**DeKalb County School District Wellness Policy Assessment Tool 2021-22**

**Areas of Assessment:**

1. **Organization, Leadership, and Assessment**
2. **Nutrition Guidelines, Education, and Promotion**
3. **Physical Activity and Other School-based Activities that promote Student Wellness**

**This assessment is based on USDA Local School Wellness Requirements and Local School Board Policy 6.411**

1. **Policy Organization, Leadership, and Assessment**

**Requirement: Designation of one or more LEA or school official(s) to ensure each school is compliant with the established wellness policy &** **A plan for stakeholder involvement**

Policy 6.411 Language:

“A district school health advisory council shall be established to serve as a resource to school sites for implementing policies and programs and to develop an active working relationship with the county health council. The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, health professionals, school food service representatives, and members of the public. Additionally, each school will have a Healthy School Team consisting of teachers, students, parents and administrators. The Team shall hold Healthy School Team meetings during the school year to assess needs and oversee planning and implementation of school health efforts.”

**District school health advisory council**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | SHAC meets twice a year to review HST action plans and helps implement steps to progress. CSH participates in DeKalb Wellness Commission quarterly, reporting on department progress. |

**Healthy School Teams**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | A HST has been established at all 5 schools. Reports and action plans are submitted once in the fall and once in the spring. CSH/School Nutrition compiles the data and reports at the SHAC meetings. |

**Requirement: A plan for assessment of the implementation of the policy. This assessment must be conducted at least every 3 years and be made publically available.**

Policy 6.411 Language:

Annual Progress Reports

“The District will compile an annual report to share basic information about the wellness policy and report on the progress of the schools in meeting wellness goals. This report will be published to the District’s website each May and will include, is not limited to:

* A description of each school's progress in meeting goals
* A summary of each school's events or activities related to wellness policy implementation
* Information regarding how individuals can get involved with policy development and who to contact
* The website address for the wellness policy and/or how the public may access a copy

Triennial Progress Assessments

“At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools in the District are in compliance with the current policy
* The extent to which the District's policy compares to the Alliance for a Healthier Generation's model policy and current governing regulations
* A description of the progress made in reaching the District's goals”

Implementation Metrics

“The effectiveness of the Student Wellness Policy will be assessed using the following factors:

* Participation rates in the school meal programs
* Student and parent satisfaction surveys to monitor the effect of the school environment on student health, behavior, and school performance
* Teacher surveys of student's classroom behavior, attention span, and memory
* Student BMI and other Physical Fitness Data”

**Annual Progress Reports**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Reports will be completed yearly again, now that COVID-19 is on the downward spiral. |

**Triennial Progress Assessments**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Assessment will be completed again in 2022-23. |

1. **Nutrition guidelines, Education, and Promotion**

**Requirement: Established nutrition guidelines for all foods and beverages offered to students for sale that are consistent with the meal pattern requirements and nutrition standards for competitive foods.**

Policy 6.411 Language:

“All schools within the District shall participate in the USDA child nutrition programs, including the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. The school nutrition coordinator shall be responsible for overseeing the school district’s compliance with the State Board of Education Rules and Regulations for sale of food items in the school district. Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools”

**Child nutrition Programs meeting applicable nutrition guidelines**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | All programs are in compliance & have been audited per regulations. |

**Meals shall be accessible to all students in a non-stigmatizing manner**.

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Each student receives the same experience and all civil rights requirements are met. |

**Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Students are afforded adequate time to eat and continuous improvement is made to the school food environment. |

**All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the**

**Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools**

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| Fully in Place | Partially in Place | Not in Place | Comments |
|  | ✔ |  | Improvements have been made, however not all schools are compliant. |

**Requirement: Specific goals for Nutrition Promotion and Education**

Policy 6.411 Language:

“The District will promote healthy nutrition through various activities, including nutrition related newsletters, informational links on the district website, healthy eating posters and bulletin boards in dining areas, and informational booths at various community functions. Nutrition Education will be offered as part of a standards based program designed to provide students with the knowledge and skills needed to promote and protect their health. Nutrition Education will discourage teachers from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy breakfast.”

**The District will promote healthy nutrition through various activities, including nutrition related newsletters, informational links on the district website, healthy eating posters in dining areas, and informational booths at various community functions.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Bulletin Boards, posters, and info links are all in place.  CSH does a quarterly newsletter and conducts various nutrition and healthy eating/drinking promotional events and activities with students, teachers, and parents throughout the school year. |

**Nutrition Education will be offered as part of a standards based program designed to provide students with the knowledge and skills needed to promote and protect their health.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | CSH conducts/facilitates lessons with students covering a variety of heath topics. CSH partners with the local Health Dept. to implement nutrition related curriculums. The CATCH curriculum was purchased for DMS this school year to implement nutrition education into the Wellness classes. |

**Nutrition Education will discourage teachers from using high fat, sugar, and sodium foods as rewards and encourage students to start each day with a healthy breakfast.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Breakfast participation is encouraged district wide throughout the school year via the nutrition dept. Healthier food options in the classroom were a HST goal at two schools this school year. |

**School Nutrition will ensure continuous improvement of the school meal environment using evidence based methods, such as the Smarter Lunchroom Movement**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | SN managers use SML techniques and are constantly learning new methods of improvement through SNA memberships. |

**School Nutrition will encourage the use of non-food related fundraising or the limitation of fundraisers that utilize food of minimal nutritional value.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | CSH and SN promote non-food rewards and/or healthier options. DWS and DMS are making steps toward healthier fundraisers as a part of their HST goals this school year. |

**All New marketing of food and beverage items must meet competitive foods standards that are consistent with the Smart Snacks standards**

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| Fully in Place | Partially in Place | Not in Place | Comments |
|  | ✔ |  | Principals are aware of requirements, however there are still some materials used that don’t meet requirements. |

**School Nutrition will expand the Summer Food Service Program to service more students**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | New sites are added each summer. |

1. **Physical Activity and other school based activities that promote student wellness**

**Requirement: Specific goals for Physical Activity and Other School Based activities that promote student wellness**

Policy 6.411 Language

“The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. In addition to the district’s physical education program, non-structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will consist of a temporary withdrawal or cessation from usual school work or sedentary activities. Schools shall continue to offer after school sports and activities. Physical activity shall not be employed as a form of discipline or punishment.”

**Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | All schools offer P.E. and P.A. opportunities. |

**In addition to the district’s physical education program, non-structured physical activity periods shall be offered in grades K-6. Non-structured physical activity will consist of a temporary withdrawal or cessation from usual school work or sedentary activities.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Recess and PA breaks. |

**Schools shall continue to offer after school sports and activities**

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| Fully in Place | Partially in Place | Not in Place | Comments |
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**Physical activity shall not be employed as a form of discipline or punishment.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Per policy. |

**Promotion of and provision for physical activity programs for students and teachers**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Staff biggest loser weight loss programs. Staff exercise equipment purchased. Active seating purchased for all schools for students and staff. Walking clubs implemented into all 5 schools for students and staff. |

**Promotion of more active play during student recess**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | New equipment purchased for School P.E. programs. Recess equipment purchased by CSH. Try-Day Friday winners receive recess packs. |

**Promotion of physical activity breaks in the classroom**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | Promotion of PA break resources to staff and parents via newsletters. |

**CSH Involvement in student organizations and school programs related to prevention of Tobacco and Drug use.**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | CSH partnership with DeKalb Prevention Coalition and SADD club/Climate Crew to implement Drug, tobacco and Alcohol prevention |

**CSH Involvement in various local community and school health efforts**

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| Fully in Place | Partially in Place | Not in Place | Comments |
| ✔ |  |  | CSH partners with...   * DeKalb Prevention Coalition * DeKalb Health Dept. * 2nd Harvest Food * DeKalb Wellness Commission * Afterschool and other school based programs |