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 Mount Arlington Public Schools Policy Reviewer Dr. Jessica Neu

School Name Edith M. Decker Elementary School Date 8/27/2026

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

Yes	No	I. Public Involvement
X		We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: [X] Administrators [X] School Food Service Staff [X] P.E. Teachers [ ] Parents [X] School Board Members [X] School Health Professionals [ ] Students [ ] Public
X		Person in charge of compliance: Name/Title: Dr. Jessica Neu, Superintendent of Schools
X		The policy is made available to the public. Indicate How: Posted on our district website under district policies
	X	Our policy goals are measured and the results are communicated to the public. Please describe:
	X	Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

Yes	No	II. Nutrition Education
X		Our district's written wellness policy includes measurable goals for nutrition education.
	X	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
X		We offer nutrition education to students in: [X] Elementary School [ ] Middle School [ ] High School

Yes	No	III. Nutrition Promotion
X		Our district's written wellness policy includes measurable goals for nutrition promotion.
X		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
X		We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
X		We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
X		We ensure students have access to hand-washing facilities prior to meals.
X		We annually evaluate how to market and promote our school meal program(s).
X		We regularly share school meal nutrition, calorie, and sodium content information with students and families.
X		We offer taste testing or menu planning opportunities to our students.
X		We participate in Farm to School activities and/or have a school garden.
X		We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
X		We price nutritious foods and beverages lower than less nutritious foods and beverages.
X		We offer fruits or non-fried vegetables in: [ ] Vending Machines [ ] School Stores [ ] Snack Bars [X] à La Carte
X		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
X		We provide teachers with samples of alternative reward options other than food or beverages.
	X	We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes	No	IV. Nutrition Guidelines (Cont. from page 1)
X		Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
X		We operate the School Breakfast Program: [X] Before School [ ] In the Classroom [ ] Grab & Go
X		We follow all nutrition regulations for the National School Lunch Program (NSLP).
	X	We operate an Afterschool Snack Program.
	X	We operate the Fresh Fruit and Vegetable Program.
X		We have a Certified Food Handler as our Food Service Manager.
X		We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including: [X] as à La Carte Offerings [ ] in School Stores [ ] in Vending Machines [ ] as Fundraisers

Yes	No	V. Physical Activity
X		Our district's written wellness policy includes measurable goals for physical activity.
X		We provide physical education for elementary students on a weekly basis.
X		We provide physical education for middle school during a term or semester.
		We require physical education classes for graduation (high schools only). N/A
X		We provide recess for elementary students on a daily basis.
X		We provide opportunities for physical activity integrated throughout the day.
X		We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
X		Teachers are allowed to offer physical activity as a reward for students.
	X	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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