Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name

School Name

Date

Select all grades: PK [ ] K [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] 11 [ ] 12 [ ]

I. Public Involvement

Yes ☐ No ☐

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☑ Administrators ☑ School Food Service Staff ☐ P.E. Teachers ☐ Parents

☑ School Board Members ☑ School Health Professionals ☑ Students ☐ Public

☐ Person in charge of compliance:

Name/Title: Richelle Baughn

☐ The policy is made available to the public.

Indicate How: Website

☐ Our policy goals are measured and the results are communicated to the public.

Please describe: Back to School

☐ Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

II. Nutrition Education

Yes ☐ No ☐

Our district's written wellness policy includes measurable goals for nutrition education.

☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☐ We offer nutrition education to students in: ☑ Elementary School ☑ Middle School ☑ High School

III. Nutrition Promotion

Yes ☐ No ☐

Our district's written wellness policy includes measurable goals for nutrition promotion.

☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☐ We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☐ We ensure students have access to hand-washing facilities prior to meals.

☐ We annually evaluate how to market and promote our school meal program(s).

☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ We offer taste testing or menu planning opportunities to our students.

☐ We participate in Farm to School activities and/or have a school garden.

☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☑ à La Carte

☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ We provide teachers with samples of alternative reward options other than food or beverages.

☐ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)
IV. Nutrition Guidelines (Cont. from page 1)

- Yes  No  Our district’s written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes  No  We operate the School Breakfast Program: ☑ Before School  ☑ In the Classroom  ☑ Grab & Go
- Yes  No  We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes  No  We operate an Afterschool Snack Program.
- Yes  No  We operate the Fresh Fruit and Vegetable Program.
- Yes  No  We have a Certified Food Handler as our Food Service Manager.
- Yes  No  We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
  - ☑ as a la Carte Offerings  ☑ in School Stores  ☐ in Vending Machines  ☑ as Fundraisers

V. Physical Activity

- Yes  No  Our district’s written wellness policy includes measurable goals for physical activity.
- Yes  No  We provide physical education for elementary students on a weekly basis.
- Yes  No  We provide physical education for middle school during a term or semester.
- Yes  No  We require physical education classes for graduation (high schools only).
- Yes  No  We provide recess for elementary students on a daily basis.
- Yes  No  We provide opportunities for physical activity integrated throughout the day.
- Yes  No  We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes  No  Teachers are allowed to offer physical activity as a reward for students.
- Yes  No  We offer before or after school physical activity: ☑ Competitive sports  ☑ Non-competitive sports  ☑ Other clubs

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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<thead>
<tr>
<th>Name</th>
<th>Position/Title</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Richelle Baughn</td>
<td>BA</td>
<td>856-365-1000 ext 103</td>
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This institution is an equal opportunity provider