



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 High School	9-12
Principal's Name	Principal's Email
Stacy Cook	Stacy.Cook@smyrna.k12.de.us

2. School Wellness Leader Contact Information

Name	Title/Position	Email
Jennifer Savin	Registered Dietitian	Jennifer.Savin@smyrna.k12.de.us

3. School Wellness Committee Members

Name	Title/Position	Email
Roger Holt	Director of Operations	Roger.Holt@smyrna.k12.de.us
Christina Hudson	Director of Finance	Christina.Hudson@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
Jennifer Savin	Registered Dietitian	Jennifer.Savin@smyrna.k12.de.us
Lauren Decker	Physical Education Teacher	Lauren.Decker@smyrna.k12.de.us
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
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"> -This school year all students participated in a state level Health Module -Bigger, Faster, Stronger is offered as an elective and an afterschool activity -Health Advocacy Elective offered to students -Students receive education on macronutrients, micronutrients, vitamins and minerals in elective classes -Students are educated on the impact of physical activity, diet and lifestyle in required physical education classes -At a minimum the Child Nutrition Program promotes National School 	<ul style="list-style-type: none"> -Physical Education Class -Health Class -Health & Physical Education Electives -Gymnasium -State Health Module from DOE -Smyrna Child Nutrition -Terrific Tray/MyPlate -School Nutrition Association 	<ul style="list-style-type: none"> -Some classes are electives, so students have to sign up for that specific class -Health and Physical Education classes are only required for two years of a student's high school career -Lunch period is short for Child Nutrition staff to fit in serving & eating lunch along with a nutrition promotion activity

		Breakfast Week, National School Lunch Week & Farm to School Month in the cafeteria		
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 School Lunch and School Breakfast programs .	-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	-Acceptance of food items by students since they are mostly not what they are used to eating outside of school. I.e. reduced sodium, all whole grain...
3 = Always	All foods and beverages sold outside of the school meal program meets or exceeds 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 -Vending machines are on school campus for afterhours events. The vending machines are turned off during the school day	-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, lunch and CACFP menus are posted in the cafeteria -No other foods and/or beverages are advertised on the school campus	-Child Nutrition Program website: https://smyrna.healthliving.net/ -Posted monthly breakfast, lunch and CACFP menus in the cafeteria	-N/A

3 = Always	Our school prohibits withholding activity/recess as a punishment.	-Recess is not offered at the High School level	-N/A	-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.	-Outdoor fields and track are open before, during and after school -School participates in an annual "bunny hop" -Students are offered Bigger, Faster, Stronger during and after the school day -Students in marching band practice marching during the school day and performs after school -Students in ROTC practice drills during the school day and perform after school -Various sports and organizations are offered during the fall, winter and spring	-Track -Football field -Soccer field -Gymnasium -Weight room	-Time allowed before the school day starts to offer much before school physical activity opportunities
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 in accordance with state/national standards before graduation	-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	-The Wellness Policy is always available on the District website, Child Nutrition Program website,	- https://www.smyrna.k12.de.us/	-N/A

	implementation of the Local School Wellness Policy.	online menus and Child Nutrition office	- https://smyrna.healtheliving.net/	
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	-“Mindfulness” class offered after school for staff who want to sign up -Staff are able to utilize the track and weight room on the school campus -The school cafeteria does offer staff the same meal options that are offered to students within the state and federal regulations	-School Nurse -Outdoor Track -Weight room -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	-N/A
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 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</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>stakeholders to reinforce the policy</i>			<i>• Newsletter and social media to spread the message</i>
1. Ensure students are given the opportunity to provide input for the breakfast and lunch menus.	The Child Nutrition Program reached out to various student clubs/organization to arrange a student input meeting with a representative from each club/organization.	The school wellness leader and High School cafeteria manager were able to share student input with the menu planner and incorporate some of their requests within the next month's lunch menu.	-Not all students were able to attend the after school meeting. -Some of the menu items students requested were not in compliance with the USDA regulations.	-USDA regulations for the National School Lunch and School Breakfast programs. -Taste test of entrée items being considered for the breakfast menu.
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 students to take fruits and vegetables.	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 wearing braces, so some fruits and vegetables are more difficult for them to eat.	-MyPlate -One Terrific Tray -Breakfast and Lunch Menu posted in cafeteria and Child Nutrition Website

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.

Ex: Require school-level wellness committees to support local school wellness policy compliance

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Completed By: Jennifer Savin RD, LDN	Date: April 19, 2023
Principal's Signature: <i>Original Signed</i>	Date: May 3, 2023

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