

Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- x 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.

Compares to the Michigan Model:

*Nutrition promotion and education is aligned with Michigan Health Model

*Nutrition marketing

*Follow standards and nutrition guidelines for all food and beverages.

*The district offers physical education opportunities to students k-12 and opportunities for staff.

Neola and our Administrators put together our policy, but our Wellness Committee requests revisions and sets the goals to achieve.

Our Elementary school will be applying for a Grant to support their Healthy Snack Initiative.

We will be looking into nutrition education in our k-5 grades, with hopeful implementation in 2022-23 SY.

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](#).

Local Wellness Policy Assessment Plan

School Name: Stockbridge Community Schools

Date: 5/2021

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?
Example: Food and beverages will not be used as reward for students	a) Provide teachers with a 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.	- Verbal check-ins with staff to ensure compliance. Teacher survey at end of school year	Principal	Teachers, staff, students	Yes
Nutrition education in our elementary Nutrition Education k-5?	We will need to research what is out there. b) Is a special degree needed? Can we incorporate it into PE courses? c) Research what kind of education is available at this level for our students.	2022-23 SY	Possible survey with teachers once it is in place.	Principle	Teachers, Students, Staff	Research 21/22 school year for possible implementation 22/23
Healthy Snack Initiative	Work with the 5 Healthy Towns to start back up.	2018-19 Sept. 2021	Amount of waste		ALL Teachers and Students	Had to pause SY 2020-2021 continue next SY 2021-2022
H.S. Students educate younger students on Healthy eating and living habits	New H.S. Agricultural Course needs to get started and take off.	2021-2022	-Verbal check-in with teacher and students	Kary Gee, Teacher	Teacher, Board member, students	2022-2023

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?
Physical Education	Opportunity to learn skills, practice, attitude. Teach cooperation and fair play	Beginning through end of each School Year	Knowledge, Attitude, Skills	Certified Teacher	Staff and Students	

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 foods sold meet smart snack and nutrition guidelines	We have been doing this and plan to continue	Sept./2015	Each Principal approves all fundraisers happening in their building	Principals	Principal, Teachers, staff and students, food Service	

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?

Marketing and advertising of only foods and beverages that meet Smart Snacks:

Goal	Action Steps What do we want to accomplish? activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
Only Promote Food & Beverages that meet Smart Snack Guidelines	Remove all pop labels from coolers and vending machines	2018-19	all pop labels are gone from café coolers	Food Service Director	Teachers, Staff and Students	
Market and Advertise only food and beverages that meet Federal and State Guidelines	Advertise nutritional food and drinks through educational materials	Daily	Student awareness	Food Service Director	Food Service Staff and Director	