



Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs

Local Wellness Policy: Triennial Assessment Summary 2023 Ann Arbor Public Schools

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:

Ann Arbor Public School district. List of schools available here: <https://www.a2schools.org/>.

Month and year of current assessment: June 2023

Date of last Local Wellness Policy revision:

The Board policy was revised in 2018 as part of the regular cycle of policy review and update.

The Administrative Regulations, which enact and enforce the policy, were updated in June 2023.

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

<https://www.a2schools.org/domain/3413>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? 2-4 times/year

School Wellness Leader:

Name	Job Title	Email Address
Jenna Bacolor	Executive Director, AAPS Community Division	bacolor@aaps.k12.mi.us
Elyse Bairley	Health & Wellbeing Coordinator	bairley@a2schools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Victoria Davis	Chartwells Food Service Director	victoria.davis@compass-usa.com
Keely Hoffman	AAPS School Nurse	hoffmank@aaps.k12.mi.us
Neha Shah	5th Grade Teacher, Burns Park Elementary	shahn@aaps.k12.mi.us
Marion Martyes	AAPS Environmental Sustainability Researcher (AmeriCorps VISTA).	martyresm@aaps.k12.mi.us
Katie Hamilton	Allen PE Teacher, District Elementary Health and Physical Education Chair	hamiltonk@aaps.k12.mi.us
Mike Devries	AAPS Chartwells Assistant Manager	Mike.Devries@compass-usa.com

Sarah Frampton	Tappan, 6th & 7th Grade Science + 6th Grade Advisory	frantoms@aaps.k12.mi.us
Kiran Harris	Student at Skyline HS	311026@aaps.k12.mi.us
Liz Margolis	Executive Director School Safety & District Operations	margolisl@aaps.k12.mi.us
Charles Wilson	Washtenaw County Health Department	wilsonc@ewashtenaw.org
Yvette Harris	Rec & Ed, Camp Specialist	harrisyy@aaps.k12.mi.us
Tamiko Davis	Before/After Care Program Director	davist@aaps.k12.mi.us
Molly Lipton	PE and health teacher at Scarlett	liptonm@aaps.k12.mi.us
Jean Wilson	A2 Steam teacher	wilsonje@aaps.k12.mi.us
Heidi Busch-Binett	Slauson, Slauson- Special Education Teaching Assistant	binettih@a2schools.org

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.

The AAPS Local School Wellness Policy is based upon the Michigan State BOE Model Local School Wellness Policy (MLSWP). In AAPS, Administrative Regulations accompany each policy to provide detailed information about how the policy will be enacted. The Administrative Regulations are updated more frequently to include goals for the Wellness Policy Committee and other updates.

MLSWP Preface, the AAPS policy is committed to “creating a healthy school environment that enhances the development of lifelong wellness practices and promotes healthy eating and physical activities that support student achievement.” The Administrative Regulations further describe the district’s use of the CDC’s Whole Community, Whole School, and Whole Child (WCCSS) model as a holistic framework for addressing student health and wellbeing.

MLSWP Committee Role and Membership and Leadership - the AAPS Local Wellness Policy’s Administrative Regulations describe in detail the committee role, membership, and leadership. This description adheres to the language in the MLSWP.

MLSWP Nutrition Education - the AAPS Policy describes nutrition education’s connection to the Michigan Health Education Content Standards, and the availability of nutrition education beyond the classroom. Further, the AAPS policy states, “School cafeterias shall serve as learning labs by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtimes.”

MLSWP Nutrition Promotion - The AAPS policy aligns with the WLSWP directive to create food environments that encourage healthy nutrition choices and participation in school meal programs. Specifically, the AAPS Administrative Regulations state that nutrition promotion may be provided using “handouts, wall or bulletin board posters or banners in classrooms, school gardens, and/or cafeterias, postings on the District website, Rec & Ed classes, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.”

MLSWP Standards and Nutrition Guidelines for all Foods and Beverages and Food and Beverage Marketing - The AAPS policy agrees with the MLSWP language around compliance with federal and state regulations for food sold as part of the National School Lunch Program, à la carte lines, fundraising events, school stores, snack carts, and vending machines.

MLSWP Physical Activity and Physical Education - The AAPS policy aligns with the WLSWP directive that students P-K-12th grade shall have the opportunity to participate regularly in supervised physical activities. The policy also describes that the Physical Education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity. Furthermore, the AAPS regulations state Physical Education instruction shall be aligned with Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

MLSWP School Based Activities That Promote Student Wellness - The AAPS Policy aligns with the WLSWP directive to implement other programs that help create environments that convey consistent wellness messages and is conducive to healthy eating and physical activity.

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, policy 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: Ann Arbor Public Schools

Date: June 2023

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
Students will try local apples through a partnership with a local farm to celebrate Apple Crunch Day	a) Make a connection to a local farm and order apples b) Identify schools to host “Apple Crunch Day” activities throughout the district c) Create displays	October 2023	-- Connection to farm -- Purchases from farm -- Number of students attending Apple Crunch Day events	Mike Devries, Chartwells	Chartwells, District Health/Well-Being Coordinator, local farm, students, staff	Yes
Partner with food service on a minimum of 2 events to promote healthy eating options to students during lunch time.	a) Discuss and brainstorm ideas for healthy food option events at schools. b) Create a monthly event calendar of which food will be highlighted and at what school. c) Communicate and promote events to schools.	22-23 school year	-- Number of events -- Feedback from students at events	Mike Devries, Chartwells	Chartwells, District Health/Well-Being Coordinator, Students and staff	Yes
Host a School Garden Workshop for AAPS staff and parent volunteers involved with school gardening.	a) Hold planning meeting with lead school garden volunteer b) Develop presentation c) Send invitations	Spring 2022	-- Number of attendees	Jenna Bacolor and Neha Shah, AAPS	Executive Director, student & school health, lead school garden coordinator, staff & volunteers	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?
Gather input from middle and high school students in focus group discussions about strengths and opportunities for improvement in physical education and other opportunities for physical activity. (In school and out of school)	<ul style="list-style-type: none"> a) Determine which classrooms AAPS Wellbeing staff will visit b) Reach out to teachers and Girls Group to schedule focus group c) Conduct focus groups d) Collect and summarize feedback 	April 2023 - June 2023	# of focus groups # of participants	Elyse Bairley, Health & Wellbeing Coordinator	Middle and high school students, teachers, Girls Group	Yes
2020-21 (During COVID-19 online learning.) Provide a variety of free outdoor physical activity programs for AAPS K-8th graders..	<ul style="list-style-type: none"> a) Put together planning team led by Rec & Ed staff b) Engage vendors and plan activities c) Publicize opportunities d) Get feedback 	Sept. 2020 - April 2021	-- # of events -- # of participants	Seth Dodson, Rec & Ed	Rec & Ed department, AAPS parents and students	Yes
Increase the number of AAPS schools with Safe Routes to School Committees and completed implementation plans.	<ul style="list-style-type: none"> a) District or school initiatives committee. b) Invite interested students, staff and parents. c) Partner with the City of Ann Arbor d) Assess school property and traffic routes based on National SRTS guidelines. e) Develop plan f) Implement plan 	2021-2023 School years	-- # of schools -- # of completed plans -- # implemented plans -- # annual reviews of plans	Liz Margolis, Exec. Director of Student Safety and District Operations	Building staff, parents, students, law enforcement, City of Ann Arbor	Yes and ongoing

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?
Conduct district-wide AAPS Wellbeing Landscape Assessment using the CDC WSCC Model for Student Health	a) Determine which programs and policies AAPS has in each WSCC area. b) Review WSCC model section by section c) Follow up with partners and stakeholders/host input meetings d) Analysis of health & wellbeing programs e) Determine priorities for health & wellbeing focus areas for 23-24 school year and beyond.	October 22–June 23	-- # of focus groups -- # of participants -- surveys collected	Jenna Bacolor, Executive Director of School & Community Health & Rec & Ed Elyse Bairley, Health & Wellbeing Coordinator	Middle & High School students, staff, Wellness Policy Committee,	Ongoing, will complete July 2023
Attend School Wellness Team meetings at 3 buildings: Tappan MS, Slauson MS, and Clague MS. Support staff in identifying wellness initiatives.	a) Determine which school staff are involved in wellness initiatives. b) Attend wellness meetings at the building level c) Support staff by making community health & wellbeing partnership connections.	October 22–June 23	-- # of meetings attend -- feedback shared from wellness staff	Elyse Bairley, Health & Wellbeing Coordinator	Middle School staff, Project Healthy Schools Coordinator, Chartwells	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?
Guidelines exist in the policy and administrative regulations.	a) Review policy and administrative regulations b) Ensure nutrition guidelines language exists.	22-23 school year	-- Presence of the language	Elyse Bairley	AAPS	Yes
Distribute updated <u>Smart Snacks in School, USDA Guide</u> , to High School administrators	a) Review updated Smart Snacks in School Guide b) Distribute updated copies to High School	23-24 school year	- Presence of the language	Elyse Bairley	AAPS	Ongoing

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?
Guidelines exist in the policy and administrative regulations.	a) Review policy and administrative regulations b) Ensure nutrition guidelines language exists.	22-23 school year	-- Presence of the language	Elyse Bairley	AAPS	Yes
Distribute updated <u>Smart Snacks in School, USDA Guide</u> , to High School administrators	a) Review updated Smart Snacks in School Guide b) Distribute updated copies to High School	23-24 school year	- Presence of the language	Elyse Bairley	AAPS	Ongoing

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?
Guidelines exist in the policy and administrative regulations.	a) Review policy and administrative regulations b) Ensure nutrition guidelines language exists.	22-23 school year	-- Presence of the language	Elyse Bairley	AAPS	Yes