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 or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name: Red Bank Regional
School Name: Red Bank Regional High School
Reviewer

Select all grades: PK 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
- ☐ We have a designee in charge of compliance.
  - Name/Title: Risa Clay, Principal
- ☐ We make our policy available to the public.
  - Please describe: www.rbrhs.org
- ☐ We measure the implementation of our policy goals and communicate results to the public.
  - Please describe: Board of Education Meetings
- ☐ Our district reviews the wellness policy at least annually.

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)

- 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:
  - ☑ à La Carte Offerings ☐ in School Stores ☑ in Vending Machines ☐ as Fundraisers

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. Other School Based Wellness Activities

- Our district’s written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: ☑ Nutrition ☑ Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling/environmental stewardship program.
- We have a recognition/reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. 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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