

Colonial School District Wellness Policy Assessment Tool SY23

Instructions: Please read each criterion in addition to referencing the full Wellness Plan and score you school's fulfillment of that criteria by placing either a 1 (Not in place) 2 (Partially in place) or 3 (fully in place)

Wellness Area: Nutrition		
	Score	Comments
1. All reimbursable breakfast, lunch, supper meals and snacks will meet Federal Nutrition Standards as required by the US. Department of Agriculture (USDA) Child Nutrition Program regulations	3	The Nutrition Services Department utilizes a USDA approved computer software to ensure all meals meet the Federal Nutrition Standards.
1a. Yearly, all meals receive six cents extra USDA reimbursement; every 4 years, Colonial will receive HealthierUS School Challenge Gold Award or better; and every three years, successful Dept. of Education (DOE) audits	3	Colonial Nutrition Services successfully completed the triennial DOE audit in School Year 2021-2022. As part of our monthly reimbursement, all lunch meals automatically receive the six cents extra reimbursement.
2. All snacks and beverage items sold anywhere on school campus to students during the school day, including but not limited to, items sold in a la carte lines, vending machines, snack bars, school stores, and fundraising must meet federal standards and/or Smart Snack guidelines.	2	There were several fundraisers that took place during the school day in which snacks and beverages were sold to students that did not meet Smart Snack guidelines.
2a. All foods sold through school cafes meet federal nutrition guidelines	3	All a la carte snacks and beverages sold to students by the Nutrition Services Department meet Smart Snack guidelines.
2b. Foods sold to students during the school day shall meet Smart Snack guidelines	2	See comment in #2
2c. The Smart Snack Calculator link will be accessible on the Wellness Policy page of the Nutrition Services website	1	An updated list of all smart snack approved items sold by Nutrition Services is available on the Nutrition Services website. The Smart Snack Calculator is used to determine which items are approved. A direct link to the calculator is not available on the Nutrition Services website.
2d. It is recommended that school-related activities taking place outside of the school day display information regarding Smart Snack Guidelines and District Wellness Policy	1	
3. Marketing activities of any food or beverages that do not meet Smart Snack nutrition guidelines are strictly prohibited on any property owned, leased, or controlled by the district. The only exception to this rule is if these images are present as a part of the curriculum, they (marketing materials, photos, corporate logos, or other marketing/brand identification images) may be used for educational purposes only.	2	
3a. The Nutrition Services Department will encourage all products such as cups, posters, menu boards, trashcans, food service equipment, vending machines, etc. to not contain graphic marketing depictions of any foods and beverages that do not meet Smart Snack guidelines.	2	
3b. The presence of electronic signs and scoreboards that contain a corporate logo that was installed prior to August 2016, may remain in place. When these signs/scoreboards are replaced, the new sign/scoreboards may either contain no marketing message or a message that promotes foods/beverages that meet USDA Smart Snacks guidelines	2	
4. Discourage outside food coming from home to be used for classroom parties, celebrations, events, and/or rewards for student behavior due to monitoring food allergies, reducing food safety concerns, and consumption of excess calories during the school day to meet Smart Snack guidelines.	2	Several classroom parties and celebrations took place during the 22-23 school year in which foods that did not meet smart snack guidelines were provided to students. Nutrition Services continues to work with District Administration to discourage outside foods from coming into the school. See Nutrition Service Outside Food Policy and Parties, Picnics, and In Classroom Feeding Policy
4a. Provide suggestions for and encourage the use of non-food incentives for student behavior	1	Appendix will be included in updated Wellness Policy for SY23-24 and uploaded to Nutrition Services Website

4b. Promote the use of Nutrition Services' order forms for classroom parties to ensure compliance with nutrition guidelines and to ensure the safety of students with food allergies.	2	Forms are located on Nutrition Services website and upon request to the Nutrition Services Cafeteria Manager.
5. Discourage competitive foods sold to students during scheduled meal times.	2	
5a. Foods will not be sold to students from school stores, bistros/school-based cafes, and/or school food-based fundraising activities during scheduled meal times.	2	
6. Optimizing scheduling of meals to improve student nutrition.	3	
6a. The Nutrition Services Department will advocate for meal schedules that are at least 3 hours apart and no more than 5 hours.	3	Nutrition Services meets with Principals annually to ensure meal schedules are planned accordingly to the best of their ability.
7. Improve/increase communication and awareness to parents and community members about healthy eating and cooking.	2	Healthy eating and physical activity resources are available on the Nutrition Services website but will be communicated via social media in the future as well.
7a. Messaging and promotions regarding nutrition education and information will be regularly posted on the Nutrition Services website and social media accounts.	3	
7b. As able, the Nutrition Services Department will attend health fairs and/or school-related events to provide nutrition-related information.	2	
Wellness Area: 2. Health and Physical Activity		
	Score	Comments
1. Physical Education (PE): Students will participate in activities, during and after the school day, that promote lifetime physical fitness	2	
1a. Data from the Teaching-Learning Framework will indicate 100% compliance with state and district curriculum standards	3	no concerns or issues expressed
1b. A review of school schedules will indicate 100% compliance with required minutes for health and physical education	3	
1c. Health and Physical Education staff will learn how to implement Focused Fitness to accommodate fitness testing requirements per Delaware regulations. Parents and the community will be made aware of reporting requirements and how to support the data	2	ongoing professional learning and focus of PD days and times. Parent piece was not done completely and should be a focus in SY 24
1d. Comprehensive school discipline plans will not include the use of withheld recess as a punishment. School teams will be trained in appropriate school discipline strategies in conjunction with school climate plans (i.e., Responsive Classroom, etc.)	2	ongoing effort here; still a practice in elementary schools
1e. Guidance will be created that identifies opportunities to incorporate Nutrition Education into school programming. For example, students in each middle school will participate in programs using Penn Bistro and Penn Farm to reiterate nutrition education. Additionally, elementary schools will establish garden programs in conjunction with Colonial's agriscience program.	2	some success at William Penn and within their health program this year to achieve this, but greater expansion suggested--notably to middle
1f. Professional learning opportunities will be made available to all instructional staff regarding the importance of physical activity within academic programs	3	
1g. Students in each Colonial school will have at least one opportunity to promote lifetime fitness strategies beyond the school day	3	opportunities for students exist in all schools beyond the academic day
2. Health Education: Students will participate in activities, during and after the school day, that promote lifetime healthy choices.	2	elementary schools need a more documented focus within this
2a. Data from the Teaching-Learning Framework data will indicate 100% compliance with state and district curriculum standards	3	no concerns or issues expressed

2b. A plan will be created that accounts for health education and corresponding topics associated with Delaware's Health Education standards that are addressed in elementary schools.		1 just getting around to this, loose discussion has been slow moving this year
2c. All schools will partner with outside agenc(ies) to supplement health education		2 various outside organizations sponsor hrealth education-related topics broadly. Noteworthy CIS
2d. Guidance will be created that identifies opportunities to incorporate health education topics into school programming/core-area instructional topics		1 this was not attempted during the SY 2023
Wellness Area: Social Emotional Wellness		
	Score	Comments
1. Colonial School District will institute various opportunities for staff, students, and families to learn about mental health, trauma, and substance abuse issues.		
1a. All schools will have a list of resources to share with parents and students. This information will be posted on the district's Health and Wellness website as well.	2	
1b. The Division of Health and Wellness will sponsor or promote parent workshops regarding topics related to social, emotional, and behavioral well-being.		2 Each school has a list of resources to share with families as needed. The Division of Health and Wellness is in the process of updating their website to include these resources.
1c. The Division of Health and Wellness will coordinate or promote professional development opportunities related to social, emotional, and behavioral well-being.	1	The Division of Health and Wellness did not sponsor workshops for the 22-23 school year.
1d. The Colonial School District will promote effective programs/practices (such as Mindfulness Training, Restorative Practices, Responsive Classroom, Conscious Discipline, etc) to support the social, emotional, and behavioral well-being of students and staff.	2	The Division of Health and Wellness continues to collaborate with district leadership to provide opportunities for staff to participate in professional development regarding social, emotional, and behavioral well-being.
1e. The Division of Health and Wellness will facilitate targeted group meetings (i.e. School Counselors, School Nurses, etc) for the purpose of sharing ideas for increased student and staff health consciousness such as mindfulness, yoga, and meditation	2	The Division of Health and Wellness continues to partner with school teams to support the implementation of Tier 1 social and emotional practices such as Conscious Discipline, Responsive Classroom, and Restorative Practices. Coaching and professional development is available upon request from school administration.
1f. The Division of Health and Wellness will collaborate with schools to address the coordination and collaboration of social, emotional, and behavioral services across grade configurations and across schools	3	The Division of Health and Wellness coordinated targeted group meetings in response to the needs of the employee groups.
2. Ensure Colonial School District's behavioral health employees and community partners will utilize social-emotional and mental health screeners to guide interventions and support for students	2	Leadership for the Division of Health and Wellness, Student Services, Curriculum and Instruction, and Schools Division meet on a regular basis to coordinate the implementation of social, emotional, and behavioral supports for schools across grade levels.
2a. The Division of Health and Wellness will:		
2ai. Coordinate training for schools on social-emotional screening processes as well as identified social-emotional screening tools.	2	
2a.ii. Ensure schools have access to social-emotional and behavioral data including social-emotional and mental health screeners.	3	The Division of Health and Wellness and Student Services facilitated a Professional Learning Community (PLC) for identified staff from each school to learn about the implementaion and analysis of social, emotional, and behavioral universal screening.
2a.iii. Facilitate communication between schools and community partner agencies to support the needs of the students.	2	As part of the PLC, members discussed universal screening data as well as additional data resources to be considered as part of the screening process. Additional training needs to be provided to school-based teams on data-based decision-making based on these multiple resources.
2a.iv. Create and communicate to teachers "look fors" and when it is appropriate to refer students for screening	2	Colonial schools have multiple community resources in place to support the social, emotional, and behavioral needs of students. Schools are collaborating with these agencies but it is recognized that communication can improve.
3. Collaborate with faith-based organizations, child care, community organizations, and mental health agencies to increase public and professional awareness of resources and treatment strategies to support student wellness needs.	1	Creation and sharing of this infomration still needs to be completed
3a. Maintain a list of faith-based organizations, child care, community organizations, and mental health agencies within the Colonial School District	2	The Division of Health and Wellness along with the Schools Division (Extended Learning) have lists of resources available within the district and in some instances the state. The work on this list continues to grow and change.

3b. Collaborate with other New Castle County districts and agencies on a joint Mental Health Conference	1	Colonial has not led the charge in the creation of a Mental Health Conference but has participated in events (i.e. Community Wellness Event sponsored by local legislators). Additionally, Colonial collaborates with other districts regarding multiple behavioral health topics.
3c. Collaborate with community organizations to educate the public about the importance of student wellness (awareness) and the resources available in Colonial schools to support student wellness	2	The Division of Health and Wellness continues to partner with community partners to support the sharing and promotion of mental health related information.
3d. Invite local community organizations to participate in Tier 1 training on social-emotional support	2	School teams are in various stages of having community partners participate in their school based team meetings when discussing social, emotional, and behavioral well-being.
4. Ensure all schools have a school-wide approach for positive school culture and tiered support strategies for dealing with challenging classroom and individual behaviors.	2	
4a. All schools will have a multi-tiered systematic approach to addressing social-emotional learning and behavior.	2	School teams are continuing to strengthen their multi-tiered approaches to supporting social, emotional, and behavioral needs of students.
4b. All schools will have a team to review social-emotional/behavior data to determine interventions and support.	2	Each school has a team that reviews the social, emotional, and behavioral needs of students in their building. Work is continuing to align practices across buildings.
4c. Schools will ensure all staff are trained in the identified approaches for addressing social-emotional learning and behavior.	2	The Division of Health and Wellness is continuing to collaborate with schools to ensure necessary professional development is available.
4d. Schools will increase collaboration between behavioral health staff, community partners, and teachers to support the individual social-emotional and behavioral needs of students.	2	Collaboration between all partners exists but continues to be expanded.
4e. The Division of Health and Wellness will continue to collaborate with Community Partners to improve communication when a student re-enters a Colonial school.	2	Communication between Alternative Placements and Colonial School District has improved during the 22-23 school year. Work is continuing to improve communication when a student returns from an "Outside Agency" (such as Rockford and MeadowWood) or long-term homebound instruction.
5. Expand wellness resources across the district.	2	
5a. The Division of Health and Wellness will support the implementation of school-based health centers in all eight elementary schools and at William Penn High School.	3	School Based Health Center services were available to all eight elementary schools and William Penn High School
5b. The Division of Health and Wellness will partner with schools to expand and coordinate behavioral health services in all schools	2	The Division of Health and Wellness continues to partner with schools to identify resources to address social, emotional, and behavioral needs of students in their schools when existing resources are not enough.
Wellness Area: Communication		
	Score	Comments
1. Build community awareness	2	
1a. Colonial School District will maintain a wellness webpage on the Colonial School District website that provides information on nutrition, physical activity, health, and social-emotional wellness	2	Colonial School District has a Wellness page that is in the process of being redesigned to meet the needs of students, families, and staff.
1b. Colonial Clippings will include articles focused on health and wellness for students, families, and the community. These articles may focus on strategies to be implemented at home or resources available in Colonial schools	3	Each month, Colonial Clippings provided information regarding a variety of resources/information such as mental health, school-based health centers, nutrition, etc.
1c. Colonial School District will partner with community legislature and community partners to offer a Community Health and Wellness Fair	3	Colonial participated in the Community and Wellness Fair
2. Advocate for wellness among staff, students, parents, and the community	2	

2a. Each school will identify School Wellness Champions <ul style="list-style-type: none"> ■ to serve on the District Wellness Committee, ■ distribute information, ■ promote wellness, ■ and assist in the implementation of the District Wellness Plan 	2	Each school has points of contact to address various wellness-related topics: <ul style="list-style-type: none"> -Nutrition Managers -School Nurses -School Counselors/Psychologists -Health/PE Teachers -Administrators
2b. Schools will promote activities or events focused on the benefit of healthy choices.	2	Schools and Colonial share information with families regarding wellness-related activities/events through newsletters
2c. Schools will promote opportunities for staff health and wellness.	2	Each school provides a variety of opportunities to staff to build a positive climate as well as support physical and emotional well-being.
3. Communicate pertinent information to parents	2	
3a. District and school websites will include the points of contact in the areas of nutrition, physical education and activity, health education, and social-emotional wellness.	2	Each school website includes information regarding staff in their building. Colonial is in the process of updating the Health and Wellness website to include important information for student, families, and staff.
3b. Following completion of Fitnessgram data entry, physical fitness data will be communicated to parents/guardians in Grades 4, 7, and 9 or 10	2	data was maintained, but communication to parents was not completely achieved.
Wellness Area: Evaluation		
	Score	Comments
1. Ensure the wellness committee is representative of all stakeholders.	2	Colonial continues to review and revise their Wellness Plan to ensure compliance with regulations as well as alignment with the District's Strategic Plan and Vision, Mission, and Values.
1a. District wellness plan completed by June 30, 2017; revised district policy board approved by June 30, 2017; plan reviewed and revised annually, by August 15th.	2	
2. Goals and strategies for nutrition, health and physical activity, and social-emotional wellness meet SMART goal standards; Strategic and specific, measurable, attainable, results-based, and time-bound.	2	
3. Evaluate wellness plan implementation and progress.	2	
3a. All schools will participate in the evaluation of the wellness plan through the completion of data collection and completion of online assessments	2	For the 22-23 school year, the district completed an evaluation of the plan. Schools were not asked to complete an individual evaluation. Schools will resume evaluation for the 23-24 school year.
4. Publicly report implementation progress	2	
4a. Wellness committee progress updates will be posted on the Wellness webpage of the Colonial School District website	3	The District Wellness Plan and Evaluation Results are posted on the Wellness Page
4b. School and district evaluation results will be on the wellness webpage of the Colonial School District website annually	3	The District Wellness Plan and Evaluation Results are posted on the Wellness Page
4c. Success stories will be posted on the wellness webpage of the Colonial School District website	2	Colonial has a Wellness website that is in the process of being updated. Success stories are posted in the "WE've got som good news" newsletters.
4d. Local and national recognition will be posted on the wellness webpage of the Colonial School District website	2	Colonial has a Wellness website that is in the process of being updated