

# 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 MIDDLESEX COUNTY JOE. TECH. SCHOOLS Policy Reviewer ROBERT FERDINAND  
School Name EB TECH Date 12/18/19  
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 type="checkbox"/> P.E. Teachers       | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input type="checkbox"/> Public  |
- Person in charge of compliance:  
Name/Title: MARIE ANN RAQUEL SCOTT
- The policy is made available to the public.  
Indicate How: DISTRICT WEBSITE
- Our policy goals are measured and the results are communicated to the public.  
Please describe: DISTRICT WEBSITE
- 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

- 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.

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

- V. Physical Activity**
- Yes No
- 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	ROBERT FEEDMAN	Position/Title	PRINCIPAL
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