

Tri-annual Wellness Policy Review

April 12, 2022



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Background and Purpose

- 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.
 - Three required components of the triennial assessment:
 - 1) compliance with the wellness policy
 - 2) how the wellness policy compares to model wellness policies
 - 3) progress made in attaining the goals of the wellness policy.

- Assessment was completed June 30, 2021- Last Assessment 2017



Committee

Name	Role
Kristen Hennessey	Director, Nutrition Services
Amy Hughesdon	Parent
Angel Lett	Assistant Principal
Callum Hughesdon	Student
Frank Ruggirello	Director of Partnerships and External Affairs
Jennifer Franz	Health and Wellness Specialist
Joanne Randolph	Nutrition Coordinator
Judy Hart	Parent
Kimberly Erdelen	Parent
Laila Reed	Student
Patrice Williams	Nurse
Pragya Choudhary	Student
Steve Baker	PE Teacher



Timeline of Assessment

- Held virtual meeting to review policy, broke into sub groups to review goals
- Groups were asked to make sure that the goals were in place for the following criteria
 - Nutrition promotion and education
 - Physical activity and 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.
 - Standards for all foods and beverages provided, but not sold, to students during the school day
 - Marketing and advertising of only those foods and beverages
- Description of public involvement, public updates, policy leadership, and evaluation plan



Highlights from Nutrition Promotion and Education

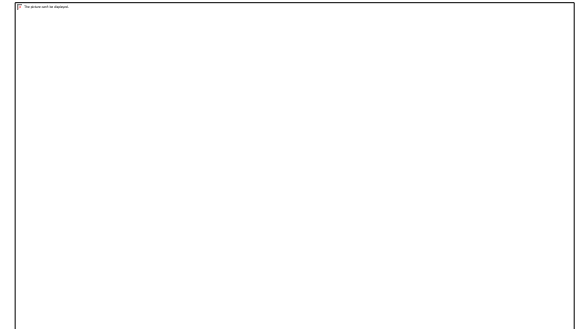
- Each cafeteria has become a Learning Lab to promote nutrition and education
 - All cafeterias were completed as of December 2021
 - Refresh takes place each Summer
 - Information Stations

- All Nutrition staff are required to complete Professional Development hours
 - These ensure that compliance for nutrition promotion is occurring properly in each location
 - In total each year the department completes 1000-1200 hours of training for the nutrition department.
 - Currently have 6 certified School Nutrition Association Staff



Physical Activity and Other School Based Activities that Promote Student Wellness

- Schools will schedule events to promote physical activity outside the normal day- IE: walking and bicycling to school events
- Planned instruction in physical education shall meet the needs of all students and remain inclusive.
- Ten cents a meal grant for Michigan Foods
 - Use of grant funds to purchase farm to school foods for student meals



Nutrition Guidelines for all Foods and Beverages for Sale on the School Campus, during the day

- The school environment reflects the USDA guidelines for the NSLP (National School Lunch Program) and SBP (School Breakfast Program) programs.
 - Diverse and variety filled menu
 - Registered Dietician on Staff
 - On-line with Nutritional and Allergen Information
- The ala carte items offered meet all the Smart Snacks criteria
 - Includes school stores, vending machines and fundraising
- Annual training to staff and administration on Smart Snacks and allowable foods



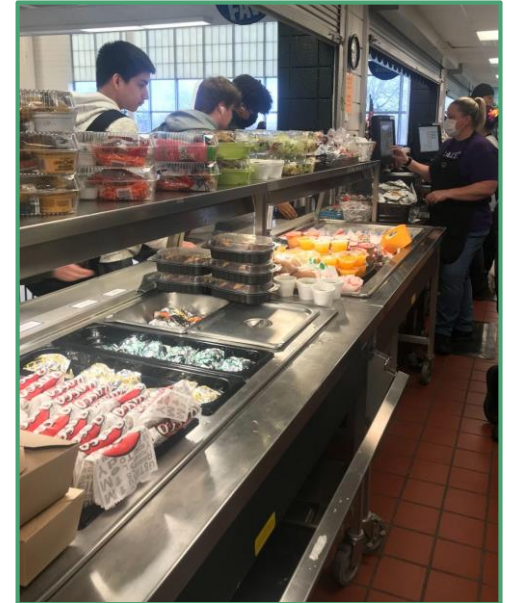
Guidelines for Other Foods and Beverages Available on the School Campus-But not Sold

- We are required to inform students and staff that P-CCS serves only government approved foods and beverages. Any other foods or beverages in the building (not for purchase) are to follow the similar standard.
 - This includes classroom parties, food rewards or incentives



Marketing and Advertising of only Foods and Beverages that meet Smart Snacks

- Any food and beverage marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.
- All outside Food and Beverage contracts
- Advertisement directly to Students



Summary

The District models the recommendations from the State both in our selections of food and beverage in our schools as well as advertising to students the importance of eating healthy. In addition, we emphasize State recommendations of appropriate exercise for children and reinforced the need for balance of diet and exercise to maintain a healthy lifestyle.



QUESTIONS / FEEDBACK



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