

# 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 Shoshone Jt. School Dist.

Policy Reviewer Ciana Naylor

School Name District Date 3/8/21

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

Yes  No Person in charge of compliance:

Name/Title: Rob Waite - Superintendent

Yes  No The policy is made available to the public.

Indicate How: School Website

Yes  No Our policy goals are measured and the results are communicated to the public.

Please describe:

Yes  No 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.

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.

n/a  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)

- 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 à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

Yes No **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.

*Need to decide if we want to commit to reviewing every year. Been struggling to make that happen. Need to add our p.e. standards into policy. Need to include NSLP nutrition standards into policy.*

**VII. Contact Information:**

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

Name	<i>Clara Naylor</i>	Position/Title	<i>Nutrition Director</i>
Email	<i>clara.naylor@shoshoneval.org</i>	Phone	<i>886. 2381 ext.</i>

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