

Section 1: General Information

School(s) included in the assessment:

Monroe County Education Center and Transition Center

Month and year of current assessment: May 2022

Date of last Local Wellness Policy revision: Feb 2022

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

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Sarah Yu	Assistant Principal	sarah.yu@monroecisd.us

School Wellness Committee Members:

Name	Job Title	Email Address
Amy Opfermann	School Nurse	Amy.Opfermann@monroecisd.us
Brad Booth	A.P.E. TEACHER	brad.booth@monroecisd.us
Virginia Cawood	Special Education teacher	Virginia.Cawood@monroecisd.us
Gina Watkins	" " "	Gina.Watkins@monroecisd.us
William Hite	Principal	william.hite@monroecisd.us
Sarah Yu	Assistant Principal	sarah.yu@monroecisd.us
Joshua Dyer	Asst. Super. for Business	josh.dyer@monroecisd.us
Pam Oberiski	Food Service Director	pamela.oberiski@monroecisd.us
Roxanne Pfeiffer	Business Office Secretary	roxanne.pfeiffer@monroecisd.us

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.

We reviewed our policy in comparison to the Model Policy and noted that we have at least one goal per section from the sample goals included in our policy currently.

Based on input from our wellness committee we have added goals to update our policy as well.

The policy includes all components of the model policy at this time.

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: Monroe County ISD/Education Center Date: 4/10/2022

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.	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.	- Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
Nutrition education shall be offered every year to all students	Ensure nutrition education topics are incorporated in the curriculum	school year 22/23	Annual review w/wellness committee	Principal AP	Teachers, staff, Students	Yes
Add goal: Nutrition education shall be available to parents/guardians & community	Provide information in the form of handouts wall or bulletin boards	school year 22/23	Annual review w/wellness committee	Principal AP	Teachers, staff, Students & families	Yes

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?
All students have the opportunity to participate in regularly supervised physical activities	Ensure all Ed Center students have adaptive PE within our programs & services	School year 22/23	Annual review with Wellness Committee	APE teachers	Teachers students staff	yes
↳ this was a correction to ensure PreK-12 was listed						

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?
Students will have @ least a 20 min lunch	Schedule daily lunch break for all students to be at minimum 20 mins in length	School year 22/23	Annual review with Wellness Committee	staff	Teachers, staff & students	yes
School nurse has toothbrushes available	Keep toothbrushes in stock at the nurses office	School year 22/23	Annual review with wellness committee	School nurses	Teachers, staff & students	yes
Oral health professionals come to school to provide preventative oral health issues.	schedule mobile dentist annually	School year 22/23	Annual review with wellness committee	School nurses	Teachers, staff, students & families	yes

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?
The district shall ensure reimbursement school meals meet program requirements & nutrition standards	Food Services monitors & creates menus based on these guidelines	School year 22/23	Annual review with Wellness Committee	Food Services Director	Teachers, staff & students	yes
All schools will offer breakfast through the USDA breakfast program	Ensure all students have breakfast available daily	School year 22/23	Annual review with Wellness Committee	Food Service Director	Teachers, staff & students	yes

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?
Continually evaluate vending policies & contracts to ensure they meet policy guidelines.	Review current items available but not sold for compliance with policy	School year 22/23	Annual review with Wellness Committee	Principal IAP	Teachers, staff & students	yes

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?
Fundraisers must meet smart snacks requirements	Discuss as fundraisers are planned w/PTO/Staff	school year 22/23	Annually with Wellness committee	Principal AP	Teachers, students & staff	Yes