

# Wellness Triennial Assessment

## Section 1: General Information

School(s) included in the assessment:

Rogers City Elementary School  
Rogers City High School  
St. Ignatius Catholic School

Month and year of current assessment: 6/2022

Date of last Local Wellness Policy revision: 2/2020

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

[www.rcashurons.org](http://www.rcashurons.org)

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually

School Wellness Leader:

Name	Job Title	Email Address
Vicki Paull	Food Service Director	<a href="mailto:victoria.paull@rcashurons.org">victoria.paull@rcashurons.org</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Heather Kowalski	Community Member	
Jenna Vekaryasz	Food Service Supervisor	<a href="mailto:Jenna.vogelheim@rcashurons.org">Jenna.vogelheim@rcashurons.org</a>
Steve Kowalski	K-5 Principal	<a href="mailto:Steve.kowalski@rcashurons.org">Steve.kowalski@rcashurons.org</a>
Gabe Catalano	School Nurse	<a href="mailto:Gabrielle.catalano@rcashurons.org">Gabrielle.catalano@rcashurons.org</a>
Chad Coolman	Physical Education Teacher	<a href="mailto:Chad.coolman@rcashurons.org">Chad.coolman@rcashurons.org</a>
Jon Hoydic	Physical Education Teacher	<a href="mailto:Jon.hoydic@rcashurons.org">Jon.hoydic@rcashurons.org</a>
Abbey Tulgestke	Student Success Liaison	<a href="mailto:Abbey.Tulgestke@rcashurons.org">Abbey.Tulgestke@rcashurons.org</a>
Karl Grambau	Athletic Director	<a href="mailto:Karl.grambau@rcashurons.org">Karl.grambau@rcashurons.org</a>
Rogers City Physical Therapy		

### 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

Describe how your wellness policy compares to model wellness policies.

We use the standardized Neola template for our policy; in addition, we build upon it using benchmarks that push us towards our goals. Due to COVID level fluctuation, the committee has been unable to encourage additional meeting times and member growth.

### 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: Rogers City Elementary School, Rogers City High School & St. Ignatius Catholic School  
Date: 06/23/2022

**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>
Invite community agencies to educate students on Nutritional Health.	Speak with Michigan State University Extension to schedule dates and times.	Start of the school year.	Review the class schedules and dedicate time for nutritional education.	Principals	School Nurse and Teachers	In Process
Purchase graphics of healthy foods for the high school cafeteria walls.	Earmark monies from the food service fund to purchase graphics.	Start of the School year.	Informal Visual review.	Food Service Director	Food Service Department	In Process
Create a school vegetable garden that provides produce to students.	Work with the botany teacher to purchase a greenhouse, supply vegetable seeds to the class and purchase signage in the cafeterias.	Start of the School Year	Check in with the botany teacher periodically on the status of the vegetables life cycle.	Botany Teacher	Food Service Department and Botany Teacher	In Process

**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>
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A mileage/walking program	Ordering tracking program, making QR code cards, providing incentive gifts, if grant comes through a sidewalk around playground	Start of school year 2021-2022	Tracking system	Principal	Teachers, staff and students	In Process
Girls on the Run Program	Discuss the program with the elementary building principal. Find a program coordinator.	Start of the School Year	Check in with the coordinator.	Elementary principal	Elementary Teaching Staff.	Ongoing
5 <sup>th</sup> grade Dare Program	Schedule time for the 5 <sup>th</sup> grade students to meet with the Dare Program officer.	Start of the School Year	Informal verbal check-ins	Elementary principal	5 <sup>th</sup> Grade Teacher and K-5 Principal	Ongoing
Healthy Lifestyles Presentation on the damages of vaping and marijuana use.	Contact Catholic Human Services Up North Prevention Team and earmark time with middle school teachers.	Start of the School Year	Speak with middle school teachers on the merits of the program and how students are receiving it.	School Nurse	6-12 Principal and Middle School Teachers	In Process

### Physical Activity 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?
Purchase and Install New Playground Equipment at the Elementary School	Seek Administrative and Board approval, bid out, purchase and install equipment.	2021-2022 School Year	Check the status of the goal throughout the process.	K-5 Principal	Administrators, Board members and Maintenance Staff	In Process
Purchase new Weight room exercise machines	Seek administrative and Board approval, bid out, purchase and install equipment.	2017-2018 School Year	Check the status of the goal throughout the process.	High School Physical Education Teacher	Coaches, PE Teacher, Administrators, Board members and Maintenance Staff	Complete

Provide adult oversight in the weight room for after school student use.	Get Administrative Approval, post the position, and create a schedule.	2022-2023 School Year	Have the 6-12 principal provide check-ins and visual oversight of the program.	6-12 Principal	School Nurse, RCAS staff, RCAS Finance Department	In Process
Focus on physical education growth and knowledge in the K-5 <sup>th</sup> grade levels	Speak with the K-5 <sup>th</sup> physical education teachers	2017-2018	Conduct Pre & Post tests to recognize the growth.	K-5 Physical Education Teacher	K-5 Physical Education Teacher and K-5 School Principal	Ongoing
Have the varsity sport players present to the 3 <sup>rd</sup> -5 <sup>th</sup> grade classes annually, focusing on good grades/behavior and physical health.	Speak with the Athletic Director, coaches and K-5 Principal to organize the events.	2021-2022 School Year	Observe the varsity sport participation rates over the next 5-8 years	K-5 Principal	Varsity Coaches, Athletic Director, 3 <sup>rd</sup> -5 <sup>th</sup> Teachers, Superintendent, and K-5 <sup>th</sup> Principal	Ongoing
Purchase mountain bikes for the high school Physical Education Classes	Administrative Approval, earmark finances, seek donations, purchase bike and incorporate biking into the high school curriculum.	2022-2023 School Year	Check in with the status of the fundraising, and purchasing of the bikes and helmets.	High School Physical Education Teacher	Superintendent, 6-12 Principal, parents, students, and the high school physical education teacher.	In Process
Update the existing track and field area to encourage student fitness and participation	Administrative Approval, Board Approval, Earmark Funds, Seek Quotes, Notice for Bids, Purchase Track	2023-2024 School year	Stay aware of current pricing on materials; create an RFP when pricing is on the decline.	Superintendent	Superintendent, Community Members, Students, Physical Education Teachers, Parents	In Process

Open gym in the winter months for student use.	Administrative Approval, Develop a coordinator and set a schedule. Work with the coordinator to advertise the Open Gym.	2022-2023 School Year	Track student's participation, changing dates/times as need to accommodate more students.	Superintendent	Athletic Director, Coaches, Physical Education Teachers, Students and parents	In Process
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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?
Free drinking water will be available at all food serving locations	Food Service Staff needs to provide pitchers of water in the serving line at the high school.	Start of the school year.	Informal check-ins that water is provided in the serving line.	Food Service Supervisor	Food Service Staff	Ongoing
All food and beverages sold to K-12 <sup>th</sup> grade students during the school day will meet the USDA's NSLP, NSBP, and Smart Snack guidelines for: portion control, fruits, vegetables, whole grain, low-fat, dairy free, sodium, vegetable color subgroups,	Follow the weekly meal patterns, create menus in adherence with USDA regulations, follow the middle school and high school Smart Snack requirements.	Ongoing	Provide monitoring checks and stay up to date on changes with guidelines as they become available.	Food Service Director & Food Service Supervisor	Students, Food Service Staff, Parents	Ongoing

fats, refined sugars, sugars, and any other limitation or restrictions not listed but required.						
Comply with Federal and State Regulations pertaining to the selection, preparation, consumption and disposal of food and beverages	Attend available trainings to remain updated on changes, update program documentation as needed	Ongoing	Financial Health of the Department, Adequate audit reviews	Food Service Director & Supervisor	Food Service Staff, Students, RCAS staff,	Ongoing

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>
Non Smart Snack food related school fundraisers will only be conducted, up to two times per week.	Consult with building principals regarding this requirement.	Start of the school year	Provide school offices with a form where they note dates of fundraisers.	Building Principals	Instructional staff will be notified of this limitation.	Ongoing
Candy will not be used as a reward for students in the classrooms	Provide teachers with a list of non-food reward examples.	Start of the school year.	Verbal check-ins with staff for compliance.	Principal	Teachers and Parapros.	In Process

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>
All food and beverages sold will smart snack nutrition guidelines	In Place	8/17/2017	Food Service Manager approves all Smart Snack items	Food Service Supervisor	Teachers, staff and students	Ongoing
A la carte will only include Smart Snack approved items for middle/high school students	Review the Smart Snack guidelines and cross-reference them to products we order.	Start of the school year.	Food purchased will be reviewed for Smart Snack compliance.	Food Service Supervisor	Food Service Staff	Ongoing
Food and beverage items sold to students that do NOT meet the Smart Snacks guidelines must wait to be sold until thirty minutes after the completion of the school day.	Discussion with school staff and school related organizations	Start of the School Year	Informal check-ins and reminders with department heads.	Superintendent	School staff and school affiliated organizations (PTO, Boosters, ect...)	Ongoing