# 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: Manalapan-Englishtown Re  Policy Reviewer: Kimberly DiMarco

School Name: Wemrock Brook School  Date: 02/11/2026

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: Kimberly DiMarco |
| ◉ | ○ | The policy is made available to the public. Indicate How: https://www.mersnj.us/departments/food-services |
| ◉ | ○ | Our policy goals are measured and the results are communicated to the public. Please describe: Measured and communicated annually |
| ◉ | ○ | 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.

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|---|---|---|---|
| Name | Kimberly DiMarco | Position/Title | Supervision of Special Proje |
| Email | kdimarco@mersnj.us | Phone | 732-786-2537 |

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