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: Morris Hills Regional District Policy Reviewer: MHRD BOE

School Name: Morris Knolls High School Date: 8/19/2025

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: Michael Bouroult - Assistant Principal
☑	☐	The policy is made available to the public. Indicate How: All policies are made public on the MHRD Website
☑	☐	Our policy goals are measured and the results are communicated to the public. Please describe: Wellness Committee established District Goals and presented at public BOE meetings
☑	☐	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)

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

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.

In 2025, the district advanced its wellness goals by launching staff and student initiatives that promote health, well-being, and learning. Staff participated in the first Wellness Workshop Day and a comprehensive survey that identified priorities such as work/life balance, holistic well-being, and culture, leading to targeted programming. Student wellness efforts included establishing active Student Wellness Committees, expanding therapy dog visits to support stress management, implementing the "Away for the Day" cell phone initiative to encourage mindfulness, hosting alumni panels to mentor and guide seniors, and fostering school spirit through wellness-themed activities. These efforts reflect meaningful progress in creating a supportive environment and set the foundation for future wellness programming.

VII. 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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