

Triennial Assessment Tool - Carrollton City Schools

Date of Assessment: 6-29-26

Number of Schools in District: 4

Nutrition Education Goal(s):	Status:	Number of Compliant Schools:	Notes:
1. Students in grades PreK - 12 shall have the opportunity to receive nutrition education that is interactive and relevant and teaches the skills needed to adopt healthy eating behaviors.	Completed	4	Monitor grades 10-12 to determine if cross curricular education to include nutrition reaches all students.; PreK was inadvertently left off of the previous goals. Edit to include.
2. Nutrition education materials will be evident in the school cafeteria through serving line displays, bulletin boards, posters, etc.	Completed	4	These will continue to be updated at least 3 times a year.
Nutrition Promotion Goal(s):	Status:	Number of Compliant Schools:	Notes:
1. Food and beverages sold during the school day will only include foods that meet the Smart Snack guidelines.	Largely compliant; in progress	4	A lot of progress has been made in this area over the past 3 years. An occasional activity takes place where food or beverages are not compliant. However, a majority of the time, the principal or designee coordinates with the nutrition director to come up with compliant alternatives. With a new principal at CMS, be sure requirements are conveyed
2. Healthy eating, water consumption, exercise, etc. will be promoted by the wellness team through regular competitions.	On-going	4	This has been a huge success for our district. We have included monthly challenges for staff.
Physical Activity Goal(s):	Status:	Number of Compliant Schools:	Notes:
1. Students will be given opportunities for physical activities during the school day. (Recess, elective PE classes, integration	Completed/On-going	4	PreK - 8th grade incorporates recess time into their schedule in addition to PE classes. All 4 schools incorporate physical activity into the school day with outside learning activities, indoor recess, elective

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of physical activity in the academic classroom, outdoor commons time during the lunch period, etc.)			PE classes at 3 of our schools, etc.; Trojan Gold celebrations include physical activities for students
2. Students will be given opportunities for physical activities through a variety of after school programs and activities.	Completed	4	The number of after school and extra curricular activities has really grown over the past 3 years. There are opportunities for kids at all levels to remain active year around.
3. Students will be encouraged to be involved in physical activities in the community, school sponsored events, and extra curricular activities.	Completed	4	All 4 schools encourage active, community involvement in physical activities. The lower levels are strongly encouraged to participate in activities through the community recreation programs (sports, theater, etc.) as well as other community based events (fun runs, 5Ks, charity walks, Walk and Roll, etc.)
4. Staff will be encouraged to participate in movement activities to model healthy physical activity for students.	On going	4	Staff is encouraged to participate in monthly challenges. This has been a big hit at all 4 schools and the district level.
Other School-Based Activities that Promote Student Wellness Goal(s):	Status:	Number of Compliant Schools:	Notes:
1. A clean, safe, and enjoyable environment will be provided.	Completed	4	Students are encouraged to help maintain clean, safe school environment.
2. Opportunities for health screenings will be provided by nurses and school personnel.	Completed	4	Mass scoliosis, hearing, and vision screenings are conducted at age appropriate grade levels. Screenings are also conducted as needed at any grade level.
3. Counseling services will be provided for students as needed to promote mental health and social and emotional well being.	Completed/On-going	4	All 4 schools have seen a greater need for mental health support in the past few years. The district has been able to add additional counselors to better support students. Additionally, CCS has adopted a school calendar that allows breaks so that staff and students can recharge and focus on their well being.
Nutrition Guidelines for All Foods and Beverages Sold to Students	Status:	Number of Compliant Schools:	Notes:
1. Food served for lunch, breakfast, and snack will comply with USDA regulations.	Completed	4	Meals and snacks are planned in compliance with USDA regulations.

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2. Food fundraisers may not be sold or advertised in the cafeteria or in competition with school breakfast or lunch.	In progress; largely compliant	4	For the most part, schools avoid food fundraisers during the school day. We are working to be at 100% in this area.; Note: Be sure new principal is aware of regulations.
3. Exempt food fundraisers must follow the state board rule and are documented after approval by the principal.	Completed	4	Fundraisers are approved by the principal and are documented by school administration.
Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e., classroom parties, foods given as reward)</i>	Status:	Number of Compliant Schools:	Notes:
1. Parents are encouraged to send food for school celebrations and school projects that make a positive contribution to student health.	In progress	0	While all 4 schools are making great strides in this area, work in this area will continue.
2. Carrollton City Schools does not allow the delivery of outside meals to students during the school day.	Completed	4	
Policies for Food and Beverage Marketing	Status:	Number of Compliant Schools:	Notes:
1. Food and beverage fundraisers may not be advertised in the school cafeteria and must be in compliance with food fundraiser regulations.	Completed	4	
2. Food and beverages sold a la carte in the cafeteria will be Smart Snack compliant.	Completed	4	

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Wellness Policy Leadership - Name of school officials who are responsible for ensuring compliance.	Title and School	Notes:
Dr. Mark Albertus	Superintendent	
Dr. Ian Lyle	Director of Human Resources and Accountability	
Dr. Courtney Walker	Principal, Carrollton Elementary School	
Tabitha Walker	Principal, Carrollton Upper Elementary School	
Amber Gable	Principal, Carrollton Middle School	
Dr. Eric Simmons	Principal, Carrollton High School	
Wellness Committee Involvement <i>List of committee members' names</i>	Title and Organization	Notes:
Laura Malmquist	Director of School Nutrition	
Jasmine Gilbert	School Nutrition Coordinator	
Dawn Criswell	Board of Education Representative	
Chris Smith	Director of Maintenance	
Ginger Harper	Director of Federal Programs	
Montrell McClendon	Director of Transportation	
Becky Benefield	Assistant Principal, Carrollton High School	
Dr. Chris Carr	Band Director, Carrollton High School	
Zach Gordon	Assistant Athletic Director, Carrollton High School	
Donna McClendon	Teacher, Carrollton Middle School	
Ellie Turner	Teacher (Physical Education), Carrollton Middle School	
Katie Montalto	Teacher, Carrollton Upper Elementary School	

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Kayley Sanders	Teacher, Carrollton Upper Elementary School	
Taryn Layman	Teacher, Carrollton Elementary School	
Victoria Presnal	Community Member, University System of Georgia	
Amelia Perry	Staff, Carrollton City Schools	
Fallon Perry	Student	
Alison Dishman	Nurse	

Overall Assessment: After reviewing goals, the committee determined that all four Carrollton City schools are working to meet all of the wellness goals. Great improvement has been seen at all four schools in the past few years with schools more focused on the overall health and well being of staff and students. Movement and mental health and wellness have seen the most growth. Nutrition education and promotion has also improved and will continue to be monitored at all 4 schools.