# 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 Wall Township Public Schools Policy Reviewer Efstratios Monafis

School Name Central Elementary School Date 10/16/26

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

Yes ☒ No ☐ Person in charge of compliance:

Name/Title: Dr. Efstratios Monafis / Principal

Yes ☒ No ☐ The policy is made available to the public.

Indicate How: Online

Yes ☒ No ☐ Our policy goals are measured and the results are communicated to the public.

Please describe: Board Meetings

Yes ☒ No ☐ 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.

Yes ☒ No ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes ☒ No ☐ 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.

Yes ☒ No ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes ☐ No ☒ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes ☒ No ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes ☒ No ☐ We ensure students have access to hand-washing facilities prior to meals.

Yes ☒ No ☐ We annually evaluate how to market and promote our school meal program(s).

Yes ☒ No ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes ☐ No ☒ We offer taste testing or menu planning opportunities to our students.

Yes ☐ No ☒ We participate in Farm to School activities and/or have a school garden.

Yes ☒ No ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes ☒ No ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes ☒ No ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

Yes ☒ No ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes ☒ No ☐ We provide teachers with samples of alternative reward options other than food or beverages.

Yes ☒ No ☐ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

## IV. Nutrition Guidelines (Cont. from page 1)

| Yes | No | |
|---|---|---|
| ⊗ | ○ | 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 |

## V. Physical Activity

| Yes | No | |
|---|---|---|
| ⊗ | ○ | 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 | Dr. Efstratios Monafis | Position/Title | Principal |
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