

**Red Clay Consolidated School District**  
**Wellness Assessment Results**  
**SY 2024-2025**

The purpose of the District Wellness Plan is to provide guidelines for the wellness of students of the Red Clay Consolidated School District in accordance with the Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy Hunger Free Kids Act (HHFKA) of 2010, Section 204. Public Law 108-265, Section 204 and Public Law 111-296, Section 204 requires school districts to include the following focus areas within the wellness policy.

**The following assessment fulfills focus area #5 to measure compliance with district Wellness Policy and Plan implementation.**

**INSTRUCTIONS:** Please read each criterion in addition to referencing the full Wellness Plan and score your school's fulfillment of that criteria by placing either a:1 (Not in Place) 2 (Partly in Place) 3 (Fully in Place) in your school's column.

Health and Nutrition Education	SCORE (1-3)	COMMENTS
1.1. The amount and type of nutrition education required by the State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences are met (for amounts see wellness plan).	3.0	
1.2 Goal 2: Provide age- appropriate, evidence- based nutrition education curricula during PE/Health class in all Red Clay schools and assess knowledge gained by way of written testing and/or opportunity to exercise new skills	3.0	
1.3 Provide training and professional development for physical and/or health education staff so that they may deliver effective nutrition education to students. Make training and resources available staff	2.0	
1.4 Incorporate school gardening into science lesson plans to increase “farm to fork” health education and skills at all grade levels through the establishment of a school garden for each district school and use curriculum provided by school garden programs.	2.0	
Nutrition Promotion	SCORE (1-3)	COMMENTS
2.1 Deliver consistent messages and district practices regarding nutrition and healthy living, disseminated throughout the district’s schools, classrooms, cafeterias, homes, and community.	2.0	
2.2 Promote basic nutrition principles through the encouragement of healthy food choices, such as fruits, vegetables, and whole grains.	2.0	
2.3 Develop a student driven “school health council” that will promote key nutrition messages through planned activities and events.	1.0	

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2.4 Promote healthy choices during holidays, celebrations, and fundraisers	<b>1.0</b>	
<b>Nutrition Standards for All Foods Available on School Campus</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
3.1 Menus must comply with the current USDA food group and nutrient regulations when averaged over the week and food group portions should be consistent with those established for the three school grade to provide nutritious, well- balanced meals to students.	<b>3.0</b>	
3.2 All Foods sold on school campus (All areas of the property under the jurisdiction of the school that are accessible to students during the school day), during the school day (weekdays that school is in session beginning at 12:00 a.m. until 30 minutes after the scheduled school-end time) that are a competitive food (Foods and beverages are those that are sold or given at school during the school day outside of and in competition with the federally reimbursable meal programs), must meet “Smart Snack Standards. See APPENDIX B for what qualifies as a “smart snack.”	<b>3.0</b>	
<b>Physical Education</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
4.1 All Red Clay Schools will provide education to students in every grade in order to meet the content of the National and Delaware Physical Education Standards 1 through 6. These standards can be found outlined here: <a href="https://www.doe.k12.de.us/cms/lib/DE01922744/Centricity/Domain/374/health_requiredhours.pdf">https:// www.doe.k12.de.us/cms/ lib/DE01922744/ Centricity/Domain/374/ health_requiredhours.pdf</a>	<b>2.0</b>	
<b>Physical Activity</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
5.1 All schools will strive to meet the 150 minute recommended minimum number of minutes of physical activity as recommended by the Centers for Disease Control and Prevention.	<b>2</b>	
<b>Social, Emotional &amp; Behavioral</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
6.1 Ensure that all schools are developing and sustaining a Multi-Tiered System of Supports (MTSS) based on the school’s social, emotional and behavioral needs in order to promote and sustain an inclusive, safe school culture (Tier 1, 2, 3)	<b>3</b>	

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6.2 Provide and sustain universal Mental Health Promotion and Education in order to increase mental health literacy and reduce stigma (Tier 1)	2	
6.3 Initiate, expand, and sustain developmentally appropriate comprehensive evidence- based social emotional learning (SEL) curricula	1	
6.4 Develop and sustain targeted and individualized mental and behavioral health support for students in each school using evidence based interventions (Tier 2 and 3)	2	
6.5 Expand and sustain wraparound support for individual students in order to serve as many students within the district as possible (Tier 3)	2	
<b>Student Health</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
7.1 Ensure that all schools are establishing a community of understanding of wellness, disease prevention, and symptom recognition regarding chronic health conditions.	2	
7.2 Establish and maintain community partner relationships that will encompass targeted training for nursing staff and the school community about specific chronic health conditions.	2	
7.3 Identify chronic health conditions and trends in attendance within the school building and across the district.	2	
7.4 Utilize the Individualized Healthcare Plan (IHP) written and developed by the school nurse as the guiding document for delivery of student specific nursing care to foster communication among nursing and school staff to promote continuity of care.	3	
7.5 Advocate the necessary accommodations for both acute and chronic health conditions in the educational setting.	3	
<b>Employee Wellness</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
8.1 Provide the professional, emotional and physical health supports to Red Clay employees to foster healthy individuals as role models for our students and an environment of wellness in Red Clay Schools	2	
8.2 Minimize absenteeism, burnout and substandard performance amongst Red Clay employees	2	
8.3 Increase the department’s focus on personal and professional growth for all employee groups	1	

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Monitoring , Evaluation & Accountability	SCORE (1-3)	COMMENTS
9.1 Monitor the district's and each individual school's progress towards achieving the goals set forth in the wellness plan and inform the public of this progress.	2	
9.2 Monitor and evaluate the applicability of the wellness plan to the current school environment through feedback and data and adapt the plan as needed.	2	
<b>Overall Score</b>	<b>57</b>	
<b>% Goal Achieved</b>	0.7037	