and Team Details** | Describe timeline and list possible Local School Wellness Policy Committee members |
| Timeframe update will occur (Month, Year – Month, Year) | May 2024-May 2025 |
| Planned meeting frequency | Annual |
| Designated leader(s) of the wellness policy team | Vicki Paull, Food Service Director |
| LWP Team member names and relationship to the LEA | Vicki Paull, Food Service Director, Gabe Catalano (parent/school nurse), Jonathan Hoydic (parent/elementary PE teacher) Jenna Vekaryasz (parent/Food Service Supervisor) and Dana LaBar (Mental Health Counselor) |

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| **Public Notification and Outreach** | For each stage of policy development:* List out groups of stakeholders to include in outreach/recruitment and notification.
* List method of notification (social media, email, newsletters, etc.)

Stakeholders: Including but not limited to: parents/guardians, students, representatives of the school foodauthority, physical education teachers, school health professionals, the school board, school administrators, and the public. |
| Policy Development | The NEOLA Policy has been developed by NEOLA lawyers, reviewed by Rogers City Area School Policy Committee, Approved by Rogers City Area Schools Board of Education, implemented by Rogers City Area Schools Staff, Overseen by Food Service Director Vicki Paull, and a committee has been formed that oversees the growth and usage of the policy in the district. |
| Policy Implementation (activities connected to the policy) | Current Activities: See Triennale AssessmentNew or in process Activities:* Promoting Healthy Nutrition: Continue exploring options to promote healthy eating among students. Check the feasibility of inviting someone from the MSU Extension to present in elementary classrooms.
* Student Water Bottle Grants: Dana will research grants to fund student water bottles, including options from the Northern Michigan Regional Entity - Substance Abuse Disorder Grants.

ii. School-Based Activities to Promote Student Wellness Goals* Outreach Programs: Gabe will reach out to Up North Prevention to inquire about available outreach programs related to student wellness.
* Suicide Prevention Awareness: Dana will gather information about the "Walk Out of Darkness" suicide prevention walk and explore the possibility of bringing a presentation to the school.
* Internet Safety Presentation: Vicki will connect with Officer Bisson to determine if and when an internet safety presentation can be scheduled for students.
* School Routine Preparation: Two weeks before the school year begins, Vicki will post on the district’s Facebook page, encouraging students to establish their school routines.
* Health Department Partnership: Continue collaboration with the Health Department, including planned educational sessions in Mr. Karsten's Health Class.
* Varsity Sports Presentations: Arrange for varsity sports team members to present to elementary students, promoting physical activity and school spirit.
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| Policy Review and Update | November 2024 review shows an MSU-extension nutritionist coming in the Miss. Bruning’s elementary class for a 5-week program on healthy foods. |

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| **LWP Content** | Describe how each area will be included and who is responsible for this topic area |
| Nutrition Promotion | Facebook posts and school wall posters.  |
| Nutrition Education | Provided by the organization hosting the in-classroom education. |
| Physical Activity | Discussed during the presentations. Physical Education teachers will continue to create their lesson plans on physical education and body health. Encourage outside organizations such as Girls on the Run, 4H, ect… |
| Other school-based activities that are designed to promote student wellness | Physical Education, varsity sport teams providing sport presentations to K-5 students,  |

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| **LWP Content Continued** | Describe how each area will be included and who is responsible for this topic area |
| Standards and nutrition guidelines (Including all foods and beverages available on the school campus during the schoolday | All foods and beverages offered on campus will align with the Smart Snacks in School nutrition standards to promote student health and reduce childhood obesity. |
| Policies that allow marketing or advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards. | Only foods and beverages that meet the Smart Snacks in School standards will be advertised on school property. |

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| **Plan for Measuring Implementation** | Identify tools and resources that can be used for assessment |
| What tools will be used for determining whether each school is implementing the policy as written? | Annual meetings to discuss status and growth at each school site to measure compliance.Observational feedback from students and staff.Pre & Post Physical Education testing. |
| What tools will be used to complete the triennial assessment? | The Wellness Policy Triennial Assessment will include surveys, participation metrics, and health data to assess progress toward goals and compliance with wellness initiatives. |

**Notes**