Wellness Policy Assessment Tool

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: Fair Lawn Public Schools
School Name: Thomas Jefferson Middle
Reviewer: Mike Weaver
Date: 10/10/2018

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Yes ☐ No ☐ I. Public Involvement
☐ ☐ 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

☐ ☐ We have a designee in charge of compliance.
Name/Title: Damon Placenti, Principal of John A. Forrest Elementary School

☐ ☐ We make our policy available to the public.
Please describe: Policy #8505 is available @ http://www.fairlawnschools.org/BOE

☐ ☐ We measure the implementation of our policy goals and communicate results to the public.
Please describe: This tool is posted on the District website annually for each school.

☐ ☐ Our district reviews the wellness policy at least annually.

Yes ☐ No ☐ II. Nutrition Education
☐ ☐ 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

Yes ☐ No ☐ 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.

(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 a La Carte Offerings  ✔ in School Stores  ✔ in Vending Machines  ✔ as Fundraisers

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. 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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This institution is an equal opportunity provider.