

**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](https://www.michigan.gov/mde/0,4615,7-140-66254_50144-194546--,00.html)

## Section 1: General Information

School(s) included in the assessment:

Whaley Children's Center

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Month and year of current assessment: November 2023

Date of last Local Wellness Policy revision: May 2022

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

<https://www.whaleychildren.org/local-wellness-policy-2/>

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Quarterly

School Wellness Leader:

Name	Job Title	Email Address
Danelle Freeman	Director of Program Development	<a href="mailto:dfreeman@whaleychildren.org">dfreeman@whaleychildren.org</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Darlene Cox	Support Services Supervisor	<a href="mailto:dcox@whaleychildren.org">dcox@whaleychildren.org</a>
Antoine Lee	Residential Manager	<a href="mailto:alee@whaleychildren.org">alee@whaleychildren.org</a>
John Austin	Lead Medical Aide	<a href="mailto:jaustin@whaleychildren.org">jaustin@whaleychildren.org</a>
Marcia McGee	Yoga Instructor	<a href="mailto:mmcgee@whaleychildren.org">mmcgee@whaleychildren.org</a>

### 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.

Whaley Children's Center is a licensed Child Caring Institution. We participate in the Michigan Department of Education School Nutrition Programs, though we are not a school. We hold our Center to abide by the same nutrition standards as schools throughout Michigan. Our policy is modeled after schools in Michigan, though we are much smaller scale. Any needed updates to the policy are reviewed quarterly, at minimum, by our committee with the goal of updating as needed throughout the year. Our updates will be approved by the Whaley Children's Center Wellness Committee then taken to our President & CEO for final approval.

## 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: Whaley Children's Center

Date: December 2023

### Nutrition Promotion and Education 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 measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Example: Food and beverages will not be used as a reward for students.	<ol style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ol>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul>	Principal	Teacher s, staff, students	Yes
Hang display board(s) near cafeteria window to display menu, nutritional signage, etc	<ol style="list-style-type: none"> <li>1. Obtain grant funds to purchase at least one board</li> <li>2. Hang display board</li> <li>3. Kitchen staff to provide menu each day (or week) inside board</li> <li>4. HR, kitchen, education staff to use board to hang signage provided by MDE</li> </ol>	2024 <i>(contingent on grant funds)</i>	<ul style="list-style-type: none"> <li>• Keep this item as an action items for grants in 2024</li> <li>• Once funds are obtained, board is hung; weekly minimal expectation to update board content</li> </ul>	Grant- Director of Program Development  Updates to board- Support Services Supervisor	All youth and staff	In progress
Sessions with each unit and group home to teach cleaning, prepping, and cooking food items	<ol style="list-style-type: none"> <li>1. Schedule sessions based on unit or group home availability</li> <li>2. Kitchen operations team to precut any food items to avoid the need for knives for our youth and remove any safety concerns</li> </ol>	January 2024	<ul style="list-style-type: none"> <li>• Kitchen operations will document and report participation in these sessions to HR for tracking</li> </ul>	Support Services Supervisor	Youth, kitchen operations team, staff on schedule within units and group homes	In progress
Provide staff overview monthly to new or existing staff regarding kitchen operations and implementation of healthy meals/ideas	<ol style="list-style-type: none"> <li>1. Submit a schedule for monthly kitchen overview to Director of HR &amp; Agency Operations for approval</li> <li>2. Create sign up sheet within Google Doc to ensure regular attendance of staff</li> <li>3. Monthly surveys to be provided by support services supervisor to staff</li> </ol>	January 2024	<ul style="list-style-type: none"> <li>• Track via staff sign up sheet on Google Doc</li> <li>• Track based on feedback within surveys</li> </ul>	Support Services Supervisor	Staff, HR, kitchen operations supervisor	In progress

<p>Create positive attitudes towards good nutrition provides motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.</p>	<ol style="list-style-type: none"> <li>1. As part of the Whaley Wellness program for youth to provide monthly healthy food worksheets on connecting healthy foods with good health and wellness.</li> <li>2. Taking small groups on wellness/nutrition field trips (Examples could include-- yoga studio visit followed by healthy smoothies, Mindful walking followed by a healthy snack)</li> </ol>	<p>2020</p>	<ul style="list-style-type: none"> <li>• Will be measured by staff participation at these events, as well as hearing conversations staff has with youth regarding nutrition and lifestyle, making healthy choices</li> </ul>	<p>Administration (education department)</p>	<p>All youth and staff</p>	<p>Yes, activity to continue</p>
<p>To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply. To assist youth in identifying resources to gain access to healthy food and nutrition information.</p>	<ol style="list-style-type: none"> <li>1. Real life food experiences including the planting, harvesting, and cooking of fruits and vegetables on the grounds of the Whaley Campus.</li> <li>2. Every Saturday, youth are taken to Flint Farmer's Market to explore. Coupons are provided, kitchen staff have coupons to take to the Market.</li> </ol>	<p>2020</p>	<ul style="list-style-type: none"> <li>• Success will be measured by watching the plants grow and harvesting crops</li> <li>• Youth will successfully cook with fruits and vegetables grown on campus</li> <li>• Children verbally report the enjoyment and benefit of attending Saturdays at the Flint Farmer's Market.</li> </ul>	<p>Residential Management, Development Team (coordination of volunteers to help with planting foods)</p>	<p>All youth, staff, and kitchen operations team</p>	<p>Yes, activity to continue</p>
<p>Create positive attitudes towards good nutrition provides motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.</p>	<ol style="list-style-type: none"> <li>1. Include specific healthy food/nutrition related material in the weekly staff Mindfulness Newsletter</li> </ol>	<p>January 2024</p>	<ul style="list-style-type: none"> <li>• Newsletter will contain information for staff to share positive and healthy food nutrition information with youth.</li> </ul>	<p>Administration (Education Department), Staff (to read weekly newsletter)</p>	<p>All staff</p>	<p>In progress</p>
<p>Staff will provide youth with adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply. To assist staff</p>	<ol style="list-style-type: none"> <li>1. Provide listings of free healthy cooking classes in the County</li> <li>2. Offer information (presentation of via printed documents) at staff meetings</li> </ol>	<p>March 2024</p>	<ul style="list-style-type: none"> <li>• Provided printed documentation to staff during all staff meetings</li> </ul>	<p>Administration (Education Department), Staff (to read materials)</p>	<p>All staff</p>	

in identifying resources to gain access to healthy food and nutrition information.						
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**Physical Activity 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 measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
30 minutes of recreation time per day required for all youth, at minimal	<ol style="list-style-type: none"> <li>1. Policy requires 30 minutes of recreation per day per shift (am and pm), Whaley incorporates this daily to meet requirements.</li> <li>2. compile a complete list of recreational activities to choose from, watching TV or video is not considered recreational.</li> </ol>	2020	Daily logs reflect that youth completed a minimum of 20 minutes each day of recreation.	Director of Residential	All youth, youth specialists, directors of residential	Yes, activity to continue
Monthly staff overview to be provided to new or existing staff to provide an understanding of kitchen operations and implementation of healthy ideas/meals.	<ol style="list-style-type: none"> <li>1. Submit a schedule for monthly kitchen overview to Director of HR &amp; Agency Operations for approval</li> <li>2. Create sign up sheet within Google Doc to ensure regular attendance of staff</li> <li>3. Monthly surveys to be provided by operations supervisor to staff</li> </ol>	January 2024	<ul style="list-style-type: none"> <li>• Track via staff sign up sheet on Google Doc</li> <li>• Track based on feedback within surveys</li> </ul>	Support Services Supervisor	Staff, Director of HR & Agency Operations, kitchen support services supervisor	In progress

School-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 measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Field Day	1. Obtain donor 2. Set annual date 3. Notify staff 4. Enjoy the day with all of the youth	2020	N/A	Development Director	All youth, all staff, volunteers	Yes, activity to continue
Playground Update	1. Secure donor funds 2. Find contractor 3. Set build to begin 4. Complete build	2021	This project was completed and our playground was updated to be a space for children of all ages. The previous space was only geared toward young children.	CEO	Youth, Development Team, Contractor, Operations/.Maintenance Supervisor	Yes
Bike Path on campus	1. Secure grant funds to cover 100% of the cost 2. Obtain contractor 3. Set build to begin 4. Complete build	2023	Partial funds have been secured. Once 100% of fund have been secured via grant, this project will begin.	Development Team (Grant Writer)	Youth, Development Team, Contractor, Operations/Maintenance Supervisor	In progress

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>
<i>N/A – Whaley Children’s Center does not sell food</i>						

Guidelines for other foods and beverages available on the school campus, but not sold:

<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>
Healthy Eating Initiative with Flint Fresh and MDE	1. Establish connection with Flint Fresh 2. Utilize farms local to Flint, Michigan to offer nutrient rich	December 2023	Once program begins, we will evaluate every six months to ensure we are meeting the standard of	Support Services Supervisor	Youth, staff, kitchen team	In progress

	foods for our youth served at every meal and snack time 3. Nutrient rich menu planning using USDA requirements for all meals (breakfast, lunch, dinner, snacks)		MDE for 50% reimbursement for food through this initiative			
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**Marketing and advertising of only foods and beverages that meet 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>
Increase signage around the Center to promote health eating and lifestyle choices	1. Use USDA, MDE, and Mott Children’s Health Center as resources for flyers, handouts, and items to display around campus promoting healthy choices.	January 2024	It is the goal to have seasonally appropriate signage. Progress will be measured by ensuring as the seasons change, displays will change.	HR to pass information from MDE, USDA to Medical Lead	Medical Team, staff, youth	In progress

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