

Local Wellness Policy: Triennial Assessment Template Plan

Background – Why do sponsors have to do this?

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. The wellness committee must review the policy every year to ensure progress is being made on the district’s wellness policy and procedures. Every three an assessment of the local wellness policy called the “triennial assessment” must be completed.

Purpose – What is the purpose of this document?

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:

- (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 – What do sponsors do with the assessment when it is completed?

- A copy of the assessment must be made available to the public.

The LEA decides how the assessment is made available. Many LEAs 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 requested when you have a School Nutrition Program administrative review.*

Resources

USDA Local School Wellness Policy website: <https://www.fns.usda.gov/tn/wellness-policy>

MDE Local School Wellness Policy website: https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html

Section 1: General Information

School(s) included in the assessment:

Western Michigan Christian Middle and High School

Month and year of current assessment: April 2026

Date of last Local Wellness Policy revision: _____

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

<https://wmchs.net/parents-students/hot-lunch/>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Yearly

School Wellness Leader:

Name	Job Title	Email Address
Chris Ruiter	Principal	mrruiter@wmchs.net

School Wellness Committee Members:

Name	Job Title	Email Address
Jodi Deur	Finance Director	mrsdeur@wmchs.net
Christina Martin	Parent	cmartin@wmchs.net
Jen Dykstra	Curriculum Director	mrsdykstra@wmchs.net
Gina VanBruggen	Office Manager	mrsvanbruggen@wmchs.net
Megan Bassett	Food Service Manager	mbassett@grandhavenchristian.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.

Our policy has all the same categories with goals and action steps for each category.

Section 4. Compliance with the Wellness Policy and progress towards goals

At a **minimum**, local wellness policies are required to include:

- One (1) specific goal for each area:
 - Nutrition promotion
 - Nutrition 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 Snack standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., 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 Snack 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.

Tip: When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve. Include detailed and well-defined language.
- **Measurable:** Define numbers and quantities of the progress.
- **Attainable or Achievable:** Determine what is feasible.
- **Realistic or Relevant:** Consider resources, personnel, cost and time, and determine what can reasonably be accomplished.
- **Timely:** Identify deadlines or timeframe to complete the goal.

**Michigan Department of Education
Local Wellness Policy Assessment**

School Name: Western Michigan Christian High School Date: _____

Nutrition Promotion 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?
Example: Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> - Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year. 	Principal	Teachers, staff, students	Yes

Nutrition 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?
Students are encouraged by teachers to drink water from water bottle fill stations throughout the school day. Students will be permitted to have water bottles at their desks and are given ample opportunities to refill water containers.	<ol style="list-style-type: none"> 1. Offer a school meal program that meets the expectation of state guidelines. 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. 3. Make water available to students throughout the school day. 	2025-2026 school year	In health class curriculum, Food service logs, and counters on bottle fillers	Food Service Director	Students, food service staff, health teacher	In progress

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?
Planned instruction in physical education shall include cooperative as well as competitive games.	<ol style="list-style-type: none"> 1. A sequential, comprehensive physical education program shall be provided for students in grades 7-12 in accordance with the standards and benchmarks established by the state of Michigan. 2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity. 	2025-2026 School Year	Physical Education class rubrics and assessments	Physical education teacher	Students and PE Teacher	in Progress

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 school will schedule mealtimes so there is a minimum disruption by special schedules, and other special programs or events.	<p>a. Allow other health-related entities to use the school facilities for activities such as screenings for vision and hearing</p> <p>d. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.</p> <p>B. With regard to nutrition promotion, the school will promote foods and drinks that meet or exceed the USDA Smart Snacks in School nutrition standards.</p> <p>C. Limiting school fundraisers that do not comply with the USDA Smart Snacks in School nutrition standards to one event per month throughout the school.</p>	2025-2025 SY	Yearly evaluation of schedule interruptions to academics and food service times	Food Service Director , Principal, and curriculum director	Students, admin staff	In Progress

D. Removal of all vending machines throughout the school.

Evaluation of other areas:

Policy Area	Not Met (Name of Schools)	Partial Compliance (Name of Schools)	Full Compliance (Name of Schools)
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and Smart Snacks)			Western Mi Christian High School
Guidelines for other foods and beverages available on the school campus, but not sold		Western Mi Christian High School	
Marketing and advertising of only foods and beverages that meet Smart Snacks			Western Mi Christian High School