

# 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 Harvard International Academy Foundation

Policy Reviewer T

School Name Harvard International Academy Foundation

Date 10/16/2024

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: Ingrid Mason/Director

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

Indicate How: <http://www.hiacademyfoundation.org>

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

Please describe: We have a public site where the public has access to view the information.

☐ 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

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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