

NYS 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. The wellness policy and completed assessment must be made available to the public.

LEA Name: Ardsley Union Free School District	
School Name: Ardsley Middle School	Date: 04/07/2026
Grades: 5-8	
Name/Title of person completing report: <small>Stuart Horlacher, Principal Cheri Rosenblatt, Assistant Superintendent for Business, Facilities and Operations Jennifer Bradshaw, Assistant Superintendent for Curriculum and Instruction</small>	

Yes	No	Nutrition Education
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Age appropriate nutrition education and activities are provided to students in: <input type="checkbox"/> elementary school <input checked="" type="checkbox"/> middle school <input type="checkbox"/> high school
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Families and the community are engaged in nutrition education efforts.

Indicate additional nutrition education activities that occur or are planned for the future:
 Wellness Week - health snack station, nutritionist at school, snack ideas. Food Service Provider provide tastings for healthy options offered in the cafeteria. During national school breakfast week, promote the importance of breakfast.

Yes	No	Physical Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy includes measurable goals for physical activity.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Physical education is provided to students on a weekly basis.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Before or after school physical activity is offered in sports or other clubs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Community partnerships are available that support programs, projects, events, or activities.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	A staff wellness program is available.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Opportunities are provided for physical activity throughout the day.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recess is available for all elementary students (skip this question if no elementary schools).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.
<p>Other physical education/physical activity/school-based activities that are available: Field days, extra recess, extra PE classes (grade 5).</p>		
<p>Future goals for physical activity: We continue to encourage teachers to incorporate movement into their classes in order to give our students as much physical activity as possible. Differentiated family fitness activities are planned for the PE Wellness Subcommittee Newsletter.</p>		

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses nutrition standards for USDA reimbursable meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses access to the USDA School Breakfast Program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Alternate school breakfast service models are available to increase participation such as “grab and go”, breakfast served in the classroom, and breakfast after the bell.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free drinking water is available during meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	School nutrition staff meet hiring criteria in compliance with federal criteria.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local wellness policy addresses purchasing local foods when possible for the school meals program.
Other ways the local wellness policy addresses school meals and nutrition standards:		

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
<input checked="" type="checkbox"/>	<input type="checkbox"/>	The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: <input checked="" type="checkbox"/> as a la carte offerings <input type="checkbox"/> in school stores <input checked="" type="checkbox"/> in vending machines <input type="checkbox"/> as fundraisers
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc.

Notes and future goals on nutrition standards for competitive and other foods and beverages:

Monitoring to ensure future compliance.

Yes	No	Wellness Promotion and Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Steps are taken to address strategies to support employee wellness.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Healthy meal choices are offered and being promoted in the school meal programs.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:
Annual Wellness Week, health lessons on nutrition.

Future wellness goals:
Provide even more healthy options at lunch.

	Implementation, Evaluation, and Communication
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The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

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| <input checked="" type="checkbox"/> Administrator | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers |
| <input checked="" type="checkbox"/> Parents | <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health |
| <input checked="" type="checkbox"/> Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title: Asst. Supts for Curric. & Instr. and for Business, Facilities & Operations

The wellness policy is made available to the public by (describe):
Posted on Board Docs via the district website.

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):
Triennial presentation at a public meeting of the Board of Education.

	Yes	No	
<input checked="" type="checkbox"/>	<input type="checkbox"/>		The wellness policy is reviewed at least annually.
<input checked="" type="checkbox"/>	<input type="checkbox"/>		Triennial assessment results are/will be made available to the public and will include: <ol style="list-style-type: none"> 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.
<input checked="" type="checkbox"/>	<input type="checkbox"/>		A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:
Development of a district Wellness Implementation Plan in support of our District Policy is underway.