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: The Matheny School
Policy Reviewer: Sean Murphy

School Name: The Matheny School
Date: 04/04/2019

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: Kendell Sprott/Sean Murphy

☒ ☐ The policy is made available to the public.

Indicate How: Intranet Portal and School Website

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

Please describe:

☒ ☐ 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)

☐ ☐ 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.

Many of the areas are not applicable for example we do not have a tray line.

VII. Contact Information:

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

Name Lori Churchill

Email lchurchill@matheny.org

Position/Title CSN

Phone 908-234-0011 ext 1217

This institution is an equal opportunity provider