Rogers City Area Schools

Wellness Policy Triennial Assessment Summary

Rogers City Area Schools is committed to supporting student health, well-being, and academic success through the implementation of our Local School Wellness Policy. In accordance with federal requirements, the District conducts a comprehensive assessment of its wellness policy at least once every three years.

Purpose of the Assessment

The Triennial Assessment evaluates:

- The District's compliance with the Wellness Policy
- How the policy compares to model wellness policies
- Progress made toward achieving established wellness goals

Assessment Overview

The most recent assessment included a review of wellness practices across all school buildings, including:

- Nutrition services and Smart Snack compliance
- Physical education and physical activity opportunities
- Nutrition education and promotion efforts
- School-based wellness initiatives and community partnerships

The District continues to meet federal and state requirements related to school meals and nutrition standards, ensuring that all foods and beverages sold to students during the school day align with USDA guidelines.

Key Findings

Strengths

- Strong compliance with USDA school meal standards and Smart Snacks requirements
- Established physical education curriculum aligned with state standards
- Development of learning opportunities including greenhouse and orchard programming
- Active partnerships with community organizations including Up North Prevention

Areas of Ongoing Focus

- Expanding partnerships with community organizations
- Increasing consistency of wellness initiatives across grade levels
- Promoting healthy choices through education and messaging
- Exploring student involvement in maintaining school garden/orchard

Progress Toward Goals

The District has made steady progress in maintaining and improving wellness initiatives, including:

- Continued use of physical education assessments to measure student growth

- Efforts to provide nutrition education through classroom instruction and external partnerships
- Monitoring compliance with Smart Snack standards and fundraising guidelines
- Maintaining opportunities for student participation in physical activity programs

Next Steps

Rogers City Area Schools will continue to:

- Maintain compliance with all federal and state wellness requirements
- Collaboration with staff including culinary and 4H expertise
- Added serving line visuals and nutrition facts
- Partnership with Up North Prevention and Student Leading Students.
- 9th grade mental health presentation completed.
- Review and update the Wellness Policy as needed
- Provide ongoing communication to families and the community regarding wellness initiatives

Public Involvement

Rogers City Area Schools encourages parents, students, staff, and community members to participate in the development, implementation, and review of the District's Wellness Policy.

For more information or to get involved, please contact:
Rogers City Area Schools Central Office
1033 W. Huron Ave., Suite B
Rogers City, MI 49779

This summary reflects the District's continued commitment to fostering a healthy school environment that supports student success.

ROGERS CITY AREA SCHOOLS

Wellness Committee Triennial Assessment Worksheet

Date: Monday, May 4th, 2026

Completed By: Vicki Paull, Food Service Director

Committee Members Present: Mrs. Jenna Vekaryasz, Mrs. Heather Kowalski, Mr. Dana LaBar, Mrs. Christina Walker and Mrs. Vicki Paull.

Section 1: Compliance with the Wellness Policy

(Required Component #1)

A. Food Service Environment

Status: ☐ Meets Requirements ☐ In Progress ☐ Needs Improvement

Current Practices:

- School meals meet USDA requirements and Smart Snack standards
- Fundraisers are limited and tracked at the building level

Action Steps (Realistic):

- Continue annual review of Smart Snack compliance list
- Remind building secretaries to document non-compliant fundraisers

Measurement:

- Informal check-ins with office staff
- Annual menu and product review

B. Physical Education Environment

Status: ☐ Meets Requirements ☐ In Progress ☐ Needs Improvement

Current Practices:

- PE curriculum aligned with state standards
- Pre/post assessments used to measure student growth

Action Steps:

- Continue use of pre/post testing
- Encourage communication with PE staff for updates (email check-in once/year)

Measurement:

- Confirmation from PE staff
- Review of assessment usage

C. Nutrition Education Environment

Status: ☐ Meets Requirements ☐ In Progress ☐ Needs Improvement

Current Practices:

- Nutrition education integrated into PE and health curriculum
- Outside partnerships explored (MSU Extension, local resources)

Action Steps:

- Send one outreach email annually to MSU Extension or similar

- Encourage continuation of classroom-based nutrition discussions

Measurement:

- Documentation of outreach attempt
- Teacher feedback (informal)

D. Other School-Based Wellness Activities

Status: ☐ Meets Requirements ☐ In Progress ☐ Needs Improvement

Current Practices:

- Programs include Girls on the Run, DARE, prevention programming
- Community partnerships intermittently utilized

Action Steps:

- Maintain communication with at least one community partner annually
- Continue sharing available opportunities with staff

Measurement:

- Email or communication record
- Program participation (if applicable)

E. Marketing & Food Compliance

Status: ☐ Meets Requirements ☐ In Progress ☐ Needs Improvement

Current Practices:

- Only Smart Snack-compliant foods are marketed/sold
- Limited advertising of food products in school

Action Steps:

- Periodic visual check of vending machines and signage
- Address any concerns as they arise

Measurement:

- Informal observation

Section 2: Comparison to Model Wellness Policies

(Required Component #2)

Models Used for Comparison:

☒ Michigan Model Policy

☒ WellSAT

☒ Alliance for a Healthier Generation

Summary of Alignment:

- Policy includes required components:
  - Nutrition education
  - Physical activity
  - Smart Snack compliance
  - Wellness promotion

Areas of Strength:

· Expanded use of hands-on learning including district orchard and greenhouse growing activities to support nutrition education

- Strong compliance with USDA nutrition standards
- Established PE curriculum and assessment practices

Areas for Improvement (Realistic):

· Increase structured student involvement in wellness initiatives (e.g., SLS students assisting with garden/orchard care)

- Increase consistency of programming across grade levels
- Expand community involvement when possible

Action Steps:

- Maintain current practices with minor annual review
- Continue gradual improvement rather than large-scale changes

Section 3: Progress Toward Wellness Goals

Additional Updates:

- Continued development of district orchard and greenhouse use
- Collaboration with Ms. Kelly Vogelheim (professional chef & 4H leader) for classroom nutrition education
- Added cafeteria visuals promoting healthy foods and nutrition facts
- Ongoing partnership with Up North Prevention (Student Leading Students)
- Recent 9th grade mental health presentation completed

(Required Component #3)

A. Nutrition Promotion & Education Goals

Goal	Action Steps	Timeline	Measurement	Status
Increase student exposure to nutrition education	Contact MSU Extension or local agency	1x annually	Email outreach	☐ Complete ☐ Ongoing
Improve cafeteria environment	Maintain or update signage as feasible	Ongoing	Visual observation	☐ Ongoing

B. Physical Activity Goals

Goal	Action Steps	Timeline	Measurement	Status
Maintain PE assessment practices	Continue pre/post testing	Ongoing	Staff confirmation	☐ Ongoing
Encourage student participation	Continue open gym / activity opportunities	Ongoing	Participation awareness	☐ Ongoing

C. School-Based Wellness Goals

Goal	Action Steps	Timeline	Measurement	Status
Maintain prevention programming	Communicate with partners (Up North Prevention, etc.)	1x annually	Email or discussion	☐ Ongoing

Goal	Action Steps	Timeline	Measurement	Status
Support student wellness initiatives	Share resources with staff as available	Ongoing	Informal feedback	☐ Ongoing

D. Nutrition Guidelines & Compliance

Goal	Action Steps	Timeline	Measurement	Status
Maintain Smart Snack compliance	Review products and menus	Ongoing	Product review	☐ Ongoing
Limit fundraisers	Communicate expectations to staff	Annually	Office tracking	☐ Ongoing

E. Marketing & Advertising

Goal	Action Steps	Timeline	Measurement	Status
Ensure compliant marketing	Monitor vending and signage	Ongoing	Visual check	☐ Ongoing

Section 4: Documentation & Public Notification

· Document orchard/garden initiative, nutrition education enhancements, and mental health programming

· Maintain records of community partnerships (Up North Prevention, 4H, etc.)

Checklist:

☒ Wellness Policy on file and updated

☒ Triennial Assessment completed

☒ Documentation retained for audit

Action Steps:

- Post assessment (or summary) on district website
- Maintain copy in Food Service / Central Office records

Section 5: Recommendations & Next Steps

· Continue development of orchard/greenhouse program

· Explore SLS student involvement in garden maintenance

· Utilize staff expertise (culinary/4H) for nutrition education

· Continue low-cost cafeteria messaging and prevention partnerships

Realistic Recommendations:

- Continue current programming with incremental improvements
- Maintain partnerships when available
- Focus on sustainability of existing efforts

Optional Future Ideas (Low Lift):

- Family wellness night (if capacity allows)
- Occasional social media wellness reminders

- Classroom wellness check-ins (staff-driven if possible)

Section 6: Meeting Notes (Optional)

Section 7: Sign-Off

Completed By: _____

Date: _____