

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 Sayreville Public School

Policy Reviewer Nicholas Cittadino

School Name

District

Date

10/29/2025

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

☒ ☐

Person in charge of compliance:

Name/Title:

Nicholas Cittadino

☒ ☐

The policy is made available to the public.

Indicate How:

School Website

☐ ☐

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

Please describe:

all can be found on the Food Services section of Sayrevillek12.net

☒ ☐

Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

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)

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.

VII. Contact Information:

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

Name

Position/Title

Email

Phone