



**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
Smyrna Elementary School	Kindergarten-3 <sup>rd</sup> Grade
Principal's Name	Principal's Email
Cynthia McNatt	<a href="mailto:Cynthia.McNatt@smyrna.k12.de.us">Cynthia.McNatt@smyrna.k12.de.us</a>

2. School Wellness Leader Contact Information

Name	Title/Position	Email
Crystal Cahall	Operations Specialist	<a href="mailto:Crystal.Cahall@smyrna.k12.de.us">Crystal.Cahall@smyrna.k12.de.us</a>

3. School Wellness Committee Members

Name	Title/Position	Email
Roger Holt	Director of Operations	<a href="mailto:Roger.Holt@smyrna.k12.de.us">Roger.Holt@smyrna.k12.de.us</a>
Christina Hudson	Director of Finance	<a href="mailto:Christina.Hudson@smyrna.k12.de.us">Christina.Hudson@smyrna.k12.de.us</a>
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>
Candace Decker	Parent	

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>
3 = Always	Age-appropriate nutrition education lessons 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 school cafeteria promotes eating a balanced diet including food items from all 5 food groups.</li> </ul>	<ul style="list-style-type: none"> <li>-Smyrna Child Nutrition</li> <li>-Terrific Tray/MyPlate</li> <li>-School Nutrition Association</li> <li>-Physical Education Class</li> <li>-Gymnasium</li> </ul>	<ul style="list-style-type: none"> <li>-Lunch period is short for Child Nutrition staff to fit in serving &amp; eating lunch along with a nutrition promotion activity</li> <li>-No specific Physical Education curriculum for nutrition promotion</li> <li>-Physical Education classes do not follow the same curriculum across the district</li> </ul>

		-The gym teacher does mention different foods and food choices throughout the school year		-No District resource/contact to integrate nutrition promotion and activities into core subjects
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 Pro Menu Planner -National School Breakfast Week -National School Lunch Week	-Acceptance of food items by students since they are not what they are used to eating outside of school. i.e. reduced sodium, whole grain, calorie restricted, etc.
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 students are through the school cafeteria. -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. -Daily announcements are made over the intercom in the morning of the cafeteria meals for 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 -Morning announcements	-N/A

		-No other foods and/or beverages are advertised on the school campus.		
2 = Sometimes	Our school prohibits withholding activity/recess as a punishment.	-Recess is not to be withheld as a punishment -There was an incidence this school year where a staff member was overheard telling students they would take recess away from the students. Administration has already addressed this situation.	-Restorative methods used in place of withholding activity/recess -Counselors	-Any incidences are to be brought to administrations attention, so they can address the issue immediately.
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.	-The playground is open before, during and after school for students to use -Teachers provide brain breaks/structured energizers during class time -Physical education class is on all students' schedules -After school students are offered various activities to participate in -SES PTO is expecting to host the annual Color Run in May	-Teachers are able to choose their own "Brain Breaks" and structured energizers to use with students -Gymnasium -Playground -Smyrna Elementary PTO	-Limited space in the classrooms -Time allowed before the school day starts to offer structured before school physical activity opportunities -After school activities are limited due to weather, staffing, age of students, and/or volunteers -After school activities are offered to all students, but they must sign up to attend
3 = Always	All students receive the required weekly minutes of physical education based on state/national standards.	-Every student has physical education on their schedule each week	-Various sports equipment -Designated gymnasium -Student provided water bottles	-N/A

			-Potable water (water fountains) available	
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	- <a href="https://www.smyrna.k12.de.us/">https://www.smyrna.k12.de.us/</a> - <a href="https://smyrna.healtheliving.net/">https://smyrna.healtheliving.net/</a>	-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	-School will do a “Biggest Loser” health program during the school year - School will offer afterschool exercises and yoga to staff members -The school cafeteria does offer staff the same meal options that are offered to students within the state and federal regulations	-School Nurse -Physical Education and Math Teacher -Gymnasium -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	-Availability of staff to stay after school hours to provide health promotion programs -Willingness of staff to stay after hours to receive benefits of health promotion
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 school board meetings

### Section III: Action Plan Goals

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

<b>Goals</b>	<b>Implementation Activities</b>	<b>Successes</b>	<b>Challenges</b>	<b>Resources Used</b>
<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>
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.	The Child Nutrition office planned the breakfast and lunch menus before the school year started. As the school year progressed the Operation Specialist adjusted the menu on a monthly basis as necessary.	Each week of both the breakfast and lunch menus were in compliance with the USDA regulations for National School Lunch and School Breakfast programs.	-Occasional food shortages and substitutions on weekly orders.	-Health-e Meal Planner Pro
2. Encourage students to increase their daily fruit and vegetable intake.	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	With student exposure and verbal encouragement all students that purchase breakfast or lunch take at least one fruit or vegetable.	-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 losing/missing teeth, so some fruits and	-MyPlate -One Terrific Tray -Breakfast and Lunch Menu

	students to take fruits and vegetables.		vegetables are more difficult for them to eat.	
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**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.*

Completed By: Jennifer Savin RD, LDN	Date: February 2, 2024
Principal's Signature: <i>Original Signed</i>	Date: February 5, 2024

*This institution is an equal opportunity provider.*