

Section 1: General Information

School(s) included in the assessment:

Memphis Elementary School and Memphis Jr/Sr. High School.

Month and year of current assessment: _____

Date of last Local Wellness Policy revision: April 26, 2021

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? One to two times a year.

School Wellness Leader:

Name	Job Title	Email Address
Sara Dobbelaer	Superintendent	sdoebelaer@memphisk12.org

School Wellness Committee Members:

Name	Job Title	Email Address
Leslie Rosenow	Board Member/ Parent	
Jesse Dyatkowski	De/Se Princ.	
Desiree Hopkins	El Princ.	
James Nickelson	F.S. Director	
Brenda Aubacher	Lower El Cook	
Chris Meldron	B.P.E (Health)	
Jaimie Demorest	P.E Health	

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.

In order to meet the Wellness Policy requirement established by the Child Nutrition and WIC Reauthorization Act of 2004, including the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) Memphis Community School created a Local Wellness Policy. Our policy is modeled after the Michigan State Board of Education Model Local School Wellness Policy intended to create a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. Memphis Schools plan to implement our goals are set out in our Local Wellness Policy in the following manner:

Provides promotion of nutritional educational goals by grade-level content expectations in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State so that instruction provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

Complies with standards and nutrition guidelines for all foods and beverages served in the cafeteria.

Nutrition educational posters are displayed in the cafeteria.

Provides nutrition education to reinforce lifelong balance by emphasizing the link between caloric intake and exercise in ways that are age appropriate.

Provides physical activity that is aligned with the Michigan Physical Education Content Standards and Benchmarks.

Provides planned instruction in physical education in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

Provides planned instruction in physical activity provided by a properly certified, qualified teacher.

Provides physical activities (e.g. recess during the school day, intramurals after school and/or on weekends, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

Provides other school-based activities and programs that promote student wellness, including activities serving as a fund raiser. Other appropriate programs, including those that involve students, parents, siblings and outside individuals, that help create a positive school environment and conveys consistent wellness messages and is conducive to healthy eating and physical activity will be held.

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.
- 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: Memphis Community Schools

Date: March 05, 2024

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?
School meal program	Provide healthy choices at lunch that allow students to apply the knowledge, attitudes and skills taught in the classroom using menus that meet federal guidelines of nutritional values per age level. Implement smarter lunchroom techniques to increase participation, reduce food waste and increase selection and consumption of healthy food choices.	Beginning of each school year	Visually by kitchen staff and teachers and by the number of lunches purchased.	Food Service Director	Teachers, kitchen staff, students	Yes
Promote healthy food and beverage choices through posters in cafeteria	Display nutritional posters in cafeteria changing them throughout the school year	Beginning of each school year	Visually by kitchen staff and teachers and by verbal interaction with students	Food Service Director	Teachers, kitchen staff, students	Yes
Food and beverages will not be used as a reward for students more than once per month.	<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 and occasionally throughout the year. 	Before the beginning of next school year.	Verbal check-ins with staff to ensure compliance.	Principal	Teachers, staff, students	Yes

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?
Provide physical activity that is aligned with the Michigan Physical Education Content Standards and Benchmarks	Physical Education instruction for all K-12 grade students.	Beginning of each school year	Each student participates in PE that is aligned with the listed benchmarks and standards during the school year	Principal, PE teacher and classroom teachers	Students, staff and PE teachers	Yes
Provide planned instruction in physical education in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.	Posters reinforcing goal. In classroom lessons relative to same. PE teacher enforcement of goal.	Beginning of school year	Positive reinforcement and curriculum offered K-8 grades.	Principal, Classroom teachers and PE teacher	Students, staff, principal and PE teacher	Yes

Physical Activity Goal(s):

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?
Provide planned instruction in physical activity provided by a properly certified, qualified teacher.	Memphis schools provides many physical education opportunities for all our students. Gym, Sports, Walk to school day and more.	Beginning of school year	On a yearly basis	Principal PE Teacher	Principal, students, staff and PE teacher	Yes
Provide other school based activities and programs that promote student wellness,	Ask for suggestions from staff and Local Wellness Committee members for ideas. After	Beginning of school year and after final	Participation of events like Jump Ropes for Hearts, Walk-A-Thon and other	Principal, students, staff and	Principal, students, staff, and parents	Yes

<p>including activities serving as a fund raiser. Other appropriate programs, including those that involve students, parents, siblings, and outside individuals, that help create a positive school environment and convey consistent wellness messages and is conducive to healthy eating and physical activity will be held.</p>	<p>compiling ideas, choose those that fit our goal and set date. Notify information relative to event by posting in MCS Weekly and phone calls to remind parents and students.</p>	<p>planning</p>	<p>related events. Survey of Staff after event Input from students and parents during and after events.</p>	<p>parents</p>		
<p>Goal What do we want to accomplish?</p> <p>Complies with standards and nutrition guidelines for all foods and beverages served in the cafeteria.</p>	<p>Action Steps What activities need to happen?</p> <p>All food items and beverages available for lunch shall comply with the current USDA Dietary Guidelines for Americans.</p>	<p>Timeline Start dates</p> <p>Beginning of school year</p>	<p>Measurement How is progress measured?</p> <p>Check all items available to students for lunch to ensure compliance</p>	<p>Lead Person</p> <p>Food Service Director, Principal and Staff</p>	<p>Stakeholders Who will be involved and/or impacted?</p> <p>Students Principal and Staff</p>	<p>Complete?</p> <p>Yes</p>

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
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Last Revised	April 26, 2021

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Memphis Community School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B. With regard to physical activity, the District shall:

1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- b. 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.

2. Physical Activity

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

b. All students in grades K - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

c. All students in grades K -12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

1. The schools shall provide at least twenty (20) minutes daily for students to eat.

2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

3. The school shall provide attractive, clean environments in which the students eat.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;

2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:

a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium

b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy

c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation

d. fluid milk that is fat-free (unflavored and flavored) and low- fat (unflavored)

e. meals designed to meet specific calorie ranges for age/grade groups

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.

D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that

were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

- E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
- F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.
- G. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- H. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.
- I. The food service program shall be administered by a qualified nutrition professional.
- J. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- K. All food service personnel shall receive pre-service training in food service operations.
- L. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

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Legal

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771
7 C.F.R. Parts 210 and 220

**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