

## CSD Individual School Wellness Assessments SUMMARY 2021-2022

The CSD Wellness Committee provided a rubric to evaluate the implementation of our district wellness policies during the 2021-2022 school year. We asked all 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.

Please see the document “**Wellness Summary Assessment 2021-2022**” 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 2022**

#### Section 1: School and Contact Information

##### 1. School Information

School Name	Low Grade	High Grade
Clairemont Elementary School	K	2

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
Chanell Huff-Cox	chuff-cox@csdecaur.net	404 370-4450

**Section 2: Implementation Progress**

**ASSESSMENT FOR CLAIREMONT SPRING 2022**

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

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
1	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.		Wylde Center/ Decatur Farm to School	Having time carved out in the required curriculum schedule to incorporate nutrition education.  Challenges: responsibilities related to COVID impacted nurse ability to teach nutrition classes this year

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<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>CSD Nutrition follows nutrition guidelines as required by USDA</p> <p>All food and beverages served to students at Clairemont for breakfast and lunch come from the CSD Nutrition Dept</p> <p>The Outshine Popsicles provided for the end of month birthday celebrations were approved using the USDA's Smart Snack Calculator located on the CSD website.</p>	<p>USDA NSLP and NSBP standards</p> <p><a href="https://foodplanner.healthiergeneration.org/calculate/">https://foodplanner.healthiergeneration.org/calculate/</a></p>	<p>Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.</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>All CSD a la carte items sold follow USDA Smart Snacks guidelines</p> <p>Clairemont does not have a school store nor does the school participate in food based fundraisers</p>	<p>USDA Smart Snacks</p>	<p>Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i></p>
<p>1</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>Cafeteria Posters</p> <p>Marketing or advertising of foods and beverages is done through the CSD Nutrition Dept</p>	<p>USDA, MyPlate</p>	<p>Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations</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 un-structured play</i> ) are offered to students before, during and after school on a daily basis.	There are no structured before or after school physical Activities	GoNoodle PE class Recess	No supervision available for before and after school physical activity opportunities.
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 as scheduled	PE Education standards	

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<p>3</p>	<p>All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.</p>	<p>Monthly Walk and Roll to School</p>	<p>City of Decatur Active Living “Safe Routes to School” <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a></p> <p>School newsletter</p> <p>Yard signs posted in the school yard and in the community.</p>	
<p>3</p>	<p>Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity</p>	<p>YMCA Membership discount to CSD faculty/staff</p> <p>“Wellness Wednesdays” yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25</p> <p>The Clairmont PTA sponsored (3) 30 min yoga classes for staff from February-May</p>	<p>YMCA Email from Shonda Moore</p> <p>Email from Shonda Moore</p> 	<p>Challenge: Do staff members take advantage of this discount?</p> <p>Challenge: can everyone in the district make it to RMS on Wednesdays</p>

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2	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee  YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore  School Leadership Team	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved
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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

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**CSD School-Specific Wellness Survey: Glennwood Spring 2022**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Glennwood Elementary School	K	2

Principal's Name	Principal's Email
Dr. Holly Brookins	Hbrookins@csdecatur.net

2. School Wellness Liaison Contact Information

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

**Section 2: Implementation Progress**

**ASSESSMENT FOR GLENNWOOD SPRING 2022**

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



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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.	Healthy eating and physical activity posters are in cafeteria and clinic	Wylde Center/ Decatur Farm to School	Challenges: pandemic mitigations have limited activities with F2S and the Wylde Center
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	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.

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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> . (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines  Not many students eating snacks this year	USDA Smart Snacks	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
3	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.	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations
3	Our school prohibits withholding activity/recess as a punishment.	Maintain time held for recess		

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3	Physical activity opportunities (such as recess, classroom energizers, structured and un-structured play) are offered to students before, during and after school on a daily basis.	Brain break (outside, unstructured play for 10 minutes daily)  Recess daily		
3	All students receive the required weekly minutes of physical education based on state/national standards.	30 minute PE class 4 days a week	PE Education standards	
3	All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.	Walk and Roll Monthly	City of Decatur Active Living “Safe Routes to School” <a href="https://www.decatarga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decatarga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	

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2	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Membership discount to CSD faculty/staff  "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore  Email from Shonda Moore	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays
2	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee  YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved  Challenge of a low priority this year since Covid and academics have been the focus

**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 2021-2022**

Ideas for healthy school non-food celebrations

Increasing student engagement

Identifying local and state resources

**CSD School-Specific Wellness Survey: Oakhurst Spring 2022**

**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 Frazier	tfrazier@csdecatur.net

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Dawn Durham, RN	ddurham@csdecatur.net	(404) 370-4470


**Section 2: Implementation Progress**

**ASSESSMENT FOR OAKHURST SPRING 2022**

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

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
3	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Wylde Center garden lessons and planting for students  Oakhurst's Nutritious November:  -Healthy eating videos for the morning news show  -Nutrition library section/display	Wylde Center/ Decatur Farm to School  Wakelet for teachers(links to nutrition videos, read-aloud books and songs)  ChooseMyPlate.gov  Nutrition.gov  USDA.gov	-having time for in-class lessons due to extra demands/limitations from pandemic

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

		<p>-Wakelet for teachers</p> <p>-Food groups/Nutrition bulletin board</p> <p>-Healthy eating/Nutrition instruction during PE class (i.e. food group relay)</p> <p>Nutrition posters throughout school clinic</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>CSD Nutrition follows nutrition guidelines as required by USDA</p>	<p>USDA NSLP and NSBP standards</p>	<p>Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.</p>

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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> .	All CSD a la carte items sold follow USDA Smart Snacks guidelines  No vending machines or school stores at Oakhurst  Food-free celebrations in classrooms	USDA Smart Snacks	
3	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.	Cafeteria Posters  School Clinic posters/displays	USDA, MyPlate, Nutrition.gov	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations
2	Our school prohibits withholding activity/recess as a punishment.	We do not take away recess as a punishment. We occasionally hold restorative conferences as a portion of recess, but not the entire time.	Restorative circle resources	Because we do not suspend, it is sometimes difficult to find other ways to give consequences.



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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.	Recess daily for all students for 30 minutes Brain breaks/movement breaks throughout the day	GoNoodle	
3	All students receive the required weekly minutes of physical education based on state/national standards.	PE special	PE Education standards	
2	All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.	Scheduled Walk and Roll Day for students	City of Decatur Active Living “Safe Routes to School” <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	Planned activities for Safe Routes to School more challenging this year due to pandemic

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3	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	Wellness Wednesday Workouts in the Oakhurst Auditorium for all Oak staff 3:15-3:45 Nov. 2021-May 2022 (cardio, strength training and yoga) Posters, flyers in staff areas (lounge and staff restrooms) on healthy eating, sleep, exercise YMCA Membership discount to CSD faculty/staff "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore Email from Shonda Moore Popsugar Fitness Self magazine online fitness videos Yoga by Adrienne Sleepfoundation.org FDA.gov Wellness Wednesday Oakhurst emails	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays Challenge: staff members often have after-dismissal commitments
3	Families have the opportunity to be involved in making decisions for school wellness policies.	Oakhurst PTA Walk and Roll/Safe Routes to School Committee Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved Challenges: organizing events with large groups during the pandemic

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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

### CSD School-Specific Wellness Survey: Westchester Spring 2022

#### Section 1: School and Contact Information

##### 1. School Information

School Name	Low Grade	High Grade
Westchester Elementary	K	2

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<b>Principal's Name</b>	<b>Principal's Email</b>
Christie Manasso	cmanasso@csdecatur.net
Latonya Henry	lhenry@csdecatur.net

2. School Wellness Liaison Contact Information

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

Westchester Wellness Assessment continued on next page



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**Section 2: Implementation Progress**

**ASSESSMENT FOR WESTCHESTER SPRING 2022**

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

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.		Wylde Center/ Decatur Farm to School	
3= Always	All foods and beverages available on the school campus during the school day as part of the school meal program meets or	CSD Nutrition follows nutrition guidelines as required by USDA	USDA NSLP and NSBP standards	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	exceeds with the <a href="#">USDA regulations for the National School Lunch and School Breakfast programs.</a>			Breakfast/Lunch/Snack on a daily basis.
3= Always	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	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
3= Always	Our school only markets or advertises foods and beverages that meet the <a href="#">USDA Smart Snacks in</a>	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	<p><a href="#">School nutrition</a> standards on the school campus, during the school day.</p>			
3= Always	<p>Our school prohibits withholding activity/recess as a punishment.</p>	<p>CSD policy prohibits students from missing recess.</p>	<p>CSD Handbook</p>	
3= Always	<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>GoNoodle, JAM (just a minute) video, Cosmic Kids Yoga, The Learning Station movement songs, recess, physical education class</p>	<p>Google Drive (JAM video) &amp; online sources</p>	<p>Currently, there is no before school option for students. This is due to limited space and supervision.</p> <p>In the future, we will create a shareable drive so the movement breaks are located in a central location. Easy access to all staff members.</p>

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

<p>2= Sometimes</p>	<p>All students receive the required weekly minutes of physical education based on state/national standards.</p>	<p>2xs a week for 30 mins</p>	<p>State and National PE Education standards</p>	<p>Limited time to see students for PE due to required minutes in core subject areas. We are under the 90 contact hours a week for direct PE instruction. Students are allowed multiple movement breaks throughout the day to enhance student learning.</p>
<p>2= Sometimes</p>	<p>All students are aware of "Safe Routes to School" to promote biking and/or walking to school. Crossing guards are present along major routes.</p>	<p>Bike Dudes present to students about safety.</p>	<p>City of Decatur Active Living "Safe Routes to School"  <a href="https://www.decalurga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decalurga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a></p>	<p>This year with an interim administration team, we did not focus on the safe routes to school program as much as we have in the past. Next year, we will start back with walk and roll to school and having Bike Dudes present more at community circle.</p>
<p>2= Sometimes</p>	<p>Our school promotes staff member participation in health promotion programs and will support programs for staff members</p>	<p>YMCA Membership discount to CSD faculty/staff "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25</p>	<p>YMCA Email from Shonda Moore Email from Shonda Moore</p>	<p>Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays</p>



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	on healthy eating and physical activity			Challenge: in the past we have offered workout classes to staff members after school, this has changed due to covid.
2= Sometimes	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved

**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**

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**CSD School-Specific Wellness Survey: Winnona Park Spring 2022**

**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 2021-2022**

**Section 2: Implementation Progress**

**ASSESSMENT FOR WINNONA PARK SPRING 2022**

**\*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.	Nutrition lessons embedded in curriculum where appropriate	Wylde Center/ Decatur Farm to School	Decreased these lessons during pandemic
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	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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> . (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
2	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.	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations
3	Our school prohibits withholding activity/recess as a punishment.	PBIS/code of conduct		

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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.	Student receive a minimum of 20 minutes of recess daily		
3	All students receive the required weekly minutes of physical education based on state/national standards.	Students receive 60 minutes each week of PE	PE Education standards	
3	All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.	PTA has a “Walk and Roll” committee that communicates with and promotes SRTS events	City of Decatur Active Living “Safe Routes to School” <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	

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2	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Membership discount to CSD faculty/staff "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore Email from Shonda Moore	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays
2	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved

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**CSD School-Specific Wellness Survey: Spring 2022**

**Section 1: School and Contact Information**

1. School Information

School Name	Low Grade	High Grade
Fifth Avenue Upper Elementary School	3	5

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

2. School Wellness Liaison Contact Information

Name	Email	Phone Number
Greg Prather	gprather@csdecaur.net	404 371 6680

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**Section 2: Implementation Progress**

**ASSESSMENT FOR FIFTH AVENUE SPRING 2022**

**\*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.	Sarah Guest plants a small garden annually outside the school and the children are educated as they help with the garden.  Posters in cafeteria	Wylde Center/ Decatur Farm to School	<i>Identifying appropriate curricula that provides skill-based lessons that integrates core subjects</i>  <i>Lack of time dedicated to teaching nutrition education lessons</i>
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	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.



**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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> . (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
3	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.	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations
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	<a href="#">Explicitly stated on page 14 of F.Ave Staff Handbook</a>	N/A

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

		at recess for a specified short amount of time		
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.	Students have 30 minutes of unstructured play time daily during the school day.	<a href="#">School Schedule</a>	Extreme weather can affect the quality of the physical activity the children receive as the time is usually moved in doors during bad weather. In some cases in a classroom.
3	All students receive the required weekly minutes of physical education based on state/national standards.	The PE coaches run a great program that challenges the students both academically and physically.	PE Education standards	Incorporating students who are either medically or physically challenged
3	All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.	Abundant crossing guards as well as heavy local police presence during the school transition hours	City of Decatur Active Living “Safe Routes to School” <a href="https://www.decalurqa.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decalurqa.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	Some parents continue to try to use drop off zones that are closed or unsafe. Students and parents crossing where there is not a crosswalk.

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

3	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Membership discount to CSD faculty/staff “Wellness Wednesdays” yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore Email from Shonda Moore	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays
3	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved

**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

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**CSD School-Specific Wellness Survey: Talley Street Spring 2022**

**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
Sandra Gunn	<a href="mailto:sgunn@csdecatur.net">sgunn@csdecatur.net</a>	<b>470-283-7340</b>

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**Section 2: Implementation Progress**

**ASSESSMENT FOR TALLEY STREET SPRING 2022**

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

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
3	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	Health Posters School Garden	Wylde Center/ Decatur Farm to School  MyPlate	Limited time for nutritional classes and gardening.
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	Students participate in the nutrition program but several students with food allergies are listed in the school

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

2	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> . (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	No vending machines for students in school. Many students forget their morning snacks.
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.	Cafeteria Posters	USDA, MyPlate	N/A
N/A	Our school prohibits withholding activity/recess as a punishment.	N/A at the 9-12 level	Playground with a large amount of physical activity opportunities.	Weather restrictions

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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.	PE and recess requirements are used.	Girls on the run, Whiz kids	Time restrictions and financial needs for after school programs.
3	All students receive the required weekly minutes of physical education based on state/national standards.	Every class receive the required minutes	PE Education standards	Required weekly limits are limited.
3	All students are aware of "Safe Routes to School" to promote biking and/or walking to school. Crossing guards are present along major routes.		City of Decatur Active Living "Safe Routes to School" <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	
3	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Membership discount to CSD faculty/staff "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore Email from Shonda Moore	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Weds

### CSD Individual School Wellness Assessments SUMMARY 2021-2022

3	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved
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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



**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**CSD School-Specific Wellness Survey: Renfroe Middle School Spring 2022**

**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@csdecalur.net

2. School Wellness Liaison Contact Information

Name	Email	Phone Number

*\*School liaison will be identified for the 2022-2023 school year. The wellness committee completed the following rubric using information collected from Renfroe and the district.*

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**Section 2: Implementation Progress**

**ASSESSMENT FOR RENFROE MIDDLE SPRING 2022**

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

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.		Wylde Center/ Decatur Farm to School	
	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</a>	CSD Nutrition follows nutrition guidelines as required by USDA	USDA NSLP and NSBP standards	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	<a href="#">and School Breakfast programs.</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> (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
	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.	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	Our school prohibits withholding activity/recess as a punishment.			
	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 receive the required weekly minutes of physical education based on state/national standards.		PE Education standards	

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	<p>All students are aware of “Safe Routes to School” to promote biking and/or walking to school. Crossing guards are present along major routes.</p>		<p>City of Decatur Active Living “Safe Routes to School”  <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a></p>	
	<p>Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity</p>	<p>YMCA Membership discount to CSD faculty/staff “Wellness Wednesdays” yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25</p>	<p>YMCA Email from Shonda Moore          Email from Shonda Moore</p>	<p>Challenge: Do staff members take advantage of this discount?</p>
	<p>Families have the opportunity to be involved in making decisions for school wellness policies.</p>	<p>Promotion of CSD wellness committee          YMCA Healthy Kids Day at the Y on 4/30/22</p>	<p>Newsletters, facebook          Email from Shonda Moore</p>	<p>Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved</p>

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**CSD School-Specific Wellness Survey: Decatur High School Spring 2022**

**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

2. School Wellness Liaison Contact Information

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

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

**Section 2: Implementation Progress**

**ASSESSMENT FOR DECATUR HIGH SCHOOL SPRING 2022**

**\*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/ Decatur Farm to School  DHS Culinary Arts classes	
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</a>	CSD Nutrition follows nutrition guidelines as required by USDA	USDA NSLP and NSBP standards	Challenges: unexpected product/supply shortages due to pandemic made it much more difficult to abide by USDA standards, however <u>we still met the standards</u> for Breakfast/Lunch/Snack on a daily basis.

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

	<a href="#">and School Breakfast programs.</a>			
2	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> (This includes vending machines, school stores, and in-school fundraisers)	All CSD a la carte items sold follow USDA Smart Snacks guidelines	USDA Smart Snacks	Challenges: do students eat too much a la carte and not enough meals? <i>Need to encourage BOTH</i>
3	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.	Cafeteria Posters	USDA, MyPlate	Most posters were removed in the last 2 years; plans for summer to revitalize each cafeteria space with decorations



**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

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.			
3	All students receive the required weekly minutes of physical education based on state/national standards.		PE Education standards	

**CSD Individual School Wellness Assessments SUMMARY 2021-2022**

3	All students are aware of "Safe Routes to School" to promote biking and/or walking to school. Crossing guards are present along major routes.		City of Decatur Active Living "Safe Routes to School" <a href="https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20">https://www.decaturga.com/activeliving/page/safe-routes-school#:~:text=Safe%20Routes%20to%20School%20</a>	
2	Our school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	YMCA Membership discount to CSD faculty/staff "Wellness Wednesdays" yoga and zumba for CSD staff (free!) on 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25	YMCA Email from Shonda Moore Email from Shonda Moore	Challenge: Do staff members take advantage of this discount?  Challenge: can everyone in the district make it to RMS on Wednesdays
	Families have the opportunity to be involved in making decisions for school wellness policies.	Promotion of CSD wellness committee YMCA Healthy Kids Day at the Y on 4/30/22	Newsletters, facebook  Email from Shonda Moore	Promoted the wellness committee throughout the year, challenge: to find parents who WANT to be involved

## CSD Individual School Wellness Assessments SUMMARY 2021-2022

### 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): more staff wellness on site