

# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. 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.

LEA/District Name Frelinghuysen Township Sc Reviewer Jenny Deuel  
 School Name Frelinghuysen Township Sc Date 11/2021  
 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:

<input checked="" type="checkbox"/> Administrators	<input checked="" type="checkbox"/> School Food Service Staff	<input checked="" type="checkbox"/> P.E. Teachers	<input checked="" type="checkbox"/> Parents
<input checked="" type="checkbox"/> School Board Members	<input checked="" type="checkbox"/> School Health Professionals	<input checked="" type="checkbox"/> Students	<input type="checkbox"/> Public

Yes  No We have a designee in charge of compliance.

Name/Title:

Yes  No We make our policy available to the public.

Please describe:

Yes  No We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Yes  No Our district reviews the wellness policy at least annually.

**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.

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

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling/environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

**VIII. 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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