

St. Lorenz Lutheran School

Local Wellness Policy Triennial Assessment

Assessment Date: September 24, 2025

School Year Reviewed: 2022–2025

St. Lorenz Lutheran School completed its required triennial assessment of the Local Wellness Policy to evaluate compliance with federal requirements, measure progress toward policy goals, and compare the current policy to a model wellness policy.

Areas Reviewed

1. Wellness Committee & Policy Oversight

St. Lorenz maintains a wellness committee with representation from school administration, food service, and physical education. The committee meets annually to review policy goals, implementation progress, and needed updates.

Status: Meets expectations

2. Nutrition Education & Promotion

Nutrition education is incorporated into the curriculum for students in PreK–8. Age-appropriate wellness initiatives include healthy snack guidance, cooking opportunities, and promotion of nutritious food choices.

The school promotes healthy eating by:

- *Encouraging healthy snacks in classrooms
- *Promoting fruits and vegetables
- *Avoiding use of food as rewards or incentives

Status: Meets expectations

3. School Meal Standards

The hot lunch program follows USDA National School Lunch Program nutrition standards. Meals emphasize:

- *Fruits and vegetables
- *Whole grains
- *Low-fat or fat-free milk
- *Age-appropriate portions
- *Reduced sodium and saturated fat levels

All reimbursable meals meet federal nutrition requirements.

Status: Meets expectations

4. Smart Snacks / Competitive Foods

Foods and beverages sold to students during the school day are reviewed for Smart Snacks compliance when applicable. A la carte and additional food sales are monitored to ensure alignment with USDA requirements.

Status: Meets expectations

5. Physical Activity & Physical Education

Students are provided regular physical activity opportunities through:

- *Daily recess for younger grades
- *Physical education classes
- *Middle school PE schedule
- *Athletic programs
- *Running challenges and wellness events
- *Walk/Bike to School initiatives

The school provides adequate facilities and equipment to support safe physical activity.

Status: Meets expectations

6. Other School-Based Wellness Activities

Additional student wellness opportunities include:

- *Cross Country Team
- *Girls of Grace Dance Ministry
- *After-school sports and activities
- *Classroom wellness promotion
- *Community-building wellness events

Status: Meets expectations

Comparison to Model Wellness Policy

St. Lorenz Lutheran School compared its Local Wellness Policy to the Michigan State Board of Education Model Local School Wellness Policy.

The current policy substantially aligns with model policy expectations in the following areas:

- *Nutrition standards for school meals
- *Nutrition education and promotion
- *Physical activity opportunities
- *Wellness leadership and oversight
- *School-based wellness activities
- *Annual review process

Areas Strengthened Through This Assessment

The following items were identified and updated for continued compliance:

- *Annual public notification procedures
- *Triennial assessment publication procedures
- *Public participation language in policy review process
- *Documentation of ongoing compliance monitoring

Overall Assessment Summary

St. Lorenz Lutheran School is in compliance with Local Wellness Policy requirements and continues to promote a healthy school environment that supports student wellness, lifelong healthy habits, and academic success.