



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
John Bassett Moore Intermediate School	4-6
Principal's Name	Principal's Email
Whitney Irwin	Whitney.Irwin@smyrna.k12.de.us

2. School Wellness Leader Contact Information

Name	Title/Position	Email
Jazmin McKenzie	Dietitian	Jazmin.McKenzie@smyrna.k12.de.us

3. School Wellness Committee Members

Name	Title/Position	Email
Justin Smeltzer	Constable	Justin.Smeltzer@smyrna.k12.de.us
Steven Gott	Director of Finance	Steven.Gott@smyrna.k12.de.us
Kristen Kahl	Supervisor of Child Nutrition	Kristen.Kahl@smyrna.k12.de.us
Erik Wilson	Principal of Clayton Intermediate School	Erik.Wilson@smyrna.k12.de.us
Jazmin McKenzie	Dietitian	Jazmin.McKenzie@smyrna.k12.de.us

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
3 = Always	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	-At a minimum the Child Nutrition Program promotes National School Breakfast Week, National School Lunch Week & Farm to School Month in the cafeteria -Health class offered to students has nutrition in the curriculum - Additional nutrition lessons provided by Dietitian	-Smyrna Child Nutrition -Terrific Tray/MyPlate -School Nutrition Association -Health Class for nutrition lessons	-Lunch period is short for Child Nutrition staff to fit in serving & eating lunch along with a nutrition promotion activity
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 USDA regulations for the National	-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	-Acceptance of food items by students since they are not what they are used to eating outside of school. I.e. reduced sodium, all whole grain...

	School Lunch and School Breakfast programs.		-National School Lunch Week	
3 = Always	All foods and beverages sold outside of the school meal program meets or exceeds with the USDA Smart Snacks in School nutrition standards . <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 https://foodplanner.healthiergeneration.org/calculator/	-N/A
3 = Always	Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition 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: https://smyrna.healtheliving.net/ -Posted monthly breakfast and lunch menus in the cafeteria	-N/A
2 = Sometimes	Our school prohibits withholding activity/recess as a punishment.	-The Wellness Policy states “Teachers and administrators shall seek alternatives to recess restriction” - Occasional recess time is used for assignment completion but never withheld as a punishment	-Support Staff members, which includes lunch monitors, are expected to communicate to teachers whenever there are behavioral concerns during lunches. - Morning meetings (responsive classroom method), restorative sessions (whole class or individual sessions),	-N/A

			parent-teacher meetings of phone conference (based on parent availability), and/or administrative conferences.	
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"> -The outdoor playground is open before, during and after school -A “morning meeting” is held where students get to do an activity. -During the school day students participate in recess, physical education class and classroom energizers -Afterschool students can participate in Girls on the Run 	<ul style="list-style-type: none"> -Girls on the Run program offered after school -Classroom energizers/brain breaks -Playground -Gymnasium 	<ul style="list-style-type: none"> -Limited space in the classrooms - Limited structured time allowed before the school day starts -After school activities are based on the season -Afterschool activities that are offered to all students
3 = Always	All students receive the required weekly minutes of physical education based on state/national standards.	-Every student has the physical education class on their schedule each week	<ul style="list-style-type: none"> -Various sports equipment -Designated gymnasium -Student provided water bottles -Potable water (water fountains) available 	-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"> -Smyrna District Website: https://www.smyrna.k12.de.us/ - Nutrition Department Website: https://smyrna.healtheliving.net/ 	-N/A

3 = Always	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	-Staff that participate in Girls on the Run are getting physical activity -The school cafeteria does offer staff the same meal options that are offered to students within the state and federal regulations - Staff take walks after school hours	-Girls on the Run -Kindness Committee -Benefits provided through insurance offered to state employees -Food items offered that follow strict calorie, saturated fat, sodium and trans-fat restrictions -MyPlate/Terrific Tray	-Time and money available to fund initiatives
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 & beverages offered outside of school meals program meet USDA Smart</i>	<i>School wellness committee created an approved list of snacks and beverages. The principal shared the policy and approved list</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"> • Local school wellness policy • HG Smart snack calculator to identify approved snacks and beverages

<i>Snacks in school nutrition standards</i>	<i>of items with school staff, parents, and community stakeholders to reinforce the policy</i>			<ul style="list-style-type: none"> • <i>Newsletter and social media to spread the message</i>
<p>1. Ensure all foods and beverages served daily for breakfast and lunch meet or exceed the USDA regulations for the National School Lunch and School Breakfast programs.</p>	<p>The Nutrition office planned the current breakfast and lunch menus before the school year started. As the school year progressed the Operations Specialist adjusted the menu on a monthly basis as necessary.</p>	<p>Each week of the breakfast and lunch menus were in compliance with the USDA regulations for National School Lunch and School Breakfast programs.</p>	<p>-Occasional food shortages and substitutions on weekly orders.</p>	<p>-Health-e Meal Planner Pro</p>
<p>2. Encourage students to increase their daily fruit and vegetable intake.</p>	<p>- Between breakfast and lunch students are offered both hot & cold vegetables, 100% fruit juice, cut fruit and whole fresh fruit are served to students daily. The cafeteria has signage to encourage students to take fruits and vegetables. - Nutrition lessons were provided to grades 4-6</p>	<p>With student exposure and verbal encouragement all students that purchase breakfast or lunch take at least one fruit or vegetable. - All students received one nutrition lesson to promote health and wellness</p>	<p>-Cooked vegetables offered at school have a different (low sodium) taste than those offered to students outside of school. -Students are at an age where they are often wearing braces. Some fruits and vegetables are more difficult for them to eat.</p>	<p>-MyPlate -One Terrific Tray -Breakfast and Lunch Menu</p>

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.

No recommendations at this time.

Completed By: Jazmin McKenzie	Date: March 7, 2025
Principal's Signature: Original Signed	Date: March 4, 2025

This institution is an equal opportunity provider.