

**Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs**

**Local Wellness Policy:
Triennial Assessment Summary
Roscommon Area Public Schools
September 2025**

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:

Roscommon Area Public Schools – Elementary, Middle and High Schools

Month and year of current assessment: September 2025

Date of last Local Wellness Policy revision: April 2018

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

<https://go.boarddocs.com/mi/rossc/Board.nsf/Public?open&id=policies#>

NEOLA policy 8510

Section 2: Wellness Committee Information

How often does your school wellness committee meet? 3 times per year

School Wellness Leader:

Name	Job Title	Email Address
Catherine Erickson	Superintendent/ Parent	ericksonc@rapsk12.net

School Wellness Committee Members:

Name	Job Title	Email Address
Valarie Larange	Food Service Director/Parent	larangev@rapsk12.net
Desiree Baerlocher	Asst. Superintendent/Parent	baerlocherd@rapsk12.net
MJ Ewald	High School Principal	ewaldrm@rapsk12.net
Michelle Maloney	Middle School Principal Special Ed Coordinator	maloneym@rapsk12.net
Jordan Coward	Elementary Principal	cowardj@rapsk12.net
Marci Galloway	GSRP Director/Teacher	gallowaym@rapsk12.net
Kathee Lamberies	Instructional Coach	lamberiesk@rapsk12.net
Faith Ignasiak	Counselor	ignasiakf@rapsk12.net
Mike Purkey	School Board Member	purkeym@rapsk12.net
Mike Bailey	School Board Member/Parent	baileym@rapsk12.net
Joey Bigford	Asst. Principal/Athletic Director/Parent	bigfordj@rapsk12.net

Jamie Mead	MDHHS Social Worker/Parent	meadj@rapsk12.net
Megan Nichols	Instructional Coach	nicholsm@rapsk12.net
Rachel Nester	Teacher/ Parent	nesterr@rapsk12.net
Gregg Neville	Teacher/Parent	nevilleg@rapsk12.net
Katelyn Bibbey	Teacher/Parent	bibbeyk@rapsk12.net

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.

Our local wellness policy is directly aligned with the Michigan State Board of Education Model Local School Wellness Policy. We have included committee role and membership, nutrition education, nutrition promotion, standards and nutrition guidelines for all food and beverages, physical activity and physical education and other school-based activities that promote student wellness.

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: Roscommon Area Public Schools

Date: September 2025

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?
Sugary foods will not be used as "rewards" in the classrooms.	Teachers will receive a list of non-candy reward options to use with the students. The Principal will remind teachers of not using unhealthy food as rewards at staff meetings.	Beginning of the school year.	The Principal will collect perception data from teachers during staff meetings. Teachers will be asked to complete a survey at the end of the school.	Building Principals	Teachers, para pros, principals, students	In progress
Students are encouraged to have and use water bottles during the school day.	Teachers will permit and encourage students to have a water bottle with them during class.	Beginning of the school year.	The Principal will collect perception data from teachers during staff meetings. Teachers will be asked to complete a survey at the end of the school.	Building Principals	Teachers, para pros, principals, students	In progress

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?
Each marking period, schools will provide information to families to encourage and assist them to incorporate physical activity into their children's lives.	Each marking period the Physical Education teach will provide age appropriate materials to send home to all families in the building.	Beginning of the school year.	The Principal will assure that the materials are getting to all families in the school.	PE teacher for the creation of the materials and Principal for dissemination.	PE Teachers, students, families, and principals	In progress.

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?
The schools will promote healthy eating at a Parent Involvement Night for families	There will be a healthy eating station, sharing food samples and information, at a Parent Involvement Night.	Second Semester	The healthy eating station will collect parent feedback during the event.	Food Service Manager, Principals	Teachers, students, parent, principals	In progress.
The school-based Clinic has toothbrushes and toothpaste for students in need.	The Clinic will be supplied with the necessary items to have oral hygiene products on hand for those students who need them.	Beginning of the school year.	The clinic has the necessary supplies for students.	Clinic personnel	Students, school clinic personnel	Yes
Oral hygiene lessons will be taught to all middle school students.	Staff from the school clinic will go into PE classes to teach students oral hygiene.	Beginning of the school year.	When the lessons are delivered to all middle school students.	Clinic personnel	Students, school clinic personnel	In progress

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?
During the school day, the district will only sell food and beverages that meet the smart snack standards.	The district will ensure that there are not outside food sources being sold during the school day.	Beginning of the school year.	Building principals will monitor to ensure that this is being met.	Building Principals	Teachers, students, principals	In progress
Food and drinks that are sold during the school day that do not meet the smart snack standards must comply with the exemption for fundraising.	Building principals will ensure that foods and beverages that are being sold as fundraisers are recorded and comply with the rules.	Beginning of the school year.	Building principals will monitor to ensure that this is being met.	Building Principals	Teachers, students, principals	In progress

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?
Sugary foods will not be used as "rewards" in the classrooms.	Teachers will receive a list of non-candy reward options to use with the students. The Principal will remind teachers of not using unhealthy food as rewards at staff meetings.	Beginning of the school year.	The Principal will collect perception data from teachers during staff meetings. Teachers will be asked to complete a survey at the end of the school.	Building Principals	Teachers, para pros, principals, students	In progress

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?
The district will only market food and beverages that meet the smart snack standards.	The district will ensure that there are not outside food sources being sold during the school day.	Beginning of the school year.	Building principals will monitor to ensure that this is being met.	Building Principals	Teachers, students, principals	In progress

