



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

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"> • Students receive 1-hour of nutrition education weekly • Healthy eating & physical activity posters are located throughout the school specifically in cafeteria 	MyPlate USDA Team Nutrition resources	<ul style="list-style-type: none"> • Identifying appropriate curricula that provides skill-based lessons that integrates core subjects • Lack of time dedicated to teaching nutrition education lessons
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"> -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 	<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

		<p>-Students are educated on the impact of physical activity, diet and lifestyle in required physical education classes</p> <p>-At a minimum the Child Nutrition Program promotes National School Breakfast Week, National School Lunch Week & Farm to School Month in the cafeteria</p>		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 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 not what they are used to eating outside of school. I.e. reduced sodium, whole grain, calorie restricted...
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 students are through the school cafeteria. -All a la carte foods and drinks sold by the cafeteria are Smart Snack compliant. -Vending machines are on school campus for	-Smart Snack Calculator https://foodplanner.healthiergeneration.org/calculator/	-Snacks are being handed out at no cost from teachers.

		afterhours events. The vending machines are turned off during the school day.		
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.healtheliving.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	-Track -Football field -Soccer field -Gymnasium -Weight room	-Time allowed before the school day starts to offer much before school physical activity opportunities

		-Various sports and organizations are offered during the fall, winter and spring		
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 implementation of the Local School Wellness Policy.	-The Wellness Policy is always available on the District website, Child Nutrition Program website, online menus and during business hours in the Child Nutrition office.	- https://www.smyrna.k12.de.us/ - https://smyrna.healtheliving.net/	-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	-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	-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	-School board meetings -Wellness Policy committee	-Schedule conflicts of community members to attend monthly school board meetings

		meetings and provide input on the Wellness Policy.		
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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 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"> • Local school wellness policy • HG Smart snack calculator to identify approved snacks and beverages • Newsletter and social media to spread the message
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 planed the 2023/2024 school year 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 the 2023/2024 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

<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.</p>	<p>With student exposure and verbal encouragement all students that purchase breakfast or lunch take at least one fruit or vegetable.</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, so some fruits and vegetables are more difficult for them to eat.</p>	<p>-MyPlate -One Terrific Tray -Breakfast and Lunch Menu</p>
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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.

<p>Completed By: Jennifer Savin RD, LDN</p>	<p>Date: December 18, 2023</p>
<p>Principal's Signature: <i>Original Signed</i></p>	<p>Date: January 22, 2024</p>

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