

### Section 1: General Information

School(s) included in the assessment LECC, LES, LMS, LHS

Month and the year of the current assessment: June 2023

Date of last Local Wellness Policy revision

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

<http://go.boarddocs.com/mi/lwps/Board.nsf/goto?open&id=C98LBT55551D>

### Section 2: Wellness Committee Information

How often does your district wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Lauren Christensen	Director of Curriculum, Instruction, Assessment and School Improvement	laurencristensen@lakewoodps.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

### Section 4: Compliance with the Wellness Policy and progress toward goals

As 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 (i.e. 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 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 Goals](#).

**Michigan Department of Education  
Local Wellness Policy Assessment Plan**

District Name: **Lakewood Public Schools** Date: **June 3, 2023**

**Nutrition Promotion and Education Goals:**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted	<b>Complete?</b>
Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning	1. Implement CATCH program grades K-6	August 2024/monthly lessons	Classroom lesson schedule	Corewell Health	Students	TBD
All school cafeterias will have a minimum of one taste test per school year for locally grown products	1. Set taste schedule 2. Schedule and communicate to teachers and students on when taste test will occur and conduct the taste test	Ongoing	Stickers and counts	Food Service Director	Staff and students	TBD
Students can bring in bottled water from home	1. Communicate to families that water bottles are allowed in the school setting	Ongoing	Building communication and walkthroughs	Building principals and teachers	Staff and students	TBD

**Physical Activity Goals(s):**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted	<b>Complete?</b>
Quarterly, the school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	1. Marketing director will share physical activities infographic on social media and principals will share through their newsletters	August to May	Dates shared with families	Marketing Director and principals	Students and families	TBD
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	1. CIA will communicate to teachers and principals the goal. 1. Teachers will discuss during PLC and implement action steps.	August to May	Observation and walkthroughs	Director of CIA	Staff and students	TBD

**Schools-based activities to promote student wellness goal(s):**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or	<b>Complete?</b>
---	--	--------------------------------	---------------------------------------	--------------------	--	------------------

			measured		impacted	
Students, parents, and other community members shall have access to, and be encouraged to use physical activity facilities outside the normal school day.	1. Marketing director will share physical activities infographic on social media and principals will share through their newsletters	August to May	Observation	Marketing Director	Families and community	TBD
Students will have access to personal hygiene items in the main office of each building	1. Communicate to Administrative assistants the goal and provide hygiene items if needed	August to May	Confirmation of supplies and communication when needed	Admin assistants and Director of CIA	Administrative assistant and students	TBD

**Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted	<b>Complete?</b>
The district will ensure that students have access to foods and beverages that comply with applicable laws and guidelines including, but not limited to, USDA Nutrition	1. All snacks and beverages available to students throughout the school day will comply with USDA Smart Snacks standards	August to May/ongoing	Purchase invoices, menus, production records	Food Service Director	Students	Yes

Standards for School Meals and the USDA Smart Snacks in School nutrition standards						
The district will offer students a variety of age-appropriate, healthy foods and beverage selections including fruits, vegetables, and whole grains aimed at meeting the nutrition needs of students within their calorie requirements to promote students' health and reduce childhood obesity.	1. Cafeteria sampling of new fruits/veggies or healthy recipes 2. Introduce variety of foods beginning in lower grades	August to May	Schedule of classroom visits and food sampling	Food Service Director and Director of CIA	Students	TBD

**Guidelines for other foods and beverages available on the school campus, but not sold, to students during the school day:**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted	<b>Complete?</b>

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

<b>Goal</b> What do we want to	<b>Action Steps</b> What activities	<b>Timeline</b> Start dates	<b>Measurement</b> How is	<b>Lead Person</b>	<b>Stakeholders</b> Who will be	<b>Complete?</b>
-----------------------------------	--	--------------------------------	------------------------------	--------------------	------------------------------------	------------------

accomplish?	need to happen?		progress measured		involved and/or impacted	