

LADACIN Network

Administration Procedure: **Ad-42**

References: **NJ School Nutrition Policy Q&A**

(<http://www.state.nj.us/agriculture/PolicyQA.pdf>);

School Nutrition Standards (<http://meals4kids.org/federal-nutrition-standards-school-meals>);

Massachusetts Dept. of Elementary and Secondary Education's Child Nutrition Outreach Program (<http://meals4kids.org/federal-nutrition-standards-school-meals>)

Effective Date: **June, 2017**

Reviewed: **September, 2018; October, 2019; December, 2020**

SUBJECT: **School Wellness Policy**

POLICY: To provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

DEFINITIONS: School campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day is defined as the period from midnight before to 30 minutes after the end of the official school day.

PROCEDURE:

I. Wellness Leadership

- A. The title of the school official responsible for oversight of the wellness policy must be established and published.
- B. LADACIN Network School Programs are required to allow certain stakeholders to participate in the development, implementation, periodic review and updating of the local wellness policy.

II. Public Involvement

- A. LADACIN Network School Programs must permit participation by the general public and the school community including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators in the wellness policy process.

III. Triennial Assessments

- A. LADACIN Network School Programs must maintain compliance with the School Wellness Policy.
- B. LADACIN Network School Programs must address how the School Wellness Policy compares to model wellness policies.
- C. LADACIN Network School Programs' must measure the progress made in attaining the goals of the School Wellness Policy.

IV. Updates to the School Wellness Policy

A. The School Wellness Policy must be updated or modified as appropriate.

V. Public Updates

A. The School Wellness Policy will be updated on an annual basis at a minimum.

B. The Triennial Assessment will include progress toward meeting the goals of the policy.



Patricia Carlesimo, Executive Director

December 2020

Date

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Reviewed: 12/20

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 **LADACIN Network** Policy Reviewer **School Wellness Committee**

School Name **Lehmann/Schroth** Date **04/21/2021**

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:

The policy is made available to the public.

Indicate How:

Our policy goals are measured and the results are communicated to the public.

Please describe:

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.

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.

Name	<input type="text" value="Lisa Lerner Graul"/>	Position/Title	<input type="text" value="Director of Children's Progr"/>
Email	<input type="text" value="lgraul@ladacin.org"/>	Phone	<input type="text" value="(732) 493-5900 ext.253"/>