

Michigan Department of Education: Office of Health and Nutrition Services
Charlton Heston Academy: Wellness Policy
Triennial Assessment Summary

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.

The board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and the student's ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in the community-wide effort to promote, support, and model such healthy behaviors and habits with respect to eating and exercise.

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.

SECTION 1: GENERAL INFORMATION

School Assessed: Charlton Heston Academy

Assessment Date: August 5, 2026

Date of last Local Wellness Policy revision: Spring 2026 _____

Public Access of Wellness plan: www.charltonhestonacademy.com _____

SECTION 2: WELLNESS COMMITTEE INFORMATION

Wellness Committee meets every other year

Leader:

Jeff Cherryholmes

Health and Safety Director

jcherryhomes@charltonhestonacademy.com

Committee:

Allen Sharrow
Board Member
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Jenna Kitchen
Parent Representative
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Jessica Romancky
Office Director / 6-12 Administrative Assistant
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Mark Church
Superintendent
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Lisa Awbrey
Food Service Specialist
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Andrew Guizdal
Health Teacher / AD
aguzdial@charltonhestonacademy.com

SECTION 3: COMPARISON TO MODEL SCHOOL WELLNESS POLICIES

Model: Michigan State Board of Education Model Local School Wellness Policy

The Charlton Heston Academy policy was adopted and modified using the MDE Wellness Policy.

SECTION 4: COMPLIANCE AND PROGRESS

Local wellness policies are expected to include the following:

- Nutrition promotion and education
- Standards and nutrition guidelines for all foods and beverages sold to students
- Standards for all foods and beverages not sold to students provided during the school day
- Policies for food and beverage marketing
- Physical activity and education
- School based wellness activities promoting health and wellness
- Description of public involvement, public updates, policy leadership, evaluation and documentation

Nutrition Promotion and Education

Goal	Action Steps	Timeframe	Lead Individual	Status
Promote healthy choices to students, parents/guardians and community	Handouts, bulletin boards, website information focusing on solid nutrition and healthy lifestyles.	Established for the 2026-2027 school year	Food Service Director	In Progress
Be sure to align our education with behaviors that are consistent with those offered by the MDE.	Health class and K-5 classes should educate along with Food Service workers.	Established for the 2026-2027 school year	Health Teacher	In Progress

Nutrition Guidelines - For Sale Food and Beverages

Goal	Action Steps	Timeframe	Lead Individual	Status
Add MDE exemption for non Smart Snack exemptions to the CHA Wellness plan.	Board approval required. Inform staff of revision.	Established for the 2026-2027 school year	Wellness Committee Leader	In Progress
School meals meet USDA requirements	Complete meals must meet USDA guidelines with nutrition checks.	Immediate	Food Service Director	Active

Nutrition Guidelines - Not For Sale Food and Beverages

Goal	Action Steps	Timeframe	Lead Individual	Status
Encourage parents to respect allergies list when sending food	Staff communication with parents and students	Established for the 2026-2027 school year	Staff/Teachers	In Progress
Healthy choices promoted for parties and special events	Healthy suggestions on sign up lists	Established for the 2026-2027 school year	Staff/Teachers	In Progress

Food and Beverage Marketing and Advertising

Goal	Action Steps	Timeframe	Lead Individual	Status
Be sure that all marketing meets Smart Snacks guidelines and standards	Handouts, signs and posters with Smart Snacks compliant information and graphics. Remove or adjust any non compliant marketing items.	Established for the 2026-2027 school year	Food Service Director	In Progress

Physical Activity and Education

Goal	Action Steps	Timeframe	Lead Individual	Status
Work to encourage and assist student lifestyles to incorporate physical activity	Elementary will participate in physical education every other day. Sporting activities / clubs are offered and encouraged for all students	Established for the 2026-2027 school year	Building Principal	Active

School Based Wellness Activities Promoting Health and Wellness

Goal	Action Steps	Timeframe	Lead Individual	Status
PE instruction to include cooperative, as well as competitive games	Instructors document in lesson plans and promote through school social media pages	Established for the 2026-2027 school year	Building Principals / Physical Education teachers	Active
Offer a variety of after school programs / clubs that include and encourage physical activity and healthy eating	Develop our current offerings and expand to offer more programs as needed with healthy snack options available	Established for the 2026-2027 school year	Building Principals / Food Service Director	In Progress

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

The assessment shall be made available to the public in the parent and staff handbooks or on the Academy website.

This is an equal opportunity provider

Adoption date: July 10, 2012

Classification: Legally Required

Prior revised dates: 2/11/14; 3/13/18; 5/12/21; 8/6/26