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: Monroe Township Schools Policy Reviewer: Cindy Sue Schaller

School Name: Mill Lake School Date: 05/22/2026

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: Cindy Sue Schaller
◉	○	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: Through Falcon News, School Communication & 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)

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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This institution is an equal opportunity provider