



Smyrna School District Wellness Policy Assessment Tool

The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA.

District Name: Smyrna School District

Grades Taught: Early Childhood-12th Grade

Policy Reviewer: Jennifer Savin RD, LDN

Date: May 16, 2023

Yes	No	Section I: Public Involvement
		We encourage the following to participate in the development, implementation and evaluation of our wellness policy: <input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> School Food Service Staff <input checked="" type="checkbox"/> P.E. Teachers <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> School Board Members <input checked="" type="checkbox"/> School Health Professionals <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Public
		Person in charge of compliance (Name/Title): <i>Jennifer Savin RD, LDN Registered Dietitian</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The policy is made available to the public. Indicate how: School District and Child Nutrition Program Website and available at all school district buildings
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our policy goals are measured and the results are communicated to the public. Please describe: Each school in the district was reviewed using the "Wellness Site Assessment Tool" to see who frequently the Wellness Policy was being followed. The reviews are posted on the Child Nutrition Program website:
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district completes triennial review of the wellness policy. If more frequently, please describe: The triennial review of the wellness policy was held on May 16, 2023
Yes	No	Section II: Nutrition Education
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Our district's written wellness policy includes measurable goals for nutrition education.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc.).
		We offer nutrition education to students in: <input checked="" type="checkbox"/> Elementary School <input checked="" type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School
Yes	No	Section III: Nutrition Promotion
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy includes measurable goals for nutrition promotion.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We place fruits and vegetables where they are easy to access.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We ensure students have access to hand-washing facilities or hand sanitizing stations prior to meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We regularly share school meal nutrition, calories and sodium content information with students and families.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer taste testing or menu planning opportunities to our students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We participate in Farm to School activities and/or have a school garden.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We price nutritious foods and beverages lower than less nutritious foods and beverages.
		We offer fruits and/or non-fried vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" type="checkbox"/> A La Carte
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

<input checked="" type="checkbox"/>	<input type="checkbox"/>	We prohibit the use of food and beverages as a reward.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide teachers with samples of alternative reward options other than food or beverages.
Yes No	Section IV: Nutrition Guidelines	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our districts written wellness policy addresses nutrition standards for USDA reimbursable meals.
		We operate the School Breakfast Program: <input checked="" type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input checked="" type="checkbox"/> Grab & Go
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We follow all nutrition regulations for the National School Lunch Program (NSLP).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate an Afterschool Snack Program at qualifying schools. Qualifying schools include: Smyrna High School, Smyrna Middle School, JBM Intermediate School and North Smyrna Elementary School
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate the Fresh Fruits and Vegetable Program at qualifying schools. Qualifying schools include: North Smyrna Elementary School
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a Certified Food Handler as our Food Service Manager.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented <i>Smart Snacks</i> nutrition standards for ALL items sold during school hours, including: <input checked="" type="checkbox"/> a La Carte <input type="checkbox"/> School Stores <input type="checkbox"/> Vending Machines <input type="checkbox"/> Fundraisers
Yes No	Section V: Physical Activity	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for elementary students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school students during a term or semester.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We require physical education classes for graduation (high schools only).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide recess for elementary students on a daily basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide opportunities for physical activity integrated throughout the day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Teachers are allowed to offer physical activity as a reward for students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer before or after school physical activity (competitive sports, non-competitive sports, and/or other clubs).
Section VI: Additional Information		
Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being and ability to learn. Describe progress made in attaining these goals.		
<ul style="list-style-type: none"> -The elementary schools in the District participate in the Heart Association's "Jump Rope for Heart" -Our Registered Dietitian worked with the physical education teacher at Sunnyside Elementary School to teach a class on nutrition during each of the student's physical education class periods. -Smyrna High School continues to participate in an annual "Bunny Hop for Hunger" -In the 2023/2024 school year Child Nutrition will begin offering the option to purchase a "Pizza Party", that is compliant with the Wellness Policy, directly through the school cafeteria(s). -A future goal includes having our Registered Dietitian work with each elementary school principal and physical education teacher to provide nutrition education/promotion to students. 		
Section VII: Contact Information		
For more information about the district's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.		
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