Wellness Policy Assessment Tool

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: Brigantine Public Sch Dist
Policy Reviewer: Bonnie Marino
School Name: Brigantine Community Sch
Date: 10/9/19

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: Bonnie Marino, Supervisor of Curriculum and Instruction

- The policy is made available to the public.
  Indicate How: District Website

- Our policy goals are measured and the results are communicated to the public.
  Please describe: Wellness Committee meetings and our policy is posted on the district website

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

☐ ☐ Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

☐ ☐ Yes No We operate the School Breakfast Program: ☑ Before School ☑ In the Classroom ☑ Grab & Go

☐ ☐ Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).

☐ ☐ Yes No We operate an Afterschool Snack Program.

☐ ☐ Yes No We operate the Fresh Fruit and Vegetable Program.

☐ ☐ Yes No We have a Certified Food Handler as our Food Service Manager.

☐ ☐ Yes No 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.

☐ ☐ Yes No We provide physical education for elementary students on a weekly basis.

☐ ☐ Yes No We provide physical education for middle school during a term or semester.

☐ ☐ Yes No We require physical education classes for graduation (high schools only).

☐ ☐ Yes No We provide recess for elementary students on a daily basis.

☐ ☐ Yes No We provide opportunities for physical activity integrated throughout the day.

☐ ☐ Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

☐ ☐ Yes No Teachers are allowed to offer physical activity as a reward for students.

☐ ☐ Yes No 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.

Brigantine Community School is doing a great job with physical health and nutritional health initiatives. We are looking to expand our wellness initiatives to incorporate social and emotional wellness for our students and staff members. We also discussed adding a recess option instead of a sweet treat for birthday celebrations in the elementary classrooms.

VII. Contact Information:

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

Name Bonnie Marino

Email bmarino@brigantineschools.org

Position/Title Supervisor of Curriculum

Phone 609-264-9503

This institution is an equal opportunity provider