

**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:

Fife Lake Elementary, Forest Area MS, Forest Area HS

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Month and year of current assessment: 12/18/2024

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Date of last Local Wellness Policy revision: 11/3/2021

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

[www.forestarea.org](http://www.forestarea.org)

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Mike Moran	Superintendent	mmoran@forestarea.org

School Wellness Committee Members:

Name	Job Title	Email Address
Amberle Eaker	Elementary Principal	aeaker@forestarea.org
Konrad Molter	MS/HS Principal	kmolter@forestarea.org
Shelley Ritchie	Food Service Director	sritchie@forestarea.org
Joanna Durfee	Parent	jdurfee@mhc.net
Kim Michels	Teen Health Nurse	kmichels@mhc.net
Lucas DeForge	PE Instructor	ldeforge@forestarea.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.

Forest Area currently uses Thrun Law Firm for policy services. The current Forest Area Thrun Law Firm policy mirrors the Michigan State Board of Education Model Local School Wellness Policy.

## 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: Fife Lake Elementary and Forest Area Middle/High School Date: December 2024

### 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>
More Nutritional Choices	a) More student friendly fresh fruits and vegetables will be available. b) Increase whole grain options on the menu each day.	Beginning of school year	Track inventory and orders throughout the school year.	Food service Director	Students and staff	Yes
Implement K-12 Health education	a) Utilizing MDE standards, teaching healthy eating and life activities to all students K-12	Beginning of the school year	Track through our PE/Health instructors lesson plans and observations	K-12 PE teacher	Students and staff	No

Physical Activity Goal(s):

<b>Goal:</b> What do we want to accomplish?	<b>Action:</b> Steps 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>
Increase student activity levels	Incorporate more cardiovascular exercises during strength and conditioning classes.	Beginning of school year	Review teacher lesson plans and observe classroom activities.	Principal	Students	No
Promote Brain Breaks and other opportunities to exercise both inside and outdoors	Create opportunities within the school day and teacher planning to schedule such events	Beginning of the school year	Review school activities calendar and teacher plans and observations	Principal/Teachers	Students/Teachers	No

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>
Increase participation in after school extracurricular activities	Motivate students to participate	Fall 2024	Increase in number of students participating	Superintendent	Students, teachers, and coaches	No

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>
Additional nutrition information posted for students, staff, and parents.	Purchase/print posters with information	Fall 2024	Visual proof of information	Superintendent	Students, staff, parents	No



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>
Additional nutrition information posted for students, staff, and parents.	Purchase/print posters with information		Visual proof of information	Superintendent	Students, staff, and parents	No

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>
Additional nutrition information posted for students, staff, and parents.	Purchase/print posters with information	Fall 2024	Visual proof of information	Superintendent	Students, staff, parents	No