

## CSD Individual School Wellness Assessments SUMMARY 2020-2021

The CSD Wellness Committee created a rubric for evaluating the implementation of our district wellness policies during the 2020-2021 school year. We asked school principals to assign a liaison for their building to assist them in filling out the form. Nine schools (Clairemont, Glennwood, Oakhurst, Westchester, Winnona Park, Fifth Avenue, Talley St., RMS, and DHS) completed this rubric and gave the committee information on support they want to receive next year. Below is a summary of the results collected. Please see the document “**Wellness Summary Assessment 2020-2021**” for an overview of our wellness policy implementation throughout the City Schools of Decatur.

### Section 2 Rating scale:

3= Always

2= Sometimes

1= Rarely

0= Never

### CSD School-Specific Wellness Survey: Clairemont Spring 2021

#### Section 1: School and Contact Information

##### 1. School Information

School Name	Low Grade	High Grade
Clairemont Elementary School	Kindergarten	2nd

Principal's Name	Principal's Email
Dr. Curtis Armour	carmour@csdecatur.net

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2. School Wellness Liaison Contact Information

Name	Email	Phone Number

*School liaison will be identified for the 2021-2022 school year. The wellness committee completed the following rubric using information collected from Clairemont and the district.*

**Section 2: Implementation Progress**

**ASSESSMENT FOR CLAIREMONT SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Farm to school Special Radish F2S Day	Wylde Center  CSD Nutrition	In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds & a handout with nutrition facts and a taste test survey. All CSD students were

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				<p>welcomed to pick-up meals for this special event.</p> <p>Not able to do as much due to pandemic limiting instruction time</p>
3	<p>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>.</p>	FREE meals for ALL students	CSD Nutrition Department	CSD School Nutrition follows NSBP & NSLP standards
N/A	<p>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></p>	N/A	N/A	<p>N/A</p> <p>(Not relevant to K-5 schools)</p>
3	<p>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.</p>	Cafeteria Posters	CSD Nutrition Dept	<p>Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year</p>

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3	Our school prohibits withholding activity/recess as a punishment.	Not an approved policy	District policy	
2	Physical activity opportunities ( <i>such as recess, classroom energizers, structured and unstructured play</i> ) are offered to students before, during and after school on a daily basis.	Brain Breaks & mask breaks were provided to students learning in-person  After school physical activity breaks in PODs	GoNoodle  PE class  POD teachers	Limited instruction time during the pandemic.
3	All students receive the required weekly minutes of physical education based on state/national standards.	All students received 1 hour of PE instruction per week when in-person learning	PE teachers	
2	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Reset Program	YMCA	All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff
2	Families have the opportunity to be involved in making decisions for school wellness policies.	All of CSD and the Decatur community was notified through district-wide email, the nutrition facebook page, and the nutrition webpage. Several committee members were added through these methods.	Email, facebook, CSD website	Individual school wellness committees seemed to have dissolved over the last few years.

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**CSD School-Specific Wellness Survey: Glennwood Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Glennwood ES	K	2

Principal's Name	Principal's Email
Dr. Holly Brookins	hbrookins@csdecatour.net

2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Nurse Beth Barrington	ebarrington@csdecatour.net	404-370-4435

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**Section 2: Implementation Progress**

**ASSESSMENT FOR GLENNWOOD SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
Choose a rating. 2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Farm to table; garden initiative; Food of the month	Wylde Center PTA Volunteers	Pandemic- we were not able to do much of this due to pandemic  In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds & a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.
Choose a rating. 3	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> .	School meals; free meals for all students	CSD Nutrition Department	CSD School Nutrition follows NSBP & NSLP standards

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Choose a rating.  N/A	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>	N/A	N/A	N/A  (Not relevant to K-5 schools)
Choose a rating.  4	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.	Posters	Nutrition Department	Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year
Choose a rating.  4	Our school prohibits withholding activity/recess as a punishment.	We do not approve of this practice. Kids need movement.		
Choose a rating.  3	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.	Walk to school, Bike to school initiatives	GA Safe Schools; GA Commute to School; PTA	

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Choose a rating. 4	All students receive the required weekly minutes of physical education based on state/national standards.	PE activities and lessons; Brain Break/Movement Break activities	PE teacher and classroom teachers	** Check about PE requirements**  From meeting on 5/18/21
Choose a rating. 1	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Reset Program	YMCA	All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff
Choose a rating. 3	Families have the opportunity to be involved in making decisions for school wellness policies.	School Leadership Team; PTA activities	SLT  PTA	

**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

- Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)
- Strategies for meeting wellness components
- Ideas for healthy and profitable non-food fundraisers
- Ideas for healthy school non-food celebrations



**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Increasing student engagement

Identifying local and state resources

Other (please specify): \_\_\_\_\_  
\_\_\_\_\_

**CSD School-Specific Wellness Survey: Oakhurst Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Oakhurst Elementary	Kindergarten	Second Grade

Principal's Name	Principal's Email
Tanisha Sanders	tsanders@csdecatour.net

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### 2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Dawn Durham	ddurham@csdecatur.net	(700) 427-4840


### Section 2: Implementation Progress

#### ASSESSMENT FOR OAKHURST SPRING 2021


**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	<p>Healthy eating and activity posters are located in the cafeteria and school clinic</p> <p>Wylde Center collaboration with Oakhurst which provides numerous activities and lessons regarding healthy food, gardening, taste tests, etc. with each</p>	<p>MyPlate</p> <p>Oakhurst Slideshow:  <a href="https://docs.google.com/presentation/d/1BZkmkAQP2Bob9iLmVCFMxxMVJZLfrdmxGgptW0aLIcQ/edit?usp=sharing">https://docs.google.com/presentation/d/1BZkmkAQP2Bob9iLmVCFMxxMVJZLfrdmxGgptW0aLIcQ/edit?usp=sharing</a></p> <p>Wylde Center/Decatur Farm to School</p> <p>CHOA Strong4Life</p> <p>Oakhurst Health &amp; Wellness Day:  <a href="https://docs.google.com/document/d/1ncu4h7LT6TX66H9umWh4X39SOk0_6T">https://docs.google.com/document/d/1ncu4h7LT6TX66H9umWh4X39SOk0_6T</a></p>	<p>Unable to provide in-classroom Nutrition lessons throughout this school year due to reduced school day, virtual classes, in-person cohorts, etc.</p> <p>Oakhurst's Health &amp; Wellness Day postponed this year due to the pandemic</p>


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		<p>grade level at least twice a year</p> <p>Oakhurst's annual Health &amp; Wellness Day partners with community resources, including Strong4Life and the Wylde Center to provide engaging educational stations for all students to rotate through</p> <p>Nutrition education provided to students by Nurse Durham</p> <p>Special Radish Day with F2S</p>	<p><a href="https://www.instagram.com/p/cuPaxfQ5kHI7M/edit?usp=sharing">cuPaxfQ5kHI7M/edit?usp=sharing</a></p> 	<p>In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds &amp; a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.</p>
<p>3</p>	<p>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></p>	<p>All food and beverages provided to students at Oakhurst come from the CSD Nutrition department</p> <p>We do not permit food for class celebrations/parties at Oakhurst</p>	<p><a href="https://www.csdecatur.net/Page/1388">https://www.csdecatur.net/Page/1388</a></p>	<p>CSD School Nutrition follows NSBP &amp; NSLP standards</p>

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<p>3</p>	<p>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></p>	<p>Oakhurst only serves foods provided by the CSD Nutrition Dept.</p> <p>Oakhurst's SLT approved a policy to remove food from class celebrations/parties.</p> <p>Oakhurst does not have a school store or participate in food-based fundraisers.</p>	<p><a href="https://docs.google.com/document/d/1pzyUXfTuu9eCLnhxKgAcJ3ePv2i8F3Ly1eXSyJi68gk/edit?usp=sharing">https://docs.google.com/document/d/1pzyUXfTuu9eCLnhxKgAcJ3ePv2i8F3Ly1eXSyJi68gk/edit?usp=sharing</a></p>	<p>None</p> <p>(Not as relevant to K-5 schools)</p>
<p>3</p>	<p>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.</p>	<p>Marketing or advertising of foods and beverages done through CSD Nutrition Dept</p> <p>Food/drink posters displayed in school clinic meet standards</p>	<p>My Plate</p> 	<p>-create a bulletin board in more visible locations promoting smart snacks and healthy food options for students</p>

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3	Our school prohibits withholding activity/recess as a punishment.	School staff receives guidance from school administration yearly regarding daily recess for all students as well as not withholding recess as a tool for punishment		
3	Physical activity opportunities (such as recess, classroom energizers, structured and unstructured play) are offered to students before, during and after school on a daily basis.	<p>Recess is a priority at Oakhurst with ample space and opportunity for unstructured play, including use of two playgrounds, basketball court and the field. Students receive 30 minutes of recess daily.</p> <p>Teachers build in movement and activity/brain breaks throughout the day.</p> <p>Walk &amp; Roll/Safe</p>	Go Noodle	

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		Routes to School encourages walking rather than driving to school		
3	All students receive the required weekly minutes of physical education based on state/national standards.	Physical Education classes are provided for students for one hour each week.		
2	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Reset Program	<p>Stacie Kenner- Oakhurst Wellness Committee Team Lead</p> <p>Susan Albright-Oakhurst Wellness Committee Co-Lead</p> <p>YMCA</p>	<p>-for next year, Nurse Durham to create a wellness bulletin board for staff promoting healthy practices, events and opportunities as well as community resources</p> <p>-consider a staff after school walking group</p> <p>All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset</p>

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				program. Challenges: CSD should have followed up by further promoting this opportunity to staff
2	Families have the opportunity to be involved in making decisions for school wellness policies.	Through the PTA, a parent volunteers each year to be the Walk & Roll/Safe Routes to School Champion  Parents in Oakhurst's SLT are involved in making decisions for school wellness policies.  Parent volunteers assist the Wylde Center during their visits to Oakhurst	Walk & Roll/Safe Routes to School  Proposal presented to SLT re: food-free celebrations: <a href="https://docs.google.com/document/d/1AwwhhuJpJCKkQZNFJfjc56XDpWJCRIy9HgT3JjGo9Y/edit?usp=sharing">https://docs.google.com/document/d/1AwwhhuJpJCKkQZNFJfjc56XDpWJCRIy9HgT3JjGo9Y/edit?usp=sharing</a>	

**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)

Strategies for meeting wellness components

Ideas for healthy and profitable non-food fundraisers

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Ideas for healthy school non-food celebrations

X Increasing student engagement

X Identifying local and state resources

Other (please specify): \_\_\_\_\_  
\_\_\_\_\_

**CSD School-Specific Wellness Survey: Westchester Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Westchester Elementary	K	2

Principal's Name	Principal's Email
Dr. Kimberly Watson	kwatson@csdecatour.net



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2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Nancy Garrison RN	<a href="mailto:ngarrison@csdecalur.net">ngarrison@csdecalur.net</a>	404-370-4400 X-4507
Latonya Henry	<a href="mailto:lhenry@csdecalur.net">lhenry@csdecalur.net</a>	404-370-4400

**Section 2: Implementation Progress**

**ASSESSMENT FOR WESTCHESTER SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Wylde Center provides nutrition and healthy eating instruction 4 x year.  Healthy eating/food lessons are provided by the school nurse	Shape America  USDA  Wylde Center/Decatur Farm to School  School Nurse	Time restraints in classroom scheduling  In October 2020 we offered a radish side item for our kids as a partnership with F2S. We

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		<p>Health and wellness lessons are provided during PE instruction</p> <p>Special Radish Day in October 2020</p>	PE Education	<p>gave every student packets of radish seeds &amp; a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.</p>
3	<p>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>.</p>	<p>All beverages are provided by the school Nutrition Department and meet USDA regulations.</p>	CSD Nutritional Department	<p>CSD School Nutrition follows NSBP &amp; NSLP standards</p>
3	<p>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></p>	<p>N/A: There are no vending machines, stores or food fundraisers at Westchester Elem.</p>		<p>N/A</p> <p>Not relevant to our K-5 schools!</p>
3	<p>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.</p>	<p>Posters and advertisement material meet USADA standards</p>	<p>CSD Nutrition Department</p> <p>My Plate</p>	<p>Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

3	Our school prohibits withholding activity/recess as a punishment.	Recess is never withheld as a punishment	CSD District and Westchester policy	
3	Physical activity opportunities ( <i>such as recess, classroom energizers, structured and unstructured play</i> ) are offered to students before, during and after school on a daily basis.	Physical activity opportunities are implemented throughout the school day in the form of brain breaks and recess.  There is no structured before or after school activities.	WE Scheduled recess  Go Noodle breaks  Walk & Roll to School	School size and grade levels (k-2) restricts before and after school structured activities.  There is the opportunity for occasional unstructured activities before and after with the Walk to School days.
3	All students receive the required weekly minutes of physical education based on state/national standards.	Students receive the required mandated minutes of physical education required by the state standards	CSD Handbook  Shape America Standards  GAHPERD	Restricted time in PE class.
2	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	Group Workout class (2x a week)  Walking Challenge (1-2x a year)  Biggest Loser (1x a year)  Providing healthy	PE Instructor  Nurse  Sunshine Committee  YMCA	Time constraint with staff work schedules  All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff

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		snack and drink options  YMCA Reset Program		
Choose a rating: 2	Families have the opportunity to be involved in making decisions for school wellness policies.	Families are involved in the planning of walk and roll to school days.  PTA provided recess equipment.	Safe Routes to School Committee  PTA volunteers	Age of student population  Challenges: No official wellness committee involving staff and parents.

**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)

Strategies for meeting wellness components

Ideas for healthy and profitable non-food fundraisers

Ideas for healthy school non-food celebrations

Increasing student engagement

Identifying local and state resources

Other (please specify): \_\_\_\_\_  
\_\_\_\_\_

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### CSD School-Specific Wellness Survey: Winnona Park Spring 2021

#### Section 1: School and Contact Information

##### 1. School Information

School Name	Low Grade	High Grade
Winnona Park Elementary	K	2nd

Principal's Name	Principal's Email
Ruth Scott	rscott@csdecatur.net

##### 2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Jen Eagle	jeagle@csdecatur.net	404-370-4490

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

**Section 2: Implementation Progress**

**ASSESSMENT FOR WINNONA PARK SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
<p>3= Always  <b>2= Sometimes</b>                      1= Rarely                      0= Never</p>	<p>Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.</p>	<p>Each class has their own garden box to plant fruits &amp; veggies. Here they continue to learn all about healthy eating choices.</p> <p>Special Radish Day in October 2020</p>	<p>DF2S  <a href="http://www.wyldecenter.org">www.wyldecenter.org</a></p>	<p>Challenges: Time. How can this be embedded in Expeditions?</p> <p>In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds &amp; a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.</p> <p>Kindergarten classes have their own garden box</p>

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<p>3= Always 2= Sometimes 1= Rarely 0= Never</p>	<p>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></p>	<p>Our school system participates in the National School Lunch Program and the National School Breakfast Program</p>	<p><a href="https://www.csdecatur.net/Page/478">https://www.csdecatur.net/Page/478</a></p>	<p>CSD School Nutrition follows NSBP &amp; NSLP standards</p>
<p>3= Always 2= Sometimes 1= Rarely 0= Never</p>	<p>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></p>	<p>We do not sell food or beverages outside of the school meal program.</p>	<p>NA</p>	<p>We have one vending machine with sodas, but it is only for adult use.  (Not relevant to K-5 schools)</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

<p>3= Always                  2= Sometimes                  1= Rarely                  0= Never</p>	<p>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.</p>	<p>Posters</p>	<p>USDA, MyPlate</p>	<p>Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year</p>
<p>3= Always                  2= Sometimes                  1= Rarely                  0= Never</p>	<p>Our school prohibits withholding activity/recess as a punishment.</p>	<p>Everyone is given the opportunity for outside activity.</p>	<p>Link to policy in district and WP handbook</p>	<p>Providing teachers with resources other than withholding recess/activity.</p>
<p>3= Always                  2= Sometimes                  1= Rarely                  0= Never</p>	<p>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.</p>	<p>Teachers use online resources and activities to engage students in physical activity during academic blocks.</p> <p>Walk to school, Bike to school initiatives</p>	<p>Gonoodle                  Youtube                  GA Safe Schools; GA Commute to School; PTA</p>	<p>Covid-19 currently makes recess a challenge, however daily energizing walks &amp; masks breaks are happening.</p>



**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

<p>3= Always 2= Sometimes 1= Rarely 0= Never</p>	<p>All students receive the required weekly minutes of physical education based on state/national standards.</p>	<p>Daily-20 minutes of recess  Weekly-60 minutes of PE (in normal times)  PE teachers use the National and State standards to guide instruction.</p>		<p>State standard is 150 minutes/week. Scheduling only allows for 60 minutes a week when school is fully in session. Currently in the pandemic we are delivering 45 minutes/week.</p>
<p>3= Always 2= Sometimes 1= Rarely 0= Never</p>	<p>The school promotes staff participation in health promotion programs and will support programs for staff members on healthy eating and physical activity</p>	<p>We have a yoga class our PE teacher leads for staff. We have a vegetable of the month that we incorporate in our meals for students &amp; staff. We participate in DF2S.  YMCA Reset Program</p>	<p><a href="http://www.wyldecenter.org">www.wyldecenter.org</a>  YMCA</p>	<p>All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff</p>
<p>3= Always 2= Sometimes 1= Rarely 0= Never</p>	<p>Families have the opportunity to be involved in making</p>			<p>Local Wellness Committee at WP dissolved. We used to have it....</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

	decisions for school wellness policies.			Next Year: Focus on bringing back wellness committees at individual schools
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**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

X Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)

X Strategies for meeting wellness components

Ideas for healthy and profitable non-food fundraisers

Ideas for healthy school non-food celebrations

Increasing student engagement

X Identifying local and state resources

Other (please specify): \_\_\_\_\_

\_\_\_\_\_

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**CSD School-Specific Wellness Survey: Fifth Avenue Upper Elementary Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
5th Avenue Upper Elementary	3rd	5th

Principal's Name	Principal's Email
Karen Newton-Scott	knewton@csdecatur.net

2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Eddie Johnson	ejohnson@csdecatur.net	678-536-5723

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**Section 2: Implementation Progress**

**ASSESSMENT FOR FIFTH AVENUE SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
Choose a rating. 2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Special F2S Radish Day	Wylde Center CSD Nutrition	In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds & a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.  Lack of time to create lessons for students. Lack of a framework on which to base the lessons.
Choose a rating. 3	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> .	Our cafeteria staff serves dishes and recipes that meet the USDA standards.  CSD Nutrition follows NSLP and NSBP	School Menus  Lunch Recipes  CSD Nutrition	

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Choose a rating.  N/A	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>	Our school does not sell additional snacks and beverages that do not appear on the lunch menu.		(Not as relevant to K-5 schools)
Choose a rating.  N/A	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.	Posters in cafeteria	MyPlate CSD Nutrition	Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year
Choose a rating.  3	Our school prohibits withholding activity/recess as a punishment.	Teachers are not allowed to take recess from students as a consequence unless students show unsafe play at recess for a specified short amount of time	<a href="#">Explicitly stated on page 14 of F.Ave Staff Handbook</a>	
Choose a rating.  3	Physical activity opportunities <i>(such as recess, classroom energizers, structured and unstructured play)</i> are offered to students before, during and after school on a daily basis.	Students have 30 minutes of unstructured play time daily during the school day.	<a href="#">School Schedule</a>	

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Choose a rating.	All students receive the required weekly minutes of physical education based on state/national standards.	Yes, all students received the weekly required physical education.	<a href="#">Pre-pandemic School Schedule</a>	
Choose a rating. 2	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	PTO and F.Ave PBIS Team partnered to provide our teachers with Yoga at school	<a href="#">Yoga in the Courtyard</a>	
Choose a rating. N/A	Families have the opportunity to be involved in making decisions for school wellness policies.	No		Waiting on district guidance on forming a F.Ave Wellness Team that includes all stakeholders.

**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)

- Strategies for meeting wellness components
- Ideas for healthy and profitable non-food fundraisers
- Ideas for healthy school non-food celebrations
- Increasing student engagement

# CSD Individual School Wellness Assessments SUMMARY 2020-2021

Identifying local and state resources

Other (please specify): \_\_\_\_\_  
\_\_\_\_\_

## CSD School-Specific Wellness Survey: Talley Street Spring 2021

### Section 1: School and Contact Information

#### 1. School Information

School Name	Low Grade	High Grade
Talley Street	3rd Grade	5th Grade

Principal's Name	Principal's Email
Billy Heaton	<a href="mailto:bheaton@csdecatur.net">bheaton@csdecatur.net</a>

#### 2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Billy Heaton	bheaton@csdecatur.net	404-491-3801

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

**Section 2: Implementation Progress**

**ASSESSMENT FOR TALLEY STREET SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
Choose a rating.	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Begin to implement the newly adopted GSE Health Standards	<a href="#">Georgia Standards of Excellence Health Standards</a>	Trying to find the time to fit in the new health standards in an already tight instructional schedule
Choose a rating.  3	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> .	Continue to follow the USDA regulations	Talley Street Nutritional Staff; CSD School Nutrition Dept.	CSD School Nutrition follows NSBP & NSLP standards



**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

<p>Choose a rating.  2</p>	<p>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></p>	<p>Work with the PTO room parents to ensure that USDA Smart Snack in School Standards are followed</p>	<p>PTO</p>	<p>Monitoring process to ensure that the school's PTO room parents are abiding by the guidelines</p> <p>K-5 schools don't sell foods before/after school or during school events like our 6-12 schools, so this section isn't as relevant to our K-5 schools</p>
<p>Choose a rating.  2</p>	<p>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School nutrition standards</a> on the school campus, during the school day.</p>	<p>Posters</p>	<p>USDA, MyPlate, talley st nutrition staff</p>	<p>Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year</p>
<p>Choose a rating.  3</p>	<p>Our school prohibits withholding activity/recess as a punishment.</p>	<p>Share the BOE policy on recess with staff during faculty meeting</p> <p>PBIS expectations</p>	<p><a href="#">20-21 Master Schedule</a></p> <p>Admin Regulation- Unstructured Break Time</p>	<p>Monitoring individual teachers behavior</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

<p>Choose a rating. 3</p>	<p>Physical activity opportunities (such as recess, classroom energizers, structured and unstructured play) are offered to students before, during and after school on a daily basis.</p>	<p>Build into the master schedule dedicated time for unstructured play/Recess</p> <p>Verify that the number of minutes for PE meets required guidelines</p> <p>Review teachers' daily schedules to confirm energizers are included in schedule</p>	<p><a href="#">20-21 Master Schedule</a></p>	<p>For the upcoming school year, mitigation strategies will complicate the recess schedule.</p> <p>Difficulty of having classroom brain breaks/energizers with social distancing requirements</p>
<p>Choose a rating. 3</p>	<p>All students receive the required weekly minutes of physical education based on state/national standards.</p>	<p>Verify that the number of minutes for PE meets required guidelines</p>	<p><a href="#">20-21 Master Schedule</a></p>	<p>N/A</p>
<p>Choose a rating. 2</p>	<p>The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity</p>	<p><a href="#">Staff Walking Challenge</a></p> <p>Farm to School</p> <p>YMCA Reset Program</p>	<p>YMCA</p>	<p>Challenges w/ Walking Competition: Staff participation since it is voluntary</p> <p>All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

2	Families have the opportunity to be involved in making decisions for school wellness policies.	<a href="#">Talley SLT Bylaws</a>	SLT	
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**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

- Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)
- Strategies for meeting wellness components
- Ideas for healthy and profitable non-food fundraisers
- Ideas for healthy school non-food celebrations
- Increasing student engagement
- Identifying local and state resources
- Other (please specify): \_\_\_\_\_

\_\_\_\_\_

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

**CSD School-Specific Wellness Survey: Renfroe Middle School Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Renfroe Middle School	6	8

Principal's Name	Principal's Email
Greg Wiseman	gwiseman@csdecatur.net

2. School Wellness Liaison Contact Information

Name	Email	Phone Number

*School liaison will be identified for the 2021-2022 school year. The wellness committee completed the following rubric using information collected from Renfroe and from the district.*

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

**Section 2: Implementation Progress**

**ASSESSMENT FOR RENFROE MIDDLE SCHOOL SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
Choose a rating.	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Special F2S Radish Day  Food safety handouts w/ nutrition education	Wylde Center CSD Nutrition	In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds & a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.  Nutrition education provided in all food safety handouts

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

<p>Choose a rating. 3</p>	<p>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>.</p>	<p>Our cafeteria staff serves dishes and recipes that meet the USDA standards.</p> <p>CSD Nutrition follows NSLP and NSBP</p>	<p>School Menus</p> <p>Lunch Recipes</p> <p>CSD Nutrition</p>	
<p>Choose a rating. 3</p>	<p>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></p>	<p>Due to pandemic we were unable to sell a la carte food and beverages to students. In “normal times” all food and beverages sold ALL follow USDA Smart Snacks guidelines</p>	<p>CSD Nutrition/Smart Snacks Guidelines</p>	<p>Next year we will work with CSD Nutrition to ensure that we continue only serving approved items to middle school students.</p>
<p>Choose a rating. 2</p>	<p>Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in School nutrition standards</a> on the school campus, during the school day.</p>	<p>Cafeteria posters</p>	<p>MyPlate/USDA</p>	<p>More posters are needed at the school site</p>

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Choose a rating. 3	Our school prohibits withholding activity/recess as a punishment.	Activity time is not withheld from students as per CSD policy	CSD District Policy	Challenges: Ensuring all teachers and staff know other methods of student discipline
Choose a rating. 3	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.	All students have the opportunity to participate in athletic activities and activities through the Decatur Active Living Association. Students are encouraged to walk and ride safely to school. In “normal” times all grades are offered 10-15 min of recess after eating lunch.	Decatur Active Living  CSD Athletics  Safe Routes to School	
Choose a rating. 2	All students receive the required weekly minutes of physical education based on state/national standards.	In the state of GA all middle school students are required to take the equivalent of 1 academic year of physical education (½ PE and ½ Health)	PE teachers	Pandemic resulted in virtual schooling for over ½ of school year. RMS plans to resume normal PE activities in the next year.
Choose a rating. 1	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Reset Program	YMCA	All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

Choose a rating.  1	Families have the opportunity to be involved in making decisions for school wellness policies.	All of CSD and the Decatur community was notified through district-wide email, the nutrition facebook page, and the nutrition webpage. Several committee members were added through these methods.	Email, facebook, CSD website	Challenges: Need to restart RMS wellness committee with staff, parents, and teachers.
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**CSD School-Specific Wellness Survey: Decatur High School Spring 2021**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Decatur High School	9	12

Principal's Name	Principal's Email
Rochelle Lofstrand	rlofstrand@csdecatur.net



**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Holly Fletcher	hfletcher1@csdecatur.net	404 370 4170 ext 2157

**Section 2: Implementation Progress**

**ASSESSMENT FOR DECATUR HIGH SCHOOL SPRING 2021**

**\*Schools should include artifacts to support their answers ( ex. Pictures, flyers, etc...)**

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
2	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Special Radish Day in October 2020	Wylde Center/Decatur Farm to School	In October 2020 we offered a radish side item for our kids as a partnership with F2S. We gave every student packets of radish seeds & a handout with nutrition facts and a taste test survey. All CSD students were welcomed to pick-up meals for this special event.

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

3	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> .	CSD Nutrition follows nutrition guidelines as required by USDA	USDA NSLP and NSBP standards  CSD Nutrition	
3	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>	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	Unable to sell a la carte items this year due to the pandemic. Next year we will continue serving food and beverages that meet or exceed Smart Snack standards.
3	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.	Posters  Vending machines	USDA, MyPlate  Coca-Cola	Most schools need MORE nutrition promotion posters around the cafeterias! Will look into this as we move into the 2021-2022 school year  The 3 vending machines that are accessible to students only contain beverages, no food. All beverages sold meet or exceed Smart Snack standards

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

N/A	Our school prohibits withholding activity/recess as a punishment.	N/A at the 9-12 level	N/A	N/A
2	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.	All students have the opportunity to sign up for and try out for Decatur High Athletics  Decatur Active Living programs	PE teachers  Decatur High Athletics	Challenges: finding time outside of PE classes to be active
3	All students receive the required weekly minutes of physical education based on state/national standards.	In the state of GA all high school students are required to take the equivalent of 1 academic year of physical education (½ PE and ½ Health)		Challenges: finding time outside of PE classes to be active  (same challenges as previous category)
1	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Reset Program	YMCA	All CSD staff were emailed about a FREE opportunity to sign up for the YMCA reset program. Challenges: CSD should have followed up by further promoting this opportunity to staff

**CSD Individual School Wellness Assessments SUMMARY 2020-2021**

1	Families have the opportunity to be involved in making decisions for school wellness policies.	All of CSD and the Decatur community was notified through district-wide email, the nutrition facebook page, and the nutrition webpage. Several committee members were added through these methods.	Email, facebook, CSD website	Challenges: Need to restart DHS wellness committee with staff, parents, and teachers.
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**Section III: Resources and Support**

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

- Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)
- Strategies for meeting wellness components
- Ideas for healthy and profitable non-food fundraisers
- Ideas for healthy school non-food celebrations
- Increasing student engagement
- Identifying local and state resources
- Other (please specify): At the high school level, the Food and Nutrition Department should work with our PE department to make sure Health and Personal Fitness lessons incorporate all of these ideas. Providing lessons for advisement or other times would be great too.

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