



**Smyrna School District**  
**Wellness Site Assessment Tool**  
Local Wellness Policy School-Level Implementation

**Section I: School and Committee Information**

1. School Information

School Name	Grades Taught
Clayton Elementary	Kindergarten-4
Principal's Name	Principal's Email
Heather Moyer	Heather.Moyer@smyrna.k12.de.us

2. School Wellness Leader Contact Information

Name	Title/Position	Email
Jazmin McKenzie	Dietitian	<a href="mailto:Jazmin.McKenzie@smyrna.k12.de.us">Jazmin.McKenzie@smyrna.k12.de.us</a>

3. School Wellness Committee Members

Name	Title/Position	Email
Kristen Kahl	Supervisor of Child Nutrition	<a href="mailto:Kristen.Kahl@smyrna.k12.de.us">Kristen.Kahl@smyrna.k12.de.us</a>
Erik Wilson	Principal of Clayton Intermediate School	<a href="mailto:Erik.Wilson@smyrna.k12.de.us">Erik.Wilson@smyrna.k12.de.us</a>
Jazmin McKenzie	Dietitian	<a href="mailto:Jazmin.McKenzie@smyrna.k12.de.us">Jazmin.McKenzie@smyrna.k12.de.us</a>
Steven Gott	Director of Finance	<a href="mailto:Steven.Gott@smyrna.k12.de.us">Steven.Gott@smyrna.k12.de.us</a>
Philip Davis	Supervisor of School Safety	<a href="mailto:Philip.Davis@smyrna.k12.de.us">Philip.Davis@smyrna.k12.de.us</a>

4. How often does the School Wellness Committee (SWC) meet per year?

Once per year

## Section II: Implementation Progress

Use the rating scale to track if the Wellness Policy components are implemented at this school. Please include implementation strategies and resources used. Also, list challenges and/or barriers.

### Rating scale:

3= Always

2= Sometimes

1= Rarely

0= Never

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2 = Sometimes	<i>Example: Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.</i>	<ul style="list-style-type: none"> <li>• Students receive 1-hour of nutrition education weekly</li> <li>• Healthy eating &amp; physical activity posters are located throughout the school specifically in cafeteria</li> </ul>	MyPlate USDA Team Nutrition resources	<ul style="list-style-type: none"> <li>• Identifying appropriate curricula that provides skill-based lessons that integrates core subjects</li> <li>• Lack of time dedicated to teaching nutrition education lessons</li> </ul>
2 = Sometimes	Age-appropriate nutrition education and nutrition promotion activities are provided to students in all grade levels throughout the school year.	<ul style="list-style-type: none"> <li>-At a minimum the Child Nutrition Program promotes National School Breakfast Week, National School Lunch Week &amp; Farm to School Month in the cafeteria</li> <li>-The Physical Education teacher promotes nutrition education in the classroom when circumstances do not permit for lessons from Dietitian</li> </ul>	<ul style="list-style-type: none"> <li>-Cafeteria</li> <li>-Smyrna Child Nutrition</li> <li>-Terrific Tray/MyPlate</li> <li>-School Nutrition Association</li> <li>-Physical Education Class</li> <li>-Gymnasium</li> </ul>	- Schedule interference with nutrition lessons for 2025-2026 school year

3 = Always	All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds with the <a href="#">USDA regulations for the National School Lunch and School Breakfast programs.</a>	-The Child Nutrition office plans all breakfast and lunch menus to be in compliance with all state and federal regulations	- USDA regulations for National School Lunch Program and School Breakfast Program - Health-e Meal Planner - National School Breakfast Week - National School Lunch Week	- Students bring foods from home that does not reflect child nutrition regulations
3 = Always	All foods and beverages sold outside of the school meal program meets or exceeds with the <a href="#">USDA Smart Snacks in School nutrition standards.</a> <i>(This includes vending machines, school stores and in-school fundraisers)</i>	-The only food and beverage items sold to the students are through the school meal programs -All a la carte foods and drinks sold by the cafeteria are Smart Snack compliant	-Smart Snack Calculator <a href="https://foodplanner.healthiergeneration.org/calculator/">https://foodplanner.healthiergeneration.org/calculator/</a>	-N/A
3 = Always	Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School nutrition</a> standards on the school campus, during the school day.	-The monthly breakfast and lunch menus are posted in the cafeteria -No other foods and/or beverages are advertised on the school campus - Morning announcements mention the lunch of the day	-Child Nutrition Program website: <a href="https://smyrna.healthliving.net/">https://smyrna.healthliving.net/</a> -Posted monthly breakfast and lunch menus in the cafeteria	- N/A
3 = Always	Our school prohibits withholding activity/recess as a punishment.	-Recess is never withheld as a punishment -If a restorative method is needed students may be late to recess, but it is never withheld.	-Restorative methods used in place of withholding activity/recess	-N/A

3 = Always	Physical activity opportunities ( <i>such as recess, classroom energizers, structured and un-structured play</i> ) are offered to students before, during and after school on a daily basis.	<ul style="list-style-type: none"> <li>-The playground is open before, during and after school for students to use</li> <li>-Teachers provide brain breaks during the school day</li> <li>-After school students are offered various activities to participate in: Girls on the Run, Glow Party, After school dance</li> </ul>	<ul style="list-style-type: none"> <li>-Girls on the Run program offered after school</li> <li>-Teacher led Brain Breaks</li> <li>-Playground</li> <li>-Gymnasium</li> <li>- Dancing Activities</li> </ul>	<ul style="list-style-type: none"> <li>-Limited space in the classrooms</li> <li>-Limited time allowed before the school day starts.</li> <li>- After school activities are based on the season</li> <li>- Funding/volunteer availability for new activities is limited</li> <li>- After school activities require students to sign up</li> </ul>
3 = Always	All students receive the required weekly minutes of physical education based on state/national standards.	-Every student has physical education class on their schedule each week	<ul style="list-style-type: none"> <li>-Various sports equipment</li> <li>-Designated gymnasium</li> <li>-Student provided water bottles</li> <li>-Potable water (water fountains available)</li> </ul>	-N/A
3 = Always	Our school communicates to the public about the content and implementation of the Local School Wellness Policy.	-The Wellness Policy is always available on the District website, Child Nutrition Program website, online menus and Child Nutrition office	<ul style="list-style-type: none"> <li>-Child Nutrition Program website: <a href="https://www.smyrna.k12.de.us/">https://www.smyrna.k12.de.us/</a></li> <li>- Nutrition Department Website: <a href="https://smyrna.healtheliving.net/">https://smyrna.healtheliving.net/</a></li> </ul>	-N/A
2 = Sometimes	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	<ul style="list-style-type: none"> <li>-Staff that participate in Girls on the Run are getting physical activity</li> <li>-The school cafeteria does offer staff the same meal options that are offered to students within the state and federal regulations</li> </ul>	<ul style="list-style-type: none"> <li>-Girls on the Run</li> <li>-Benefits provided through insurance offered to state employees</li> <li>-Food items offered that follow strict calorie, saturated fat, sodium and trans-fat restrictions</li> </ul>	<ul style="list-style-type: none"> <li>-Availability of staff to stay after school hours to provide health promotion programs</li> <li>-Willingness of staff to stay after hours to receive benefits of health promotion</li> </ul>

			-MyPlate/Terrific Tray	
3 = Always	Families have the opportunity to be involved in making decisions for school wellness policies	-Families and community members have the opportunity to attend monthly school board meetings and provide input on the Wellness policy	-School board meetings -Wellness policy committee	-Schedule conflicts of community members to attend monthly meetings

### Section III: Action Plan Goals

List the top two health & wellness goals your school focused on this year.

Goals	Implementation Activities	Successes	Challenges	Resources Used
<i>Example: Ensure all food &amp; beverages offered outside of school meals program meet USDA Smart Snacks in school nutrition standards</i>	<i>School wellness committee created an approved list of snacks and beverages. The principal shared the policy and approved list of items with school staff, parents, and community stakeholders to reinforce the policy</i>	<i>After 6-months of reinforcing the school policy and continuously sharing the approved list of items the goal was achieved.</i>	<i>Explaining to parents why only items on the approved list were permitted in the school.</i>	<ul style="list-style-type: none"> <li>• Local school wellness policy</li> <li>• HG Smart snack calculator to identify approved snacks and beverages</li> <li>• Newsletter and social media to spread the message</li> </ul>
Ensure all foods and beverages served daily for breakfast and lunch meet or exceed the USDA regulations for the National School	- The Child Nutrition office planned the current school year breakfast and lunch menus before the school year started. As the school year	Each week of the school year breakfast and lunch menus were in compliance with the USDA regulations for National School Lunch	-Occasional food shortages and substitutions on weekly orders.	-Health-e Meal Planner Pro

Lunch and School Breakfast programs.	progressed the Operation Specialist adjusted the menu monthly as necessary.	and School Breakfast programs		
Encourage students to increase their daily fruit and vegetable intake	<ul style="list-style-type: none"> <li>- Students are offered both hot and cold fruits and vegetables, 100% fruit juice, and cut/whole fruit</li> <li>- Cafeteria signage to encourage intake of fruits and vegetables</li> </ul>	Students are promoted and encouraged to take a fruit and/ or vegetable with breakfast and lunch options offered daily	<ul style="list-style-type: none"> <li>- Vegetables have a different (low sodium) taste than those offered outside of school</li> <li>- Students losing teeth or requiring braces causes difficulties for students to consume fresh fruits or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- MyPlate</li> <li>- One Terrific Tray</li> <li>- Breakfast and Lunch Menus</li> <li>- Physical education classes</li> </ul>

**Section IV: Wellness Policy Recommendations**

*This is space for your school to make recommendations for suggested wellness policy revisions for the district wellness council to consider.*

N/A
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Completed By: Jazmin McKenzie	Date: 06/01/2026
Principal’s Signature: Original Signed	Date: 06/01/2026

*This institution is an equal opportunity provider.*