

Local Wellness Policy: Triennial Assessment Summary

Section 1: Wellness Committee Information

School included in the assessment:

Wedgwood Christian Services – Residential Treatment Classrooms Administered by Lighthouse Academy Faculty

Month and year of current assessment: June 2024

Date of last Local Wellness Policy revision: 5/25/2021

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

[Assessment Plan \(wedgwood.org\)](http://wedgwood.org)

Section 2: Wellness Committee Information

How often does your school wellness committee meet? **Quarterly**

School Wellness Leader:

Name	Job Title	Email Address
David Blakeslee	Associate Director	dblakeslee@wedgwood.org

School Wellness Committee Members:

Name	Job Title	Email Address
Julie Aginian	Education Coordinator	jaginian@wedgwood.org
Jackie Brewster	Program Manager	jbrewster@wedgwood.org
Susan Vachon	Food Service Supervisor	svachon@wedgwood.org
Aileen Feist	Activity Treatment Coordinator	afeist@wedgwood.org
Catherine Kuipers	Nursing Supervisor	ckuipers@wedgwood.org
Dawn Harvey	Director	dharvey@wedgwood.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.

In early 2019, Wedgwood developed our own Wellness Policy and Procedures rather than utilizing the Wellness Policy developed by Lighthouse Academy (the charter school that we contract with to provide educational services in our Residential Treatment homes). We base our procedures on a template provided by the Alliance for a Healthier Generation. Our Wellness Committee addresses various programming and resource needs required for successful implementation of the policy and procedures. Committee membership represents Wedgwood's Education, Food Service, Activity Treatment, Nursing, and Quality Improvement Departments. The Committee meets quarterly. The original procedures were written in February 2019. Prior to this assessment, they were reviewed and revised twice (December 2019 and November 2020). Additional reviews of the Policy and Procedures occurred in 2023 and 2024 with no significant revisions.

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 tables 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.

Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: Wedgwood Christian Services

Date: June 18, 2024

Nutrition Promotion and Education Goals

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?
Serve healthy meals	Meals should include the following: fruits, vegetables, whole grains, fat-free and low-fat milk, that are moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving	Daily upon admission continuing through discharge date	Daily productions sheets monitor State nutritional requirements/portion sizes/balanced options. Nutritional assessments of State-approved menus.	Jackie Brewster/ Susan Vachon (Food Service)	Students, Food Service, Home Supervisors and staff to ensure that all menu items are offered	Yes: weekly review of paperwork completion & observing POS
Mitigate childhood obesity	Nurses conduct monthly height, weight and blood pressures checks for all students. If significant weight gain is noted, nurses ask about participation in physical activities, food portions, “seconds”, etc. Nurses may advocate fruits/vegetables for second helpings. Check for influence of meds that cause weight gain, BP increase, shortness of breath, or related side effects. Nursing plans to meet with student/staff groups to discuss nutrition, weight gain, serving sizes, calories, condiments, etc.	Monthly checks Monthly team meetings	Weight increases of 5+ pounds for 3 consecutive months would be a cause of concern. Nurses will contact supervisor and therapist if significant weight gain is noted. Nurses measure BMI monthly and waist circumference annually	Catherine Kuipers (Nurse Supervisor)	Nurses, Home Staff, Students, Clinicians, Parents/Guardians	Yes, ongoing
Promote healthy eating to support development of lifelong healthy eating patterns	Applied for grant Michigan fruits and vegetables – locally grown Students will visit farms, orchards, local markets to buy organic	Duration of student’s stay	Consistent medical weigh-ins by nursing Consistent activities that involve making healthy food choices.	Food Service, Nursing, Activity Treatment Specialists	Nursing Department, Activity Treatment Specialists, Students	Yes, ongoing
Support healthy choices to accommodate cultural food preferences and special dietary needs	a) Diversity Food Fair b) Medical Statements to request Special meals/accommodations	Duration of student’s stay	Assure that variety of cultures are presented on menu Medical statements turned in after Dr. approval	Food Service, Nursing	Nursing Department, Food Service, Students	Yes, ongoing

Physical Activity Goals

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?
Children and adolescents should participate in at least 60 minutes of physical activity every day	<p>Students participate in gym classes during school for minimum of one trimester per year. Teachers offer “brain breaks” to get students moving if they have been at desks for extended periods. After school, homes have scheduled times to use the gym and Wellness Center. The spaces are utilized to have supervised structured or unstructured (open gym) activities for students to encourage regular activity that promotes and maintains physical fitness and healthy lifestyle practices.</p> <p>Occupational Therapy and Employment Training Program also serve as sources of activity for many students.</p>	Continuous, year-round	Student participation in activities is a recurring agenda item for AT meetings, with discussion and planning follow-up for students who are identified as lagging in participation or at risk of obesity due to diet, medications or other concerns mentioned above.	Aileen Feist (AT), Jackie Brewster (ETP) and Amy Bos (OT)	Teachers, Staff, Students	Yes, ongoing
Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason	<p>Integrate physical activity and movement opportunities into daily schedules.</p> <p>Policy/Procedure review confirmed that withholding opportunities for physical activity is a prohibited intervention.</p>	Continuous, year-round	<p>Activity Treatment Specialists</p> <p>Quality Improvement, Residential Leadership</p>	<p>Aileen Feist (Activity Treatment)</p> <p>David Blakeslee (QI)</p>	Students, Staff	Yes, ongoing
Ensure that grounds and facilities are safe and equipment is available to students to be active	Wedgwood conducts necessary inspections and repairs and complies with MDHHS Licensing Rules in maintaining a safe, secure environment	Monthly facility inspections	Facility maintenance requests are completed & monitored by Quality Assurance	David Blakeslee (QI)	Facilities Staff, Students, School Faculty	Yes, ongoing

School-based Activities to Promote Student Wellness Goals

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?
Elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year	<p>Meet with Education Specialists before the school year begins to plan ways to integrate physical education into each week (Brain Breaks, recess, Friday activities)</p> <p>Monthly team meetings reviewing any barriers to physical education/ activities successfully taking place</p>	Ongoing	<p>Education Team will meet prior to school year to set expectation of physical education/activities taking place throughout school year.</p> <p>Process reviewed quarterly in Education Team meetings</p>	Julie Aginian (Education Coordinator) Education Specialists	Staff and students	In progress, will begin prior to next school year
Secondary students (middle and high school) are required to take the equivalent of one academic year of physical education	<p>Physical Education class will be offered during at least one but typically two trimesters of every school year.</p> <p>PE teacher and Education Coordinator will plan appropriate activities that promote physical activity.</p>	Ongoing	<p>Meeting held before PE class between PE teacher and Education Coordinator.</p> <p>Consistent participation monitored of students</p>	PE teacher and Education Coordinator	Staff and students	In progress, will begin prior to next school year
Promote student physical fitness through individualized fitness and activity assessments	<p>Physical Education Teacher will monitor mastery and participation in activities in PE Classes</p> <p>Education Staff will not use removal of PE class as a consequence, unless restriction is put in place by clinician or for safety reasons.</p> <p>Lighthouse Academy consults and annually partners with Kent County Health Dept to focus on wellness (healthy living, physical & emotional wellness, relationships)</p>	Ongoing	<p>PE teacher assesses student's participation and mastery of skill reflected in grade for Physical Education class.</p> <p>Education Team meets prior to school year to develop alternatives to removal of physical activity. Process reviewed quarterly in Education Team meetings.</p>	PE Teacher, Education Coordinator, Education Specialists, Clinicians	Staff and students	In progress, will begin prior to next school year

Nutrition Guidelines for All Foods and Beverages for Sale on 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?
Wedgwood students are not allowed to purchase items from vending machines while classes are in session. Access to vending machines is monitored by staff and students are not allowed to consume caffeinated beverages while residing at Wedgwood.	No further actions are needed at this time.	N/A	N/A	N/A	N/A	Yes

Guidelines for Other Foods and Beverages Available on 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?
Weekly store will be offered to students in connection with the schools PBIS model. Students will attend the store one time per week as a reward for meeting their goals and school commitments.	The RTA (Responsible Thinking Advocate) will provide items in the store that students can purchase. Drinks will not include soda/pop or any caffeinated beverage and food options will be limited per student. Non-food items will be offered as well. (water bottles, personal journals, notebooks, sports equipment, pens/pencils, etc.)	Next School Year	RTA and Education Coordinator will meet prior to school starting to ensure that items in the PBIS store are appropriate RTA will monitor student purchases and encourage healthy choices	RTA	RTA and Students	In progress

Marketing and Advertising of Only Foods and Beverages that Meet Smart Snacks Criteria

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?
Wedgwood students have limited exposure to food and beverage marketing. They can see vending machines as they move between classrooms but otherwise residential living spaces and surrounding buildings do not host any advertising displays.	Students eat meals in assigned residential living areas. No further action needed.	N/A	N/A	N/A	N/A	Yes