

**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

Section 1: General Information

School(s) included in the assessment:

Caseville Public School

Month and year of current assessment: June 2025

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

Cpseagles.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Kevin Parker	Principal	kparker@cpseagles.org

School Wellness Committee Members:

Name	Job Title	Email Address
Kevin Parker	Principal/Parent	kparker@cpseagles.org
Theresa Hoard	Admin Assist./Parent	thoard@cpseagles.org
Lindsey Lapka	Kitchen Manager/Parent	llapka@cpseagles.org
Ona Warchuck	Student Support Coordinator/Parent	Owarchuck@cpseagles.org
Paul Everson	Teacher	Peverson@cpseagles.org
Shirley Pattengill	Paraprofessional/Parent	Spattengill@cpseagles.org
Christina Klaiber	School Nurse	
Ken Ewald	Superintendent	Kewald@cpseagles.org
Cole Romzek	Athletic Director/Physical Education Teacher	Cromzek@cpseagles.org

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.

Please see comparison checklist below:

Policy Components	MSBE Model	Caseville Model
The LEA will convene a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.	Y	Y
The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals...	Y	Y
The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.	Y	Y
Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education.	Y	Y
Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community.	Y	Y
The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.	Y	Y
The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.	Y	Y
Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.	Y	Y
The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.	Y	Y
Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle	Y	Y
The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.	Y	Y

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: Caseville Public School

Date: June 10th, 2025

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?
Sugary food snacks will not be used as a reward for students.	<ul style="list-style-type: none"> Provide teachers with a list of non-food reward examples. Discuss changes at back-to school staff training. Follow-up mid-year to discuss challenges and determine additional communication needed. Include note to families as needed. 	Annually at the beginning of each school year.	Verbal check-ins with staff to ensure compliance.	Food Service	Teachers, staff, students	Yes
Teach the importance of good nutrition in the classroom.	<ul style="list-style-type: none"> Handouts & Posters. Lesson plans centered on nutrition including the PE-Nut program. 	Annually at the beginning and during school year	Review and document nutrition promotion activities	Principal, Food Service Department	Teachers, staff, students	Yes
Promote the importance of breakfast, and encourage students to eat breakfast at the school through the School Breakfast Program	<ul style="list-style-type: none"> Time is allowed before the start of each school day and students have time after arriving to eat a healthy breakfast. 	Annually at the start of the school year	Visual check that students are participating, and daily meal counts.	Food Service Director	Students, Staff	Yes
Water will be made available at several filling stations in the school.	<ul style="list-style-type: none"> Teachers & Staff should encourage students to drink plenty of water and allow students to keep water bottles at their desks. 	Annually at the start of school year	Visual check to see if students have refillable bottles and are using them	Teachers /School Staff	Staff, students	Yes

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?
All grades will have Physical education that teaches the importance of physical activity that meets the state standards for graduation.	<ul style="list-style-type: none"> Curriculum that incorporates these teachings. 	Annually at the start of school year	Visual check of student activity in PE program. Teacher assessments	PE Teacher	Students	Yes
Seek to include physical activity and movement in classrooms as much as possible during the day.	<ul style="list-style-type: none"> Breaks to stretch and move around after longer periods of sitting. 	Annually at the start of School year	Teacher self-monitoring of classrooms	Teaching Staff	Students, Teachers	Yes
Include "Fitness Fridays" during the annual "wellness month activities".	<ul style="list-style-type: none"> Dedicated time will be scheduled each Friday during Wellness Month for whole school physical activities. 	Annually During "Wellness Month" (Typically February)	Visual check of student participation during planned activities.	Teaching Staff	Students, Staff, Volunteers	Yes
All elementary students will have access to PE classes at least 60 minutes a week.	<ul style="list-style-type: none"> Classes are scheduled to allow time for Physical Education for each grade 	Annually at the start of School year	PE teacher documents benchmarks that align with MI K-12 PE standards	PE Teacher	Students	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?
---	--	--------------------------------	---	--------------------	--	------------------

Promote student involvement in school sports, fostering a lasting passion for athletics and physical well-being.	<ul style="list-style-type: none"> Flyers and sign-up sheets each season. Positive encouragement. Celebration of each team victory and personal achievement in morning announcements. Teaching sport skills 	Seasonal	Visual check of student participation during sport activities.	Staff, Coaches	Students, Staff, Coaches, families	Yes
Start a physical activity after-school club such as weight lifting and indoor track.	<ul style="list-style-type: none"> Leadership to promote and supervise clubs. 	Start of the new school year.	Active participation of groups formed by staff, students, and volunteers	Staff, volunteers, community members	Students, Staff, volunteers, families	Yes
Host annual activities such as "Wellness Month" that promote overall wellbeing of staff and students.	<ul style="list-style-type: none"> Planning of Wellness Month activities such as Fitness Fridays and Wellness Breakfast. 	Annually each February.	Active participation of groups formed by staff, students, and volunteers	Staff and community members	Students, Staff, volunteers	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?
All school meals meet USDA nutrition standards	<ul style="list-style-type: none"> Food nutrition labels to be carefully read. Take time when planning meals to go over nutrition info and be certain it meets guidelines 	Annually prior to school start.	Look over meal plans in advance of serving. Visually looking at meal offerings daily.	Food Service Director	Students, Staff	Yes
Limit sweet treats & soda in school.	<ul style="list-style-type: none"> No vending machines for pop/candy. No sugary drinks allowed in classrooms 	Annually at start of school year.	Setting guidelines and see they are followed for these items.	Staff	Students	Yes

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?
---	--	--------------------------------	---	--------------------	--	------------------

Minimize the amount of sugary food and beverages provided, but not sold, to students (e.g. classroom parties, classroom snacks provided by parents, and food incentives	<ul style="list-style-type: none"> Promote healthy snacks as an alternative 	Annually at the start of the school year.	Verbal check ins with staff	All Staff	Students, staff, families	Yes
---	--	---	-----------------------------	-----------	---------------------------	-----

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?
Create awareness of healthy nutrition and food choices	<ul style="list-style-type: none"> Hang posters, and signs with a focus on nutrition. 	Annually at beginning of school year.	Monitoring areas in building reaction to signage placed	Food Service	Students and Staff	Yes
Teach students about healthy meals, and snack options	<ul style="list-style-type: none"> Distribute materials to classrooms Elementary level take part in "PeNut" program throughout the school year. 	Annually at beginning of and throughout school year	Observe use of materials and if students are impacted and making healthier choices.	Food Service	Students and Staff	Yes