

**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

Section 1: General Information

School(s) included in the assessment:

Wellspring New Directions CCI

Month and year of current assessment: 1/2025

Date of last Local Wellness Policy revision: 12/2025

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

<https://wellspringlutheran.com/family-services/residential-care>

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Bi-Annually

School Wellness Leader:

| Name | Job Title | Email Address |
|---------------|--------------------------|-------------------------------|
| Diondre Brown | Director of Group Living | dbrown@wellspringlutheran.com |

School Wellness Committee Members:

| Name | Job Title | Email Address |
|---------------------------------------------------------------|----------------------------------------------|----------------------------------------------------------------------------------------|
| Marie Tolen | Chief Administrator | mtolen@wellspringlutheran.com |
| Paige Dunn | RN | pdunn@wellspringluthran.com |
| Baleria Legette | Senior Cook | blegette@wellspringlutheran.com |
| Julie Petrusha | Education Specialist | Jpetrusha@wellspringlutheran.com |
| Skylar Person | Social Service Specialist | sperson@wellspringlutheran.com |
| Rodney Hill | Sr. Youth Specialist/ Special Olympics Coach | rhill@wellspringluteran.com |
| Vivian Alebiosu | Social Service Supervisor | valebiosu@wellspringlutheran.com |
| 2 Residents in care when meetings occur | | |
| 2 DHHS Workers/Guardians of youth in care when meetings occur | | |
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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.

Wellspring New Directions used the Michigan Sate Board of Education Local Wellness Policy template. Because this is the first year, we have had a Wellness Plan (previously advised to offer our assistance with the Wellness Committee for Farmington Public Schools where our youth attend), we reviewed the suggested goals and were easily able to identify actions that we have already been implementing to encourage promote nutrition and healthy living.

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: Wellspring New Directions

Date: 1/27/25

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. | <ul style="list-style-type: none"> 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. | <ul style="list-style-type: none"> – Verbal check-ins with staff to ensure compliance. – Teacher survey at end of school year. | Principal | Teachers, staff, students | Yes |
| Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others | <ul style="list-style-type: none"> • Education Specialist conducts at minimum six cooking classes during summer program • Residents receive instruction on food labels for the items being used in the recipe • Residents are taught how to use cooking utensils and equipment | June-August 2024 | <ul style="list-style-type: none"> • Summer schedules maintained, with recipes that were used. Shift logs record the activity | Julie Petrusha, Education Coordinator | Residents, Direct Care Staff | Partial did not save the recipes used as part of the record for the Wellness policy. |
| Posters referencing healthy eating are posted in the dining areas. | <ul style="list-style-type: none"> • Healthy Eating Plate visuals are posted in the dining areas | Year Round | <ul style="list-style-type: none"> • Visual inspection of posters in place | Director of Group Living | Residents, Direct Care staff | Yes |
| New Directions implements the Farm to School Activity | <ul style="list-style-type: none"> • Summer program has two events of fruit picking at local farms, followed by serving the fruit as a snack | June-August 2024 | <ul style="list-style-type: none"> • Summer Daily Notice Schedule | Julie Petrusha, Education Coordinator | Residents, Direct Care Staff | Yes |
| Sugary drinks (soda, sport drinks, energy drinks) are not kept on any of the living units, | <ul style="list-style-type: none"> • Items are not permitted on the units. • When youth need beverages to take medications they are | Year Round | <ul style="list-style-type: none"> • Unit Inspections | Diondre Brown, Royce Fanning- | Residents | Partial. Small portions of soda are used as part of an |

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| nor are they offered at meals. | offered Crystal Light to mix in their water bottles | | | | | ABA treatment plan for one youth-after consultation with the RN. |
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| 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? |
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| New Directions Residents shall have the opportunity to receive instruction in sports offered through Special Olympics. | <ul style="list-style-type: none"> At intake, health physicals submitted to SOMI for all residents Campus "coaches" have recruitment meetings 2 weeks before each sport begins to encourage participation | Year Round | <ul style="list-style-type: none"> # of youth participating, per sport | Rodney Hill | Residents, Community Volunteers | Ongoing |
| Participation in outdoor and physical activities are not withheld as punishment at New Directions. | <ul style="list-style-type: none"> Per licensing, children all have access to gross motor activities on a daily basis. Outdoor access is also required. Policy states that while unsafe behavior may restrict a youth from off-campus activity for a period, there is no restriction of on campus physical activity due to behavior. | Year Round | <ul style="list-style-type: none"> Daily resident logs document physical activity | Direct Care Staff | Residents, Direct Care Staff | Ongoing |
| All youth participate in PE through their local public school. | <ul style="list-style-type: none"> Youth are enrolled in school through Farmington Public Schools which requires physical Education | Sept-June | <ul style="list-style-type: none"> School schedules | FPS, Education Specialist | Residents | Ongoing |
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Physical Activity Goal(s):

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? |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|
| New Directions youth have the opportunity for daily outdoor and gross motor activity. | Basketball courts, a running track, volleyball courts and sidewalks are available on the campus of New Direction for physical activity | Ongoing | Resident Daily Logs | Direct Care Staff | Residents, Direct Care | Ongoing |
| New Directions purchases rec-center memberships for program youth every summer to promote swimming | <ul style="list-style-type: none"> Campus Director purchases summer Livonia Rec Center memberships for all program youth for regular use of swimming facilities | May-August 2024 | Receipts of rec center membership purchases Daily summer program Schedules | Direct Care Staff, Education Specialist | Residents | Ongoing New Passes to be purchased for 2025 by May 2025. |
| Bicycle riding is prompted for youth on campus. | <ul style="list-style-type: none"> New Directions maintains bikes and helmets for resident use Youth may have their own bikes Donors have purchased adaptive bikes/equipment for special needs children | April-October 2024 | Resident Daily logs reflects bike riding activity | Direct care staff, Maintenance Department | Residents | Completed for the season. Restart April 2025 |
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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? |
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| There is no food for sale on the campus. All food is purchased through our cooks. | | | | | | |
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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? |
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| Desserts are reserved for celebrations and birthdays. | Cake and ice cream (single servings) are provided to residents during birthdays. Desserts are purchased for major holidays | Ongoing | <ul style="list-style-type: none"> Supervisors enforce the policy that staff may not bring in extra food as “rewards” or “Treats” for staff | Cooks, Supervisors | Residents | Ongoing |
| Fruit is available on living units daily | <ul style="list-style-type: none"> Cooks are required to purchase fruit that is available at all times for youth on their living units Fruit is sent to the living units by the cook | Started requiring in Summer 2023 | <ul style="list-style-type: none"> Chief administrator reviews all grocery bills for payment to include fruit Direct care staff report to kitchen if fruit runs out | Cooks | Residents, Staff | Ongoing |

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| Fruit is purchased weekly for the clinic building. | <ul style="list-style-type: none"> RN is responsible for purchasing fruit weekly for the clinic building to be available during therapy sessions, medication reviews, etc. | Started Summer 2023 | • | RN | Residents, Staff | Ongoing |
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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? |
|------------------------------------------------------------------|--------------------------------------------------------|--------------------------------|-------------------------------------------------|--------------------|--------------------------------------------------------------|------------------|
| New Directions does not sell or advertise any food or beverages. | | | | | | |
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Wellspring Lutheran Services, New Directions

Wellness Policy

Preface

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency’s (LEA) efforts to establish a school building environment that promotes students’ health, well-being, and ability to learn. [The LEA in this instance is not a school district, but a nonprofit Child Caring Institution providing a food service program approved by the USDA to operate the National School Lunch Program.](#)

Wellness Committee and Policy Leadership

Committee Role and Membership

Wellspring New Directions has designated certain personnel on campus, based on their function, to make up the core of our Wellness Committee including the following people (or person serving in that role):

School Wellness Leader:

| Name | Job Title | Email Address |
|---------------|--------------------------|-------------------------------|
| Diondre Brown | Director of Group Living | dbrown@wellspringlutheran.com |

School Wellness Committee Members:

| Name | Job Title | Email Address |
|---------------------------------------------------------------|----------------------------------------------|----------------------------------------------------------------------------------------|
| Marie Tolen | Chief Administrator | mtolen@wellspringlutheran.com |
| Paige Dunn | RN | pdunn@wellspringlutheran.com |
| Baleria Legette | Senior Cook | blegette@wellspringlutheran.com |
| Julie Petrusha | Education Specialist | Jpetrusha@wellspringlutheran.com |
| Skylar Person | Social Service Specialist | sperson@wellspringlutheran.com |
| Rodney Hill | Sr. Youth Specialist/ Special Olympics Coach | rhill@wellspringlutheran.com |
| Vivian Alebiosu | Social Service Supervisor | valebiosu@wellspringlutheran.com |
| 2 Residents in care when meetings occur | | |
| 2 DHHS Workers/Guardians of youth in care when meetings occur | | |

The Wellness Committee will seek to have a minimum of 2 residents and 2 guardians/parents participate in the committee, based on current admissions to the program. The Wellness committee will meet a minimum of twice annually.

Other stakeholders (direct care staff, local school district personnel, Special Olympics Coaches, Farmington Public Schools personnel) will be invited by the Chief Administrator to meetings with 30 day advanced notice. This Wellness Policy is posted on our agency website with an invitation that **any member of our community may participate by contacting our Wellness Leader (identified below)**

Wellness Committee members will receive written minutes of program meetings, including updated goals and triennial assessment of the Wellness policy.

Wellness Policy Leadership

The designated official(s) for oversight is : Diondre Brown, Director of Group Living
dbrown@wellspringlutheran.com, 248-476-9550
28000 W. Nine Mile Road, Farmington Hills MI 48336

Nutrition

Nutrition Education

Every year New Directions residents shall receive nutrition education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the New Directions Program. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Evidence-based SMART goal(s) for Nutrition Education:

1. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
 - a. Weekly summer cooking class is offered to all youth on campus and includes reading food labels (as appropriate depending on developmental levels)
2. Posters referencing healthy eating are posted in the dining areas

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the campus.

Evidence-based SMART goal(s) for Nutrition Promotion:

1. Drinking fountains and water bottles are provided for youth on campus to encourage hydration.
2. New Directions implements the following Farm to School Activity
 - a. Field trips to local farms for fruit picking during summer recess

Standards and Nutrition Guidelines for all Foods and Beverages

New Directions shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals (Breakfast, Lunch) meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.

Evidence-based nutrition standards for all foods and beverages provided, but not sold, to students during the school day:

- A. Sugary drinks (soda, sport drinks, energy drinks) are not kept on any of the living units, nor are they offered at meals.

Food and Beverage Marketing

No food is sold on the campus of Wellspring New Directions.

Physical Activity and Physical Education

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education

Evidence-based SMART goal(s) for Physical Education:

1. New Directions Residents shall have the opportunity to receive instruction in sports offered through Special Olympics.
2. Participation in outdoor and physical activities are not withheld as punishment at New Directions.
3. All youth participate in PE through their local public school.

Evidence-based SMART goal(s) for Physical Activity:

1. New Directions Residents shall have the opportunity to participate six different sports offered through Special Olympics.
2. New Directions purchases rec-center memberships for program youth every summer to promote swimming
3. Bicycle riding is prompted for youth on campus.
4. New Directions youth have the opportunity for daily outdoor and gross motor activity.
5. Basketball courts, a running track, volleyball courts and sidewalks are available on the campus of New Direction for physical activity.

Other Program Activities that Promote Student Wellness

New Directions aims to create an environment that is conducive to healthy eating and physical activity and convey consistent health messages.

Evidence-based SMART goal(s) for other school-based activities that promote student wellness:

1. After obtaining food, students will have at least 20 minutes to eat meals
2. Toothbrushes and toothpaste are provided to all program youth.
3. Toothbrushing is encouraged (monitored and recorded) twice daily. Program Staff including Registered Nurse offer periodic groups in dental hygiene.
4. Residents receive preventative and restorative oral health services twice per year from private dentists.

Implementation, Assessment, Documentation, and Updates

Implementation

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Triennial Assessment

New Directions will conduct an assessment of the Wellness Policy every three years, at a minimum. The assessment will determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is (Title and contact information):

Marie Tolen LMSW, Chief Administrator

Documentation

New Directions will retain records to document compliance with the wellness policy requirements.

This wellness policy can be found at (Insert direct URL for LEA's wellness policy):

- Posted on Administrative Bulletin Board
- Posted internally in Extended Reach Resources
- Posted for the public at <https://wellspringlutheran.com/family-services/residential-care>

Required documentation will be maintained at

28000 W. Nine Mile Road, Farmington Hills MI

Updates to the Policy

New Directions will update or modify the wellness policy as appropriate based on the results of the Triennial Assessments; as program priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The