

# Wellness Policy Assessment Tool

Form 357 Rev 8/17

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 Union Cty Teams Policy Reviewer Ms. Thorpe Director

School Name 11 11 11 Date September 2023

Select all grades: PK   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

Yes  No Person in charge of compliance:  
Name/Title: Ms. Thorpe - Director of School

Yes  No The policy is made available to the public.  
Indicate How: Put on web site of School

Yes  No Our policy goals are measured and the results are communicated to the public.  
Please describe: Comments may be made in person

Yes  No Our district completes triennial reviews of the wellness policy. If more frequently, please describe:  
visual observations are made

## II. Nutrition Education

- Yes  No Our district's written wellness policy includes measurable goals for nutrition education.
- Yes  No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- Yes  No 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.
- Yes  No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- Yes  No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- Yes  No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- Yes  No We ensure students have access to hand-washing facilities prior to meals.
- Yes  No We annually evaluate how to market and promote our school meal program(s).
- Yes  No We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- Yes  No We offer taste testing or menu planning opportunities to our students.
- Yes  No We participate in Farm to School activities and/or have a school garden.
- N/A  Yes  No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- Yes  No We price nutritious foods and beverages lower than less nutritious foods and beverages.
- Yes  No We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte
- Yes  No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- Yes  No We provide teachers with samples of alternative reward options other than food or beverages.
- Yes  No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast Program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
 as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- 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.

Name  Position/Title   
Email  Phone