

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

Section 1: General Information

School(s) included in the assessment:

Lake Orion Community Schools

Month and year of current assessment: 04/2025

Date of last Local Wellness Policy revision: 12/1/2021

Website address for the wellness policy and/or information on how the public can access a copy:
[Active Policies - Lake Orion Community Schools BoardDocs@ PL](#)

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Twice Annually

School Wellness Leader:

Name	Job Title	Email Address
Andrea Curtis	Asst. Superintendent Business & Finance	Andrea.Curtis@lok12.ort

School Wellness Committee Members:

Name	Job Title	Email Address
Andrea Curtis	Asst Superintendent Business & Finance	Andrea.Curtis@lok12.org
Monica Kaplan	Food Service Director	Monica.Kaplan@lok12.org
Rosa Everitt	Assistant Principal, LO High School	Rosa.Everitt@lok12.org
Jeff Faber	Board of Education, Trustee	Jeffrey.Faber@lok12.org
Shannon Hojna	Director of Business & Finance	Shannon.Hojna@lok12.org
Lucy Lodgson	Math Teacher, LO High School	Lucy.Lodgson@lok12.org
Nicole Lawrence	Parent, Orion Oaks Elementary	nlawrence@intersportnet.com
Meghan Dyckman	Parent, Carpenter Elementary	irishmeg24@live.com
Melissa Yow	Social Worker, Webber Elementary	Melissa.Yow@lok12.org
Stacy Paye	Parent, LO High School	payestacy@yahoo.com
Jackie Moses	Math Teacher, Waldon Middle School	Jacqueline.Moses@lok12.org
Teresa Snyder	Teacher/School Store, LO High School	Teresa.Snyder@lok12.org
Catherine Srock	Media Specialist, LO High School	Catherine.Srock@lok12.org
Connor Grant	Career Foundations Teacher, LO High School	Connor.Grant@lok12.org
Eric Rutledge	Health Teacher, LO High School	Eric.Rutledge@lok12.org
Sarah Cummings	School Nurse	Sarah.Cummings@lok12.org
Addison Taplin	Student (Junior), LO High School	Addison.Taplin@stu.lok12.org
Jayci McClung	Student (Junior), LO High School	Jayci.McClung@stu.lok12.org
Karolina Diaz Perez	Student (Junior), LO High School	Karolina.DiazPerez@stu.lok12.org

Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- 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.

There is language in our Wellness Policy taken directly from the NEOLA of Michigan Local Wellness Template.

Wellness policies from Oxford Community Schools and Clarkston School District were reviewed and we found our Wellness policy is in line with both districts.

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: Lake Orion Community Schools

Date: 04/2025

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 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	
Promote Nutrition Education through school programs	<ul style="list-style-type: none"> - Videos/information provided to be shared during STAR hour - Videos/Social Media posts - Older students promote health to younger students - Food for fuel - Movement 	Beginning of School Year		Building Administration		
Reduce food waste at the building level	<ul style="list-style-type: none"> - Share carts are in use at every building. - Students can take from the share cart, items that can be re-served are, items that cannot be re-served are discarded 	Beginning of School Year	The amount of food thrown away since implementing the use of share carts has decreased	Monica	Food Service Staff	Yes
Teach students about good nutrition!	<ul style="list-style-type: none"> - In middle school PE we have an entire unit on Diet & Exercise, focusing on good food choices, portion sizes, and the benefits of physical activity as it relates to diet and 	On-going On-going	<ul style="list-style-type: none"> - through several assessments administered by the PE teachers at the middle level - through 	Teaching and Learning Department	PE teachers Students Classroom teachers	Yes

	nutrition. - In high school Health and Family and Consumer Science courses, we again touch upon healthy eating habits, portion sizes, and healthy lifestyle education as it relates to nutrition. - <u>Health required to be taught in the classroom or PE?</u> - <u>Positivity project?</u>		classroom assessments administrated by classroom teachers			Yes
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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?
Promote physical activity mid-day	Provide opportunities for students to move (indoor or outdoor)	Beginning of School Year	Schedule at Building	Building Administration	Teaching and support staff Students	
Promote staff mental and physical fitness activities	<ul style="list-style-type: none"> - Promote district wellness at the building level - Move It Monday's - Wellness challenges - 	Throughout the Year	Contests/ Challenges	Benefits Coordinator	Wellness Committee Staff	Yes
Educate Families on Nutrition Principals	District Newsletter - Tidbits about Fruits and Vegetables, encourage your children to eat them at school, share information on specs of food	Throughout the year	Survey Result Indicator	Communications and Food Service Director	Parents, Students and Staff	Yes

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?
Promote Health	Use district web pages and correspondence to promote health Monitor Newsletter	Beginning of School Year	Data analytics	Communications and Food Service Director	Parents, Students and Staff	
Promote Different types of physical activity	<ul style="list-style-type: none"> - Phys Ed health classes - Newsletters - Celebrating athletes - Involving older and younger students together 					
Teach students about the negative effects stress can have on a person's overall health	- <u>Check with Scripps on Heart Math, revisit</u>	Beginning of the School Year				
Teach students about wellbeing and healthy choices	During STAR hour teach students about the benefits of time management, being active, and being emotionally supportive of self and others. With a focus on student wellbeing and building healthy habits in their life.		Teacher Assessments			
Promote and support students' mental health and positive relationships with peers	Positivity Project has been implemented at all elementary and middle schools, Learning Options, and Pine Tree Center. Sources of Strength is the High School equivalent of this program. The focus of the programs is to promote and support student mental health and positive relationships with peers.		Teacher Assessments			

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?
Educate staff district wide as to what Smart Snacks are and how the Smart Snack Policies impact the sale of food in all school buildings in the district	Smart Snack lists, and examples of what can and cannot be sold will be shared with Administrators, Teachers, or other Stakeholders who sell food on school premises from midnight until 30 minutes past the conclusion of the school day.	Beginning of the 2025-2026 school year	Proof of the maintenance of Competitive and Exempt Fund-Raising documents at every building.	Food Service Director	Everyone who sells food on school premises from midnight until 30 minutes past the conclusion of the school day.	
We will work towards compliance with the Smart Snack Guidelines as it relates to Competitive Food Sales	The Food Service Director needs to communicate with all building administrators, and ensure that they understand the policy and procedures as it relates to Competitive Food Sales	Beginning of the 2023-2024 School Year	Competitive Food Sale Tracking Tool will be completed at each building District Wide.	Food Service Director	School Store and Learning Center at LO High School School Stores Middle School Level— Building principal and Office All groups wishing to sell Competitive Food Items to raise funds.	
We would work towards compliance with the Smart Snack Guidelines as it relates to Exempt Food Fundraisers in the District	The Food Service Director needs to communicate with all building administrators, and ensure that they understand the policy and procedures as it relates to Exempt Food Fundraisers in the District	Beginning of the 2023-2024 School Year	Exempt Food Fundraising Tracking Tool will be completed at each building District Wide. District Fundraising Form will be updated to include information on any and all sales of food to ensure compliance when applicable	Food Service Director Director of Business & Finance	School Store and Learning Center at LO High School All groups wishing to sell Non-Compliant Food Items to raise funds.	

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?
Healthier Snacks in classrooms	Create suggested list of birthday snacks/ party ideas (prepackaged) Provide Smart Snack Calculator	Beginning of the 2025-2026 school year	Addressed at Leadership, Building Staff Meetings, Principal Meetings	Building Administrator	Staff, Students, Parents	

Marketing and advertising of only foods and beverages that meet 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?
Promote moderation and mindfulness with regard to healthy habits	Market TV in school stores	Beginning of the 2025-2026 school year		CTE Coordinator		