Local School Wellness Policy Assessment Tool

Ingham Academy Family Center &
Ingham County Youth Center Alternative School Program


1. Below, list those involved with this assessment/update of the wellness policy as well as their relationship to Ingham Academy Family Center- Ingham Intermediate School District and Ingham County Youth Center Alternative School Program- Lansing School District.

   Sara Deprez, Director- Ingham Academy Family Center
   Supervisor- vacant- Ingham Academy Family Center
   Leesa Helbig, Head Cook- Ingham Academy Family Center
   Ingham Intermediate School District staff
   Irma Arellano, Grant Coordinator School Meals & CACFP Dinner
   Richard Gentry, Director - Ingham County Youth Center
   Tifany Miller, Head Cook - Ingham County Youth Center

2. Have we designated a SFA official in charge of overseeing Local School Wellness Policy compliance?

   Leesa Helbig and Tifany Miller, Head Cooks with Ingham Academy and Ingham County Youth Center will oversee compliance with the Wellness program.

3. Does the Wellness Policy compare? Are we missing any pieces?
   a. Need flyers, newsletters, postings about Summer Food Program being promoted in the website and a list of agencies providing free meals, clothing & community gardens in the greater Lansing area.
   b. Need to post the assessment of the Wellness Policy.
   c. List of community resources or flyer should be sent with parents at release.

4. Does the Wellness Policy include goals for nutrition education and nutrition promotion? Provide examples.
   a. The summer flyer is being designed and will be distributed in April.
   b. Bulletin boards in both buildings (Ingham Academy & ICYC) provide nutritional information.

Created by: Irma Arellano, Grant Coordinator
c. Physical education is encouraged in a classroom at least every other day is required. The Science teacher will be notified the curriculum expectations for both buildings.

d. All students receive at least 60 minutes of physical activity daily.

5. Does our Local School Wellness Policy include goals for physical activity?
   a. The Wellness Policy includes goals and objectives for physical activity for all youth at Ingham Academy and ICYC.
   b. We provide a variety of sports and activities both competitive and non-competitive.

6. What goals do we include in our Local School Wellness Policy for other school-based activities to promote student wellness? Provide examples in the comments below.
   a. The dining environment is clean, safe and the food offered is colorful and appetizing.
   b. Restrooms, and hand washing facilities are available to all students.
   c. Water is available for all students in the dayrooms and a drinking fountain in the gym and hallways at the Youth Center, as well as a pitcher of water in the dining hall during meal times. Ingham Academy has fountains available in every hallway and a pitcher of water is made available during meal times.
   d. The students have several options open to them at lunchtime after they eat to be social, active, or academic.
   e. The policy ensures lunch will be at 11:45 Monday – Friday with snack at 10:00 a.m. Students will have adequate time to enjoy healthy foods with other youth while eating in the dining hall. We allow 30 minutes after sitting down to consume their meals.

7. What are our nutritional guidelines for all foods available within the school program? Provide examples in the comments below.
   a. Nutritional guidelines of all foods available during the school day and outside of the school day are in line with the national guidelines.

8. What is our plan for measuring implementation of the Local School Wellness Policy? Explain in comments below.
   a. Ingham Academy’s daily participation in the School Lunch Program is tracked and ICYC is a residential facility; all students eat unless they are ill and require medical accommodations.
   b. Timeframes of the policy are maintained.
   c. Number of minutes per week and number of students receiving physical education are kept through attendance records.
   d. Nutrition guidelines, portions, and access are all monitored and measured.
e. Menus, selected products and portions are all recorded and monitored by production guidelines.

9. **What progress has been made toward attaining the goals listed in the Local School Wellness Policy? Describe:**
   a. All goals are on track need but need to be reviewed more often.
   b. Additions needed:
      
      i. Increased promotion of proper nutrition with increased marketing of the Summer Lunch Program.
      ii. Teacher to ensure curricula that provides students the opportunity to acquire information and skills needed to make quality health decisions.
      iii. The Wellness Policy needs to be distributed to parents, during release or other means, or a flyer referring to the website.

10. **Is the school in compliance?**
    a. Yes.

11. **How do we inform students, parents, stakeholders, and the public of the Local School Wellness Policy?**
    a. It is posted on the website.

12. **How are potential stakeholders made aware of their ability to participate in the development, assessment, update, and implementation of the Local School Wellness Policy?**
    a. All members of the committee were asked to review the policy for compliance and completeness.
    b. The policy is implemented by 7 Wellness Committee members.
    c. All members sign off on the review of the policy yearly.

13. **Based on our assessment, what updates/changes will be made to the Local School Wellness Policy? Describe in the comments below.**
    a. Promotion of the Summer Lunch Program at participating locations around Lansing will need to be displayed.

14. **How will the results of this assessment be made available to the public? Describe in the comments below.**
    a. Copies of this assessment will be made posted online with the Wellness Policy.

15. **When will the next assessment and update of the policy occur?**
    a. The assessment will be conducted during the summer months each year.
    b. This policy will be reviewed and revised if needed, before school starts in September 2017.