

District Wellness Policy Triennial Assessment Report 2020

School District: Watersmeet Township School District

Wellness Contact Name & E-mail: George R. Peterson III - g.peterson3@watersmeet.k12.mi.us AND Roxanne Williams - majesker@watersmeet.k12.mi.us

Wellness Policy Components	Fully In Place	Partially In Place	Not In Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Superintendent is designated officer	Wellness Policy
1a. Each school has a designated wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Superintendent is wellness leader	Wellness Policy
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Superintendent is wellness leader	Wellness Policy
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Wellness team tries to meet once annually to update policy + go over safety policies	Wellness Policy
3. To the extent possible, committee includes representatives of: (PO-3) <ul style="list-style-type: none"> Parents/Legal Guardians Students District Nutrition Services Physical Education Teachers School Health Professionals Local School Board School Administrators General Public/Community Members 	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	At this time we have the head cook, students, physical ed teacher, Administration, and a few parents	Wellness Policy
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Scheduled time of 25 minute lunch	School Schedule
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. (SS-1, SS-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vendors are well aware of what constitutes smart snacks	A binder is kept in the kitchen of all smart snacks sold out of the machine

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5a. The following venues currently comply with Smart Snacks requirements during the school day: • School Stores • Vending Machines • Concessions	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vendors follow the smart snack requirements	Updated book of all Snacks Served.
5b. Although the State allows exempt fundraisers, the district does not allow exempt fundraisers. *	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Fundraisers are not held to the smart snack requirements	—
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses. (SS-4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Most teachers/parents are mindful of nutritious snacks	Teachers
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vendors Comply	Updated book of all Snacks Served.
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP. (NS-8, NS-12, HPE-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nutrition Education is integrated into the entire curriculum when appropriate	MI Health Education Content Standards & Benchmarks
8a. Nutrition education is integrated across the curriculum. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Provided through our health class	On-line Health Class
8b. Nutrition education is linked with the school food environment/cafeteria. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Numerous posters on the wall in the cafeteria	The food director keeps these updated.
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We follow all of the USDA guidelines	This is posted on all of our menus for the nutrition standards
9a. All schools in the district are Team Nutrition (TN) Schools. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yes	Since 2000
9b. TN resources are used to promote nutrition throughout the district. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Menus, posters	Menus posted on the website. Posters throughout building regarding nutrition

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10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards. (NS-5, SS-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Headcook makes monthly menus in advance and students are well aware of their choices	This is posted on the website so parents are aware of choices and also in our school bulletin board
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education. (PO-8, PA-4, PA-3, PA-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Elementary students will have at least 20 minutes of physical activity each day (Recess)	School Schedule
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All students participate in physical education	School Schedule
Physical Education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All students participate in their allotted PE time	MI Physical Education Content Standards + Benchmarks
13a. Fitness testing of students occurs, at a minimum, in grades 2 (height & weight only), 5, 8, and in high school PE course required for graduation. Individual student fitness reports are shared with parents/caregivers. * Per SC Students Health and Fitness Act of 2005	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Principal makes sure students have their requirements met when doing their class schedules	Curriculum aligned with the MI Physical Education Content Standards + Benchmarks
13b. Student fitness data is used by the district and schools for instruction planning, fitness equipment, and professional development. *	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fitness data is mainly used by PE teacher	In PE teacher curriculum
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All classes participate	PE teacher class schedule
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Is on the website	School Website

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15a. The name and contact information of the designated officer is publicized.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Superintendent Information included in Wellness Policy	Website
15b. Information is shared on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Occasionally done through Newsletters & flyers	Newsletters
16. Every three years, the district develops a report that meets the following requirements: ** (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing the required action by the MDE	Policies turned in to the state
16a. All schools' compliance with the district wellness policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Superintendent monitors all areas of staff + students. Headcook monitors all areas of nutrition	Superintendent evaluates and oversees all areas
16b. How the district policy compares with state and/or federal model wellness policies.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Following MI Benchmark Standards	Wellness Policy
16c. A description of progress towards attaining wellness policy goals.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	This will be more up to date as policy is redone over the next year.	Team will need to meet to fulfill this
16d. This report is made available to the public.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Always put on website	Website
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This is supported by all on wellness team	Superintendent
Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Vending machines were to be in compliance with Smart Snacks	Superintendent and Food Service director make sure this happened and a book of choices kept in the kitchen
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	School lunch is <u>never</u> at any time withheld	Wellness Policy
19a. Schools will not withhold foods or beverages for punishment. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All staff know of this rule	Wellness Policy
19b. Teachers are provided with a list of alternative ideas for behavior management. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Behavioral management is defined in handbook	School Hand book

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Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have numerous water fountains on campus	Always up & running
Optional Goals- Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	—	—
Optional Goals- Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Public can use our playground and field when students are not	Recess monitors make sure no one is on the playground when students are
22a. District has adopted the SC School Boards Association's model Open Community Use of School Recreational Areas (KFA) policy. *	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Public is welcome to use our sports deck when students are not	Hours posted and sign in sheet available
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LVD Health Center does presentations on different activities.	Superintendent in charge of scheduling dates to do so
Other Optional Goals					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Success/Updates from the Past Three Years: - The State of Michigan Health and Welfare department sends different employees throughout the year such as a nutritionist who comes in for 2 weeks to teach our students healthy eating, exercise, and cooking.					