

Section 1: General Information

School(s) included in the assessment:

Pewamo-Westphalia Community Schools Elementary and Middle High School

Month and year of current assessment: November 2024

Date of last Local Wellness Policy revision: January 13, 2025

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

Pwschools.org

Section 2: Wellness Committee Information

How often does your school wellness committee meet? Annually minimally; as often as needed

School Wellness Leader:

Name	Job Title	Email Address
Deborah Prince (retiring 7/31/2025)	Executive Administrator	prince@pwschools.org
Katy Gilliland (beginning 7/15/2025)	Executive Assistant	katy.gilliland@pwschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Evan Fedewa	Elementary Principal	evan.fedewa@pwschools.org
Jessica Anthony	Food Service Director	jessica.anthony@pwschools.org
Jennifer Goodman	Superintendent	jennifer.goodman@pwschools.org
Jennifer Goodwin	Food Service Worker	jenny.goodwin@pwschools.org
Jacob Babb	PE Teacher	jacob.babb@pwschools.org
Johnelle Dibble	Student	
Alanna George	Parent	alannageorge@yahoo.com
Monica Newman	Parent	mobabe22@hotmail.com

Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

xMichigan 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.

We compared multiple school district's wellness policies, reviewed the recommendations from Neola, researched recommendations from the State of Michigan, and our policy is very similar to other district policies.

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: Pewamo-Westphalia

Date: July 9, 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?
Example: Food and beverages will not be used as a reward for students.	a) Provide teachers with list of non-food reward examples. b) Discuss changes at back-to-school staff training. c) Follow-up mid-year to discuss challenges and determine additional communication needed.	Before the beginning of next school year.	- Verbal check-ins with staff to ensure compliance. - Teacher survey at end of school year.	Principal	Teachers, staff, students	Yes
We will provide additional visual support to encourage students to choose healthy foods.	We will obtain new posters to hang in the buildings	9/2025	Ensuring the posters are purchased and hung.	Food Service Director	Students and staff to see the posters during the 2025-26 school year and beyond.	No because our cafeteria is under construction.

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?
The elementary school hopes to reinstate a Girls on the Run program during the 2025-26 school year.	We need to encourage one staff member to lead this initiative	September 2025	We will know we have met the goal when a program begins	Elementary Principal	Elementary students	Hope to do so during the 2025-26 school year.

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?
Encourage our students to become more active and participate in weekly weight lifting	Our health and PE teachers will focus on these goals during class and outside of class;	September 2024	Increased participation in student athletic events outside the school day.	Athletic Director	Students of all grades	This is ongoing.
Encourage our elementary students to become more physically active.	We will offer a voluntary program for elementary students in the summer.	June 2025	Attendance at the events.	Athletic Director	Students in grades 3-5	Yes; this was held in June of 2025.

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?
Encourage healthy food choices and refraining from high-energy drinks.	We will promote healthy food choices, discourage high-energy drinks and ban them on school property.	January 2025	By observing students' food and drink choices both in the cafeteria and classrooms.	Food Services Director	All students and staff	Ongoing.

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?
We want to promote healthy food choices and beverage choices.	We model with adult food choices, limit unhealthy food options	January 2025	By observing students' food and drink choices both in the cafeteria and classrooms.	Food Service Director	All students and staff	Ongoing.

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?
Educate students on healthy food and beverages that meet the Smart Snacks	Promote these food choices in our health courses and in posters throughout the school	September 2025	Reviewing the amounts the fruits and veggies consumed by the students	Food Service Director	All students and staff will be impacted	Ongoing