

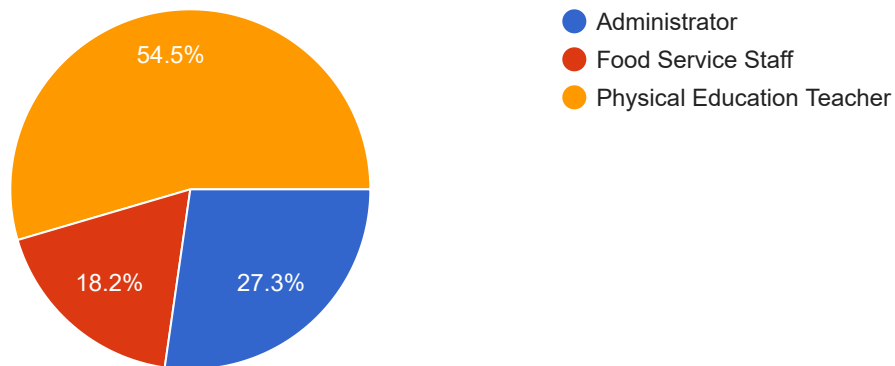
# Wellness Policy Assessment Survey

11 responses

## Directions

Please Select Your Profession:

11 responses



## NUTRITION EDUCATION (PE Staff)

Nutrition education is provided within PDE's sequential, comprehensive health education standards.

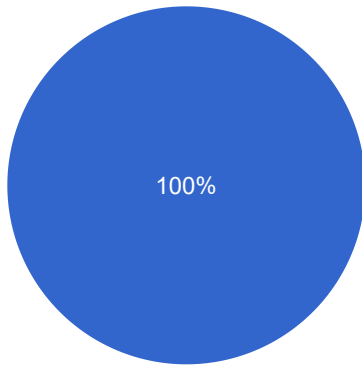
6 responses





We teach, model, encourage, and support healthy eating through nutrition education.

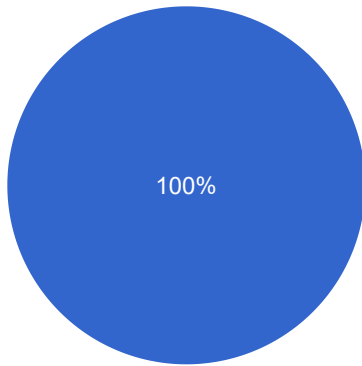
6 responses



- Yes
- No

We provide all students with knowledge and skills for healthy lives via nutrition education.

6 responses

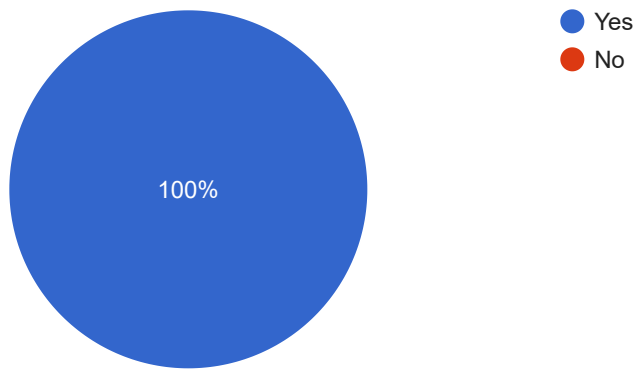


- Yes
- No



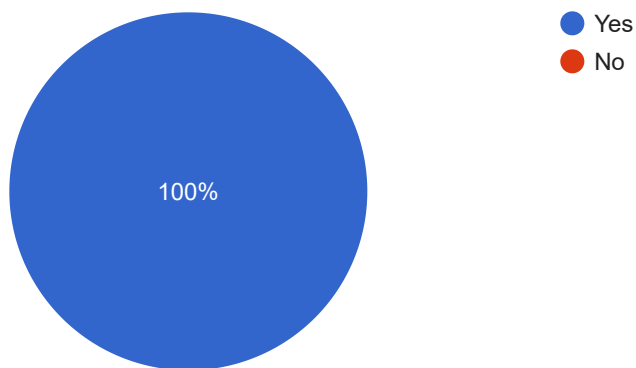
We offer age-appropriate nutrition education and activities to students in: Elementary School, Middle School and High School.

6 responses



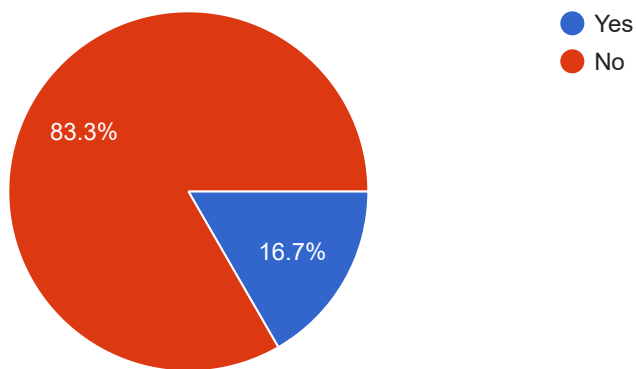
Our nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness.

6 responses



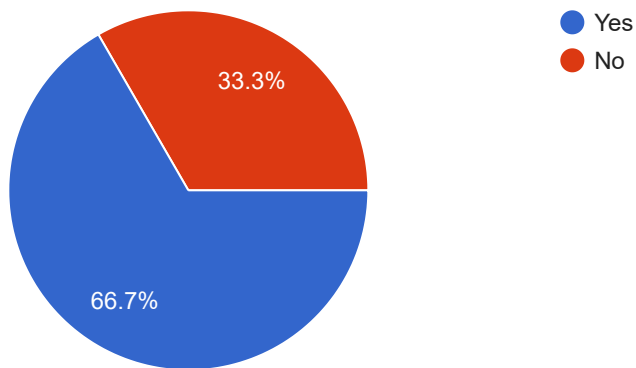
School food service and nutrition education classes work together to create a learning laboratory.

6 responses



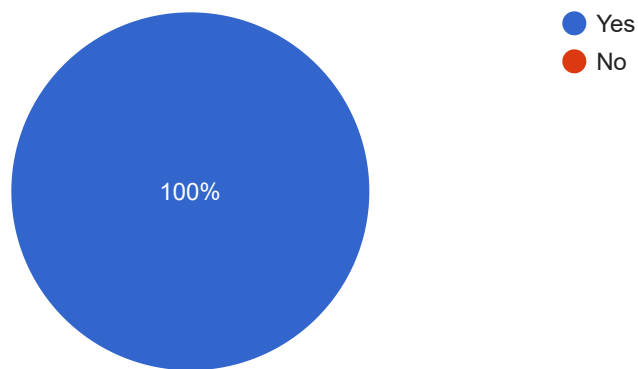
In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).

6 responses



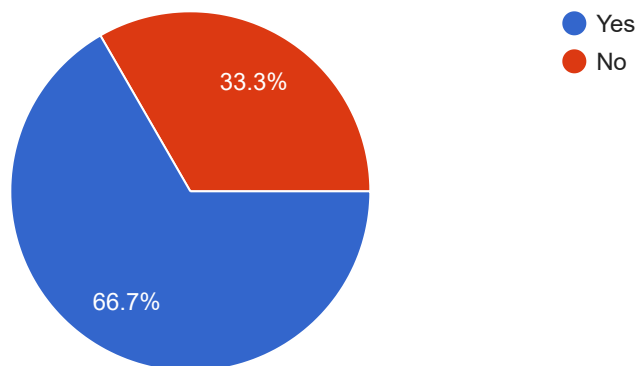
We reinforce lifelong lifestyle balance by linking nutrition and physical activity.

6 responses



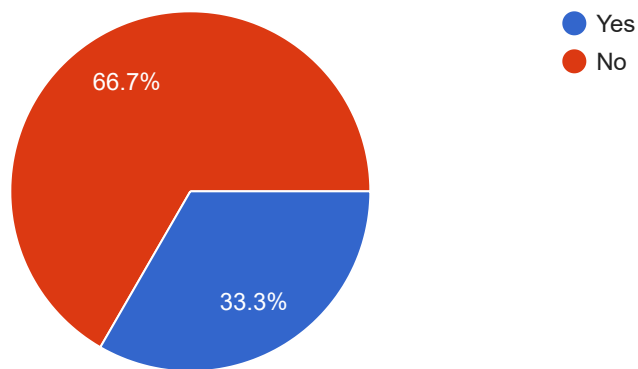
Staff providing nutrition education receive standards-based training and professional development.

6 responses



We engage and involve families and the community in nutrition education efforts.

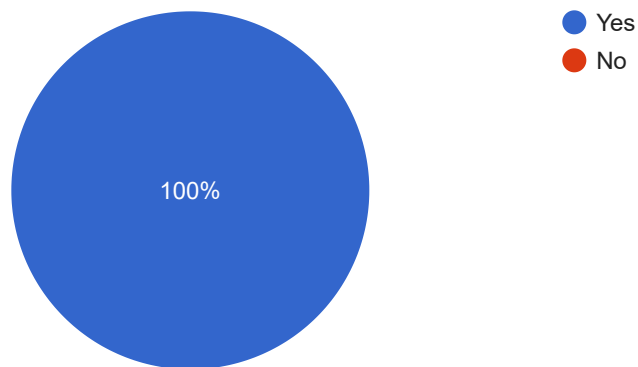
6 responses



### PHYSICAL EDUCATION (PE Staff)

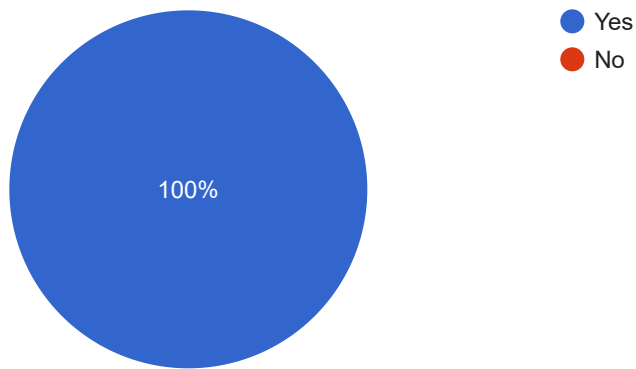
We implement a PE program consistent with state academic standards. All students participate in PE.

6 responses



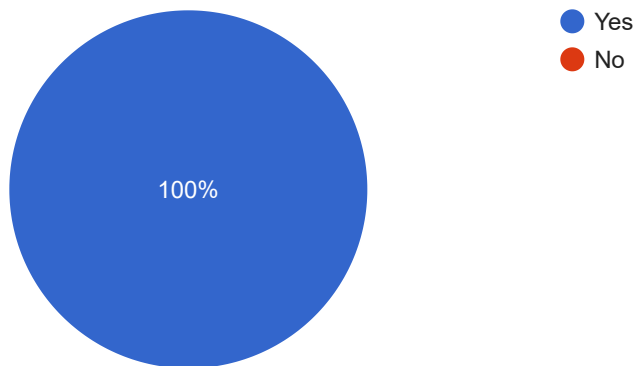
PE instruction promotes skills and knowledge necessary for lifelong physical activity.

6 responses



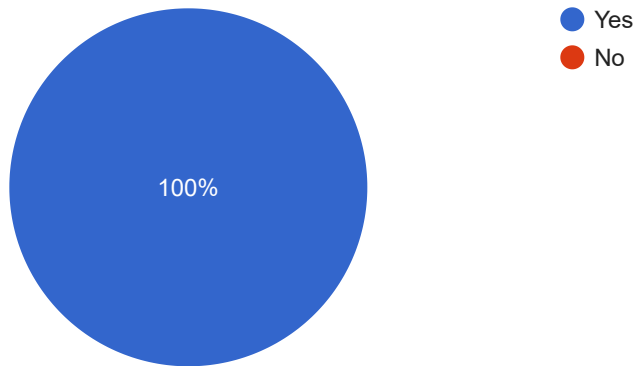
PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.

6 responses



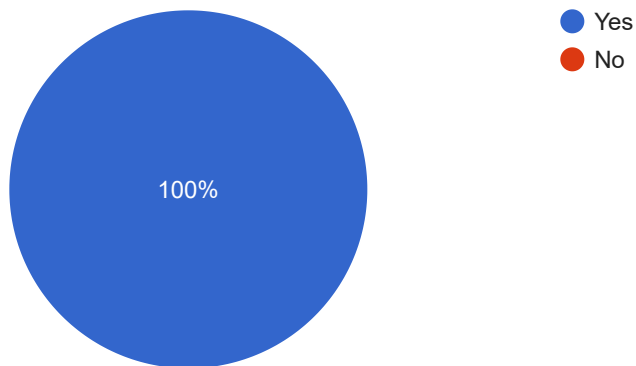
Our curriculum promotes both team and individual activities.

6 responses



We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.

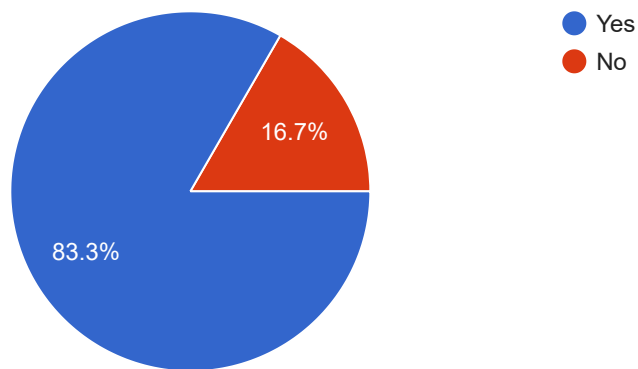
6 responses





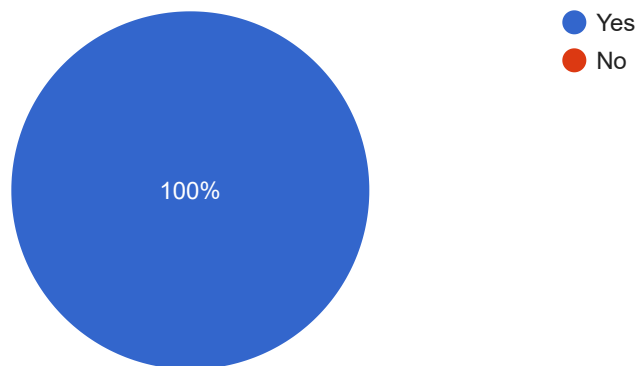
We use a local assessment system to track student progress on state standards.

6 responses



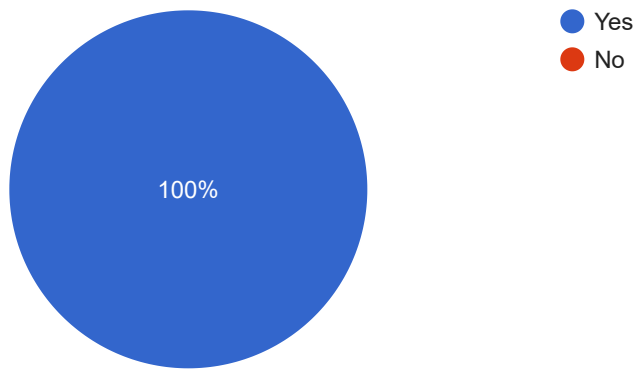
Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.

6 responses



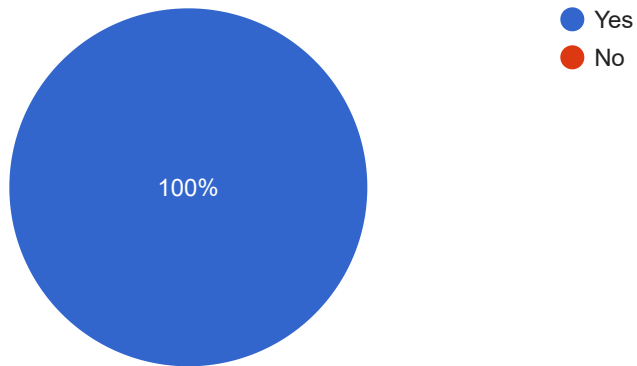
We provide safe and adequate equipment, facilities, and resources for PE class.

6 responses



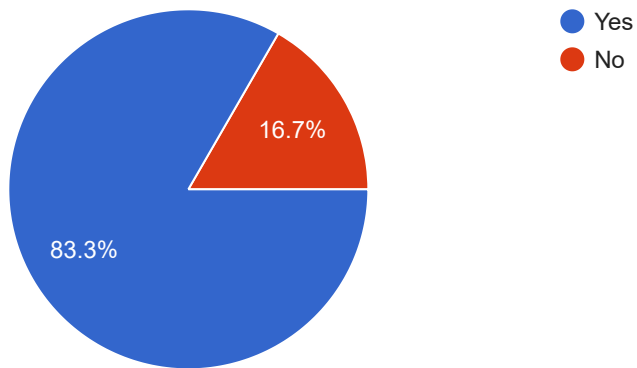
Certified health and PE teachers teach our classes.

6 responses



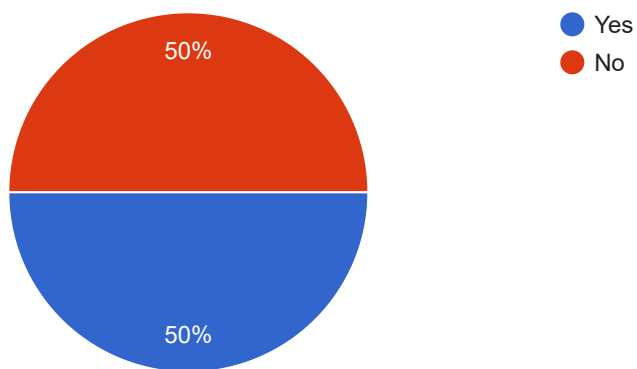
Professional development is provided to PE staff.

6 responses



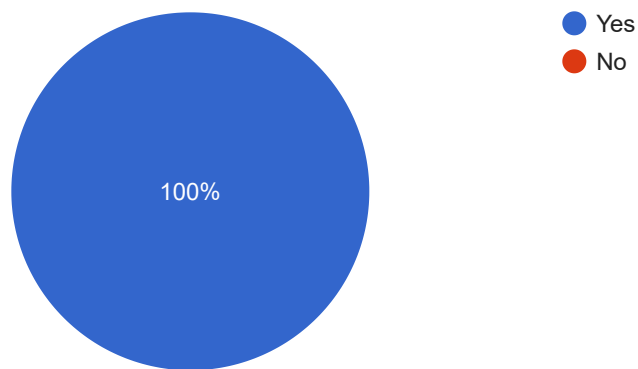
PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.

6 responses



We do not use or withhold physical activity as a form of punishment in PE class.

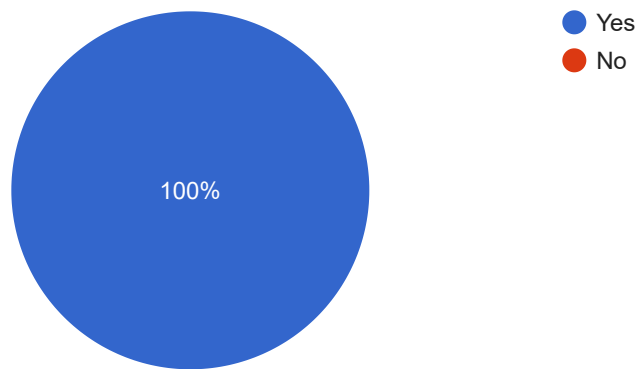
6 responses



### NUTRITION PROMOTION (Food Svs. Staff)

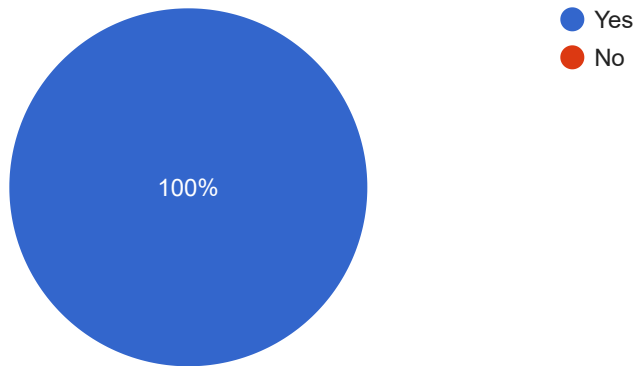
We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.

2 responses



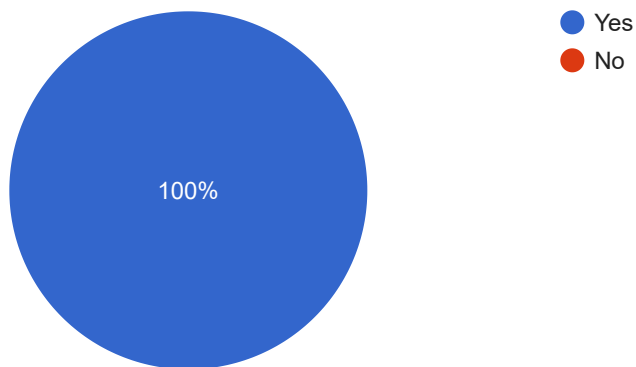
We participate in Farm to School activities such as having a school garden, taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.

2 responses



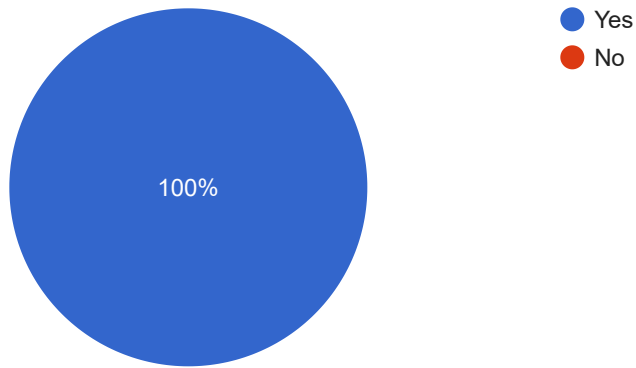
We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.

2 responses



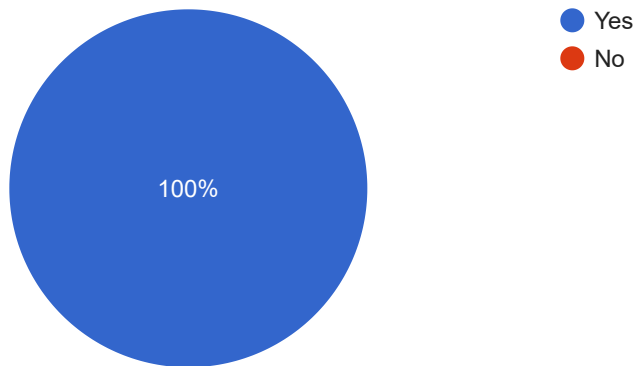
We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.

2 responses



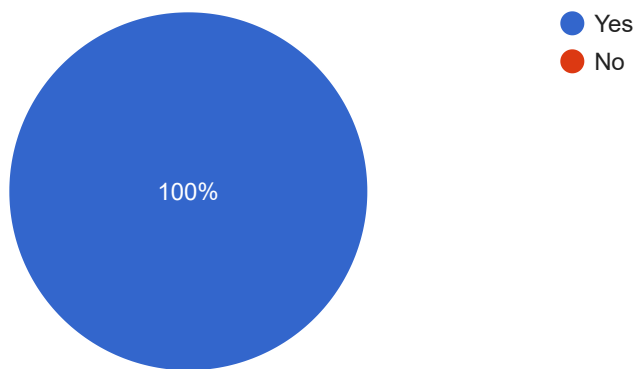
We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.

2 responses



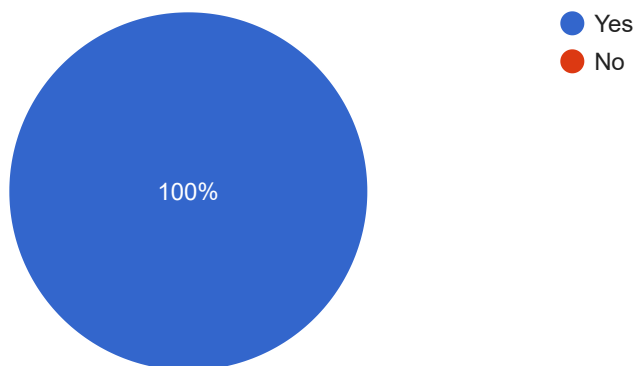
Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.

2 responses



We offer health and nutrition resources to parents to help them provide healthy meals for their children.

2 responses

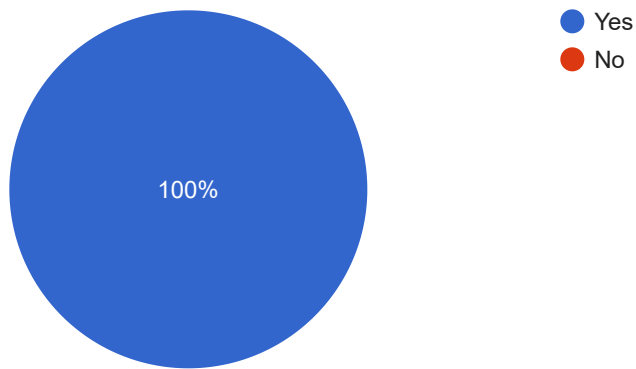


NUTRITION GUIDELINES FOR ALL FOODS & BEVERAGES AT SCHOOL (Food Svs./Admin Staff)



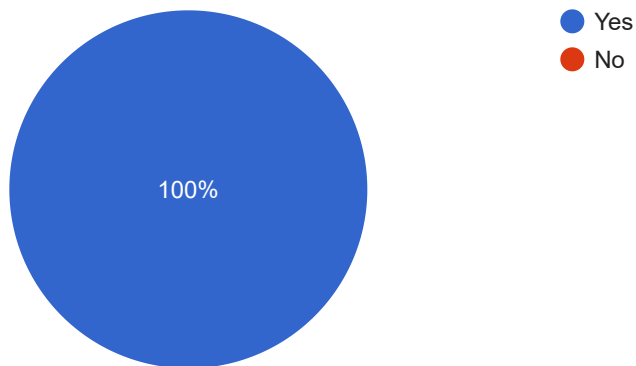
We consider promoting student health and reducing obesity when offering foods and beverages to students at school.

5 responses



Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.

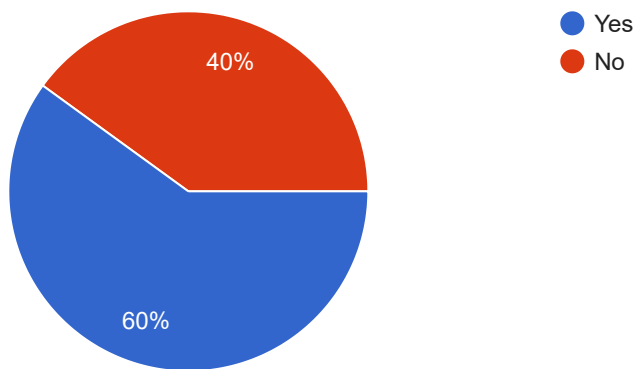
5 responses





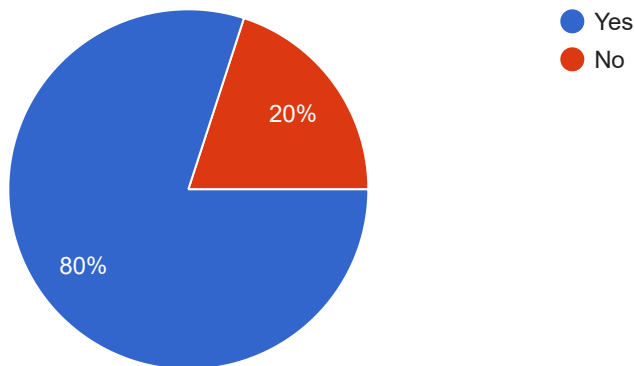
We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.

5 responses



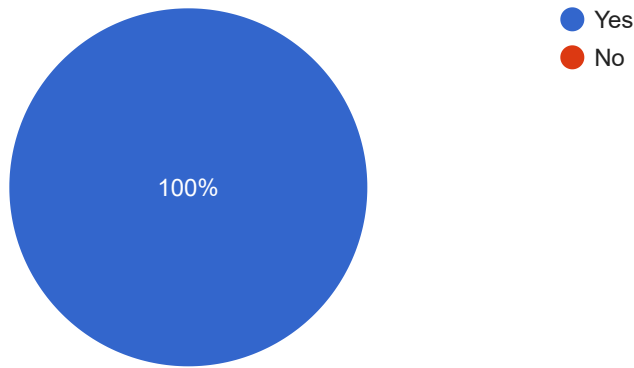
Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.

5 responses



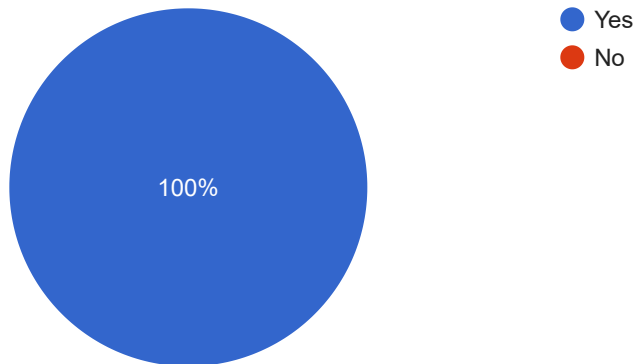
We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.

5 responses



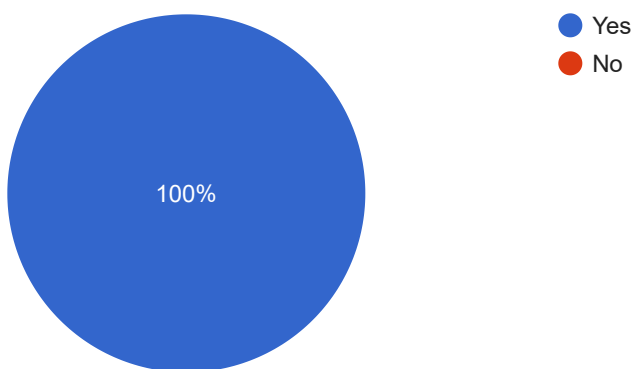
We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.

5 responses



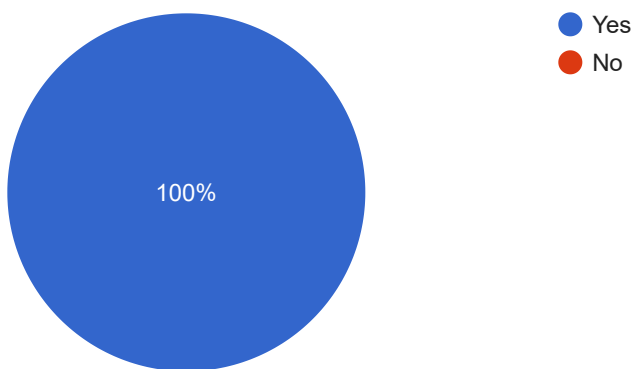
We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.

5 responses



Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.

5 responses

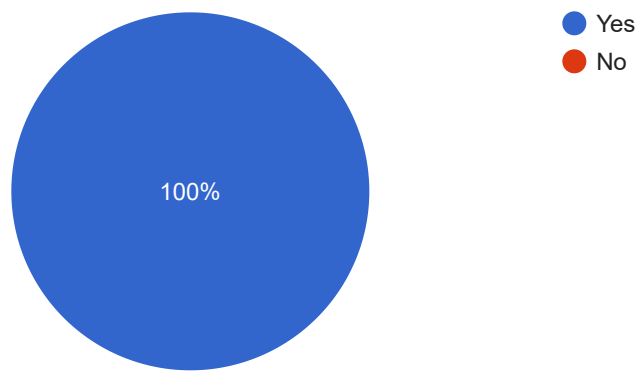


Physical Activity (Admin Staff)



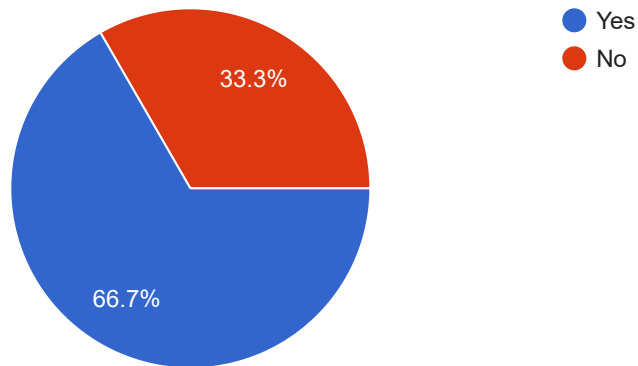
We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.

3 responses



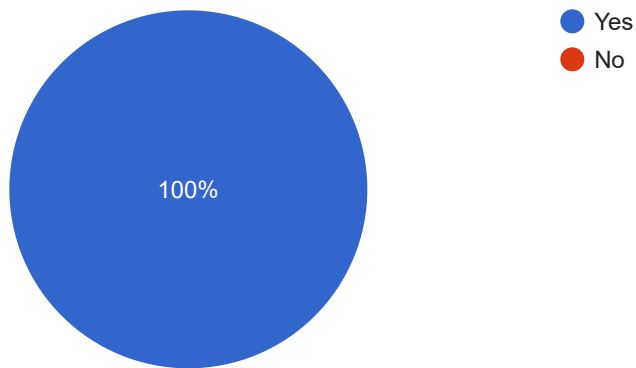
We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.

3 responses



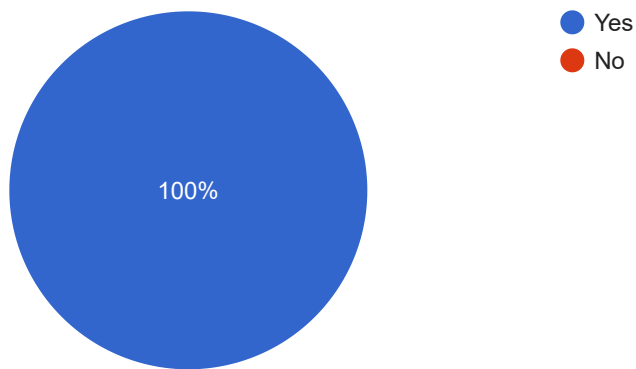
In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.

3 responses



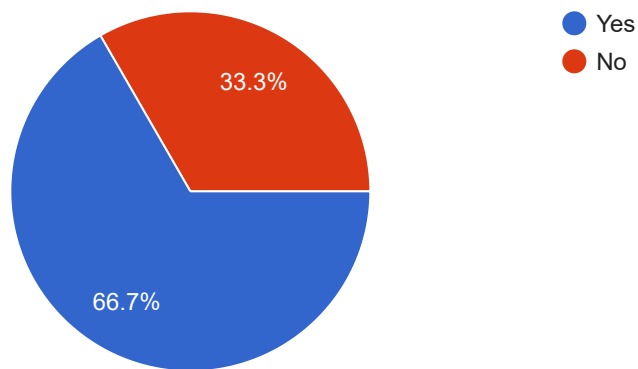
We maintain a physical and social environment that encourages safe and enjoyable activity for all students.

3 responses



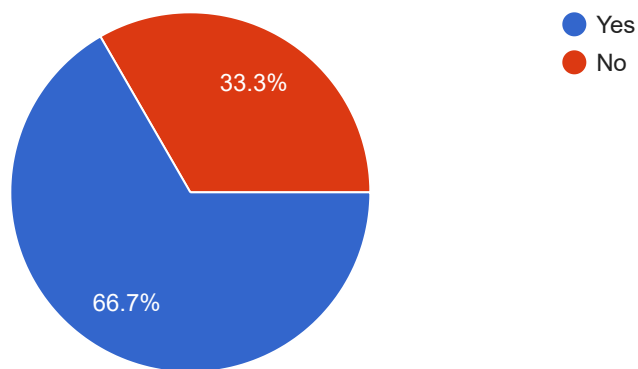
We discourage extended periods of inactivity (two hours or more) for students.

3 responses



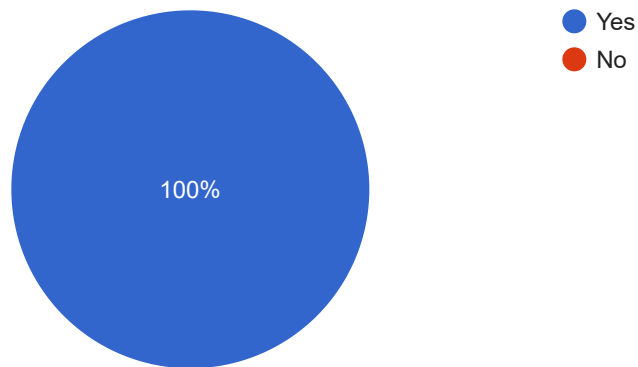
We provide physical activity breaks in the classroom.

3 responses



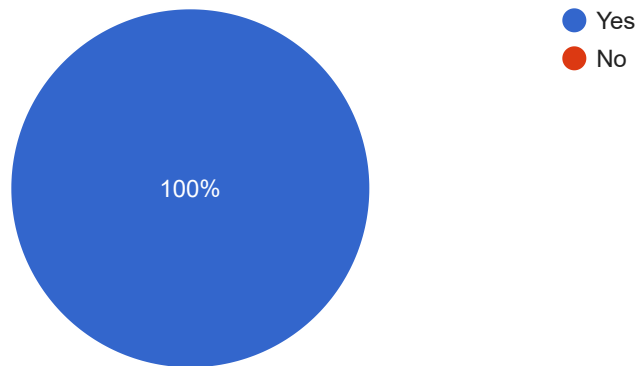
We offer before and/or after-school programs that include physical activity for participating children.

3 responses



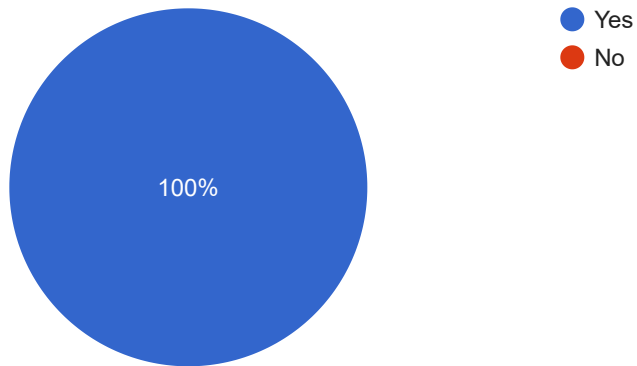
We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.

3 responses



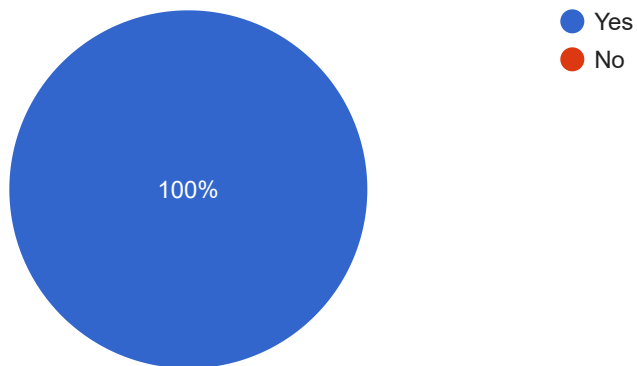
We do not use physical activity as a punishment (e.g., running laps).

3 responses



We do not withhold physical activity as a punishment (e.g., taking away recess).

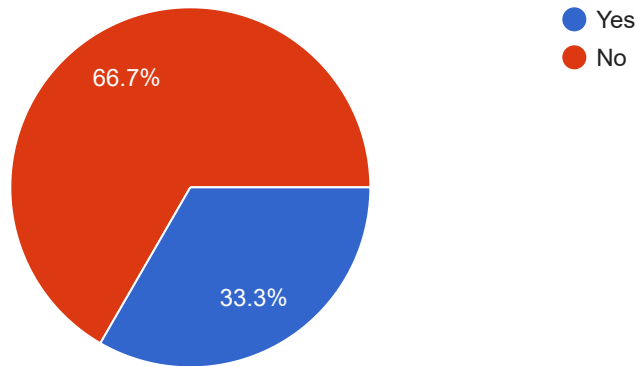
3 responses





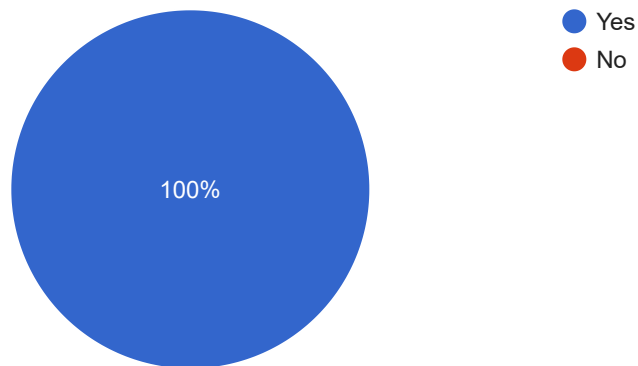
We encourage walking and biking to school.

3 responses



We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.

3 responses

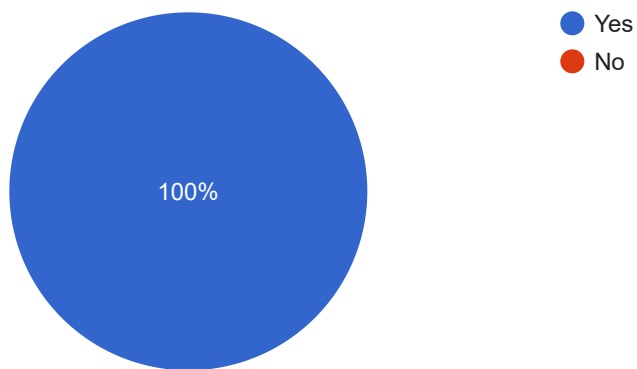


OTHER SCHOOL-BASED WELLNESS ACTIVITIES (Food Svs./Admin Staff)



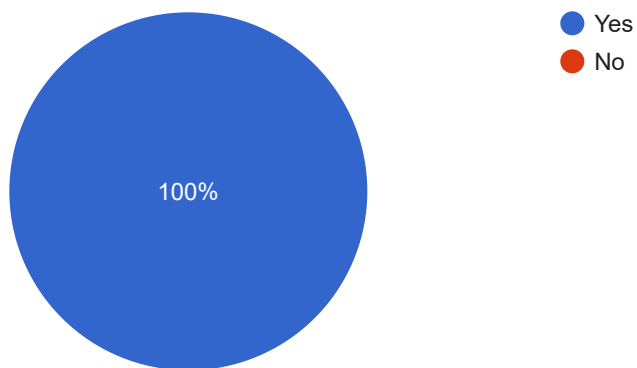
Free drinking water is available and accessible to students during meal periods and throughout the school day.

5 responses



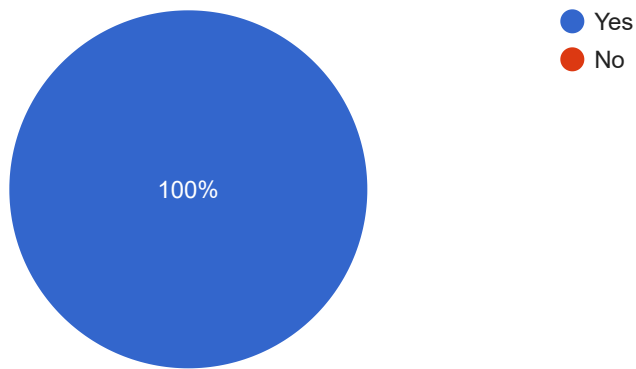
School nutrition staff meet local hiring criteria and in compliance with federal regulations.

5 responses



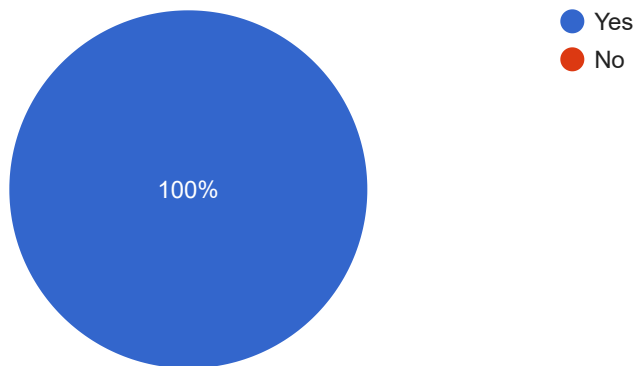
We provide continuing education to school nutrition staff as required by federal regulations.

5 responses



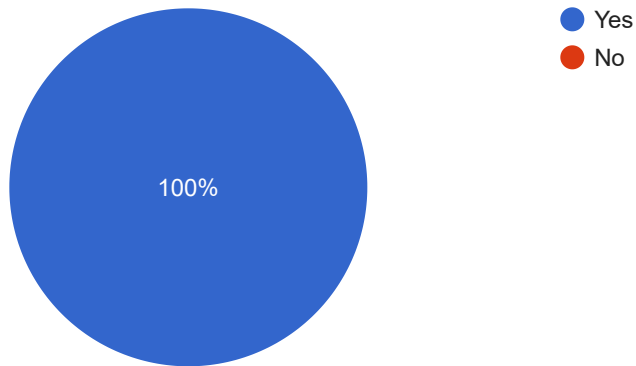
We provide adequate space for eating and serving school meals.

5 responses



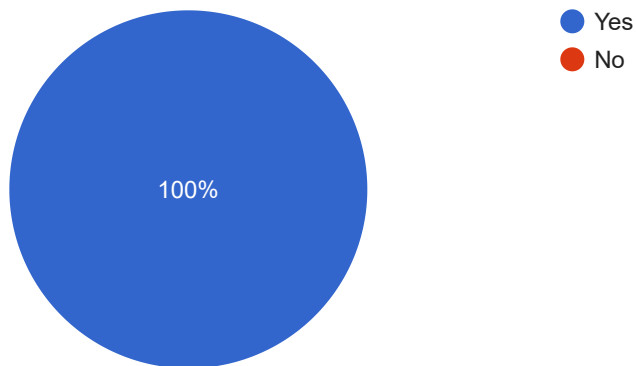
We provide a safe and clean meal environment for students.

5 responses



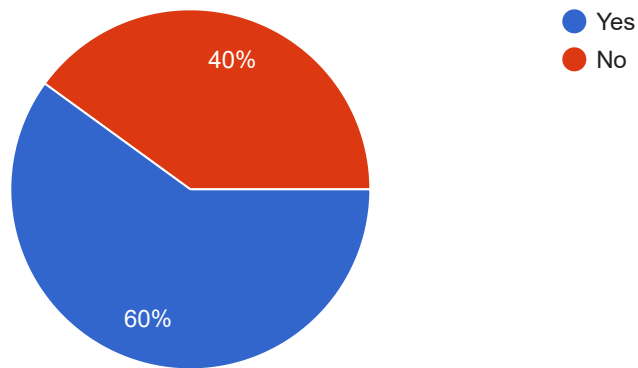
We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.

5 responses



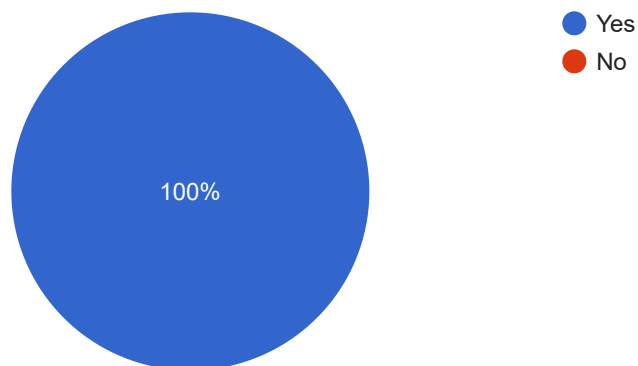
We implement alternate school breakfast service models to increase participation, such as “grab & go,” breakfast served in the classroom, and breakfast after first period.

5 responses



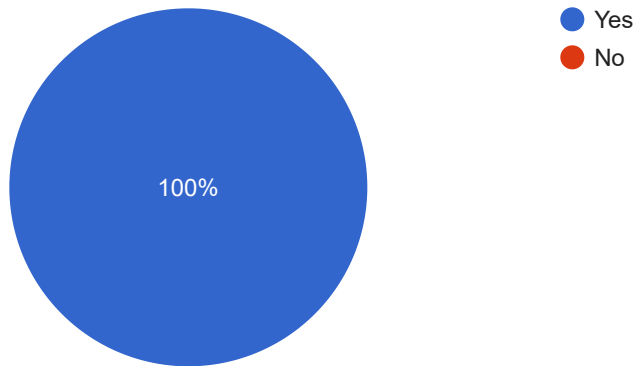
Students have access to hand washing or sanitizing before meals.

5 responses



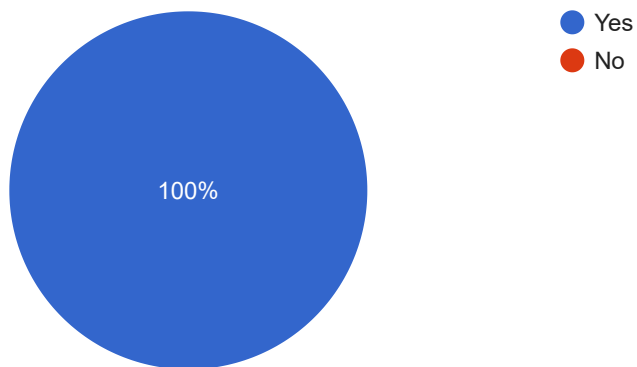
Only authorized staff have access to the food service operation.

5 responses



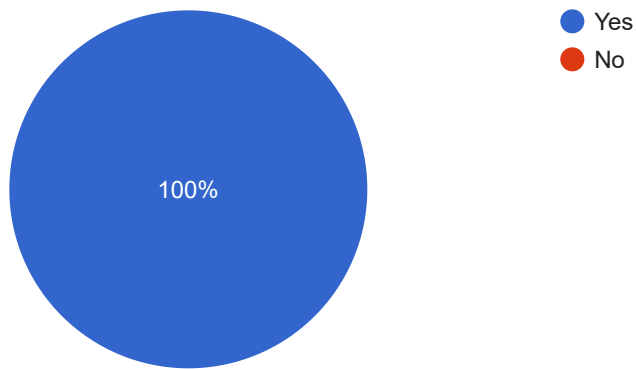
We provide the nutrition content of school meals to the school community.

5 responses



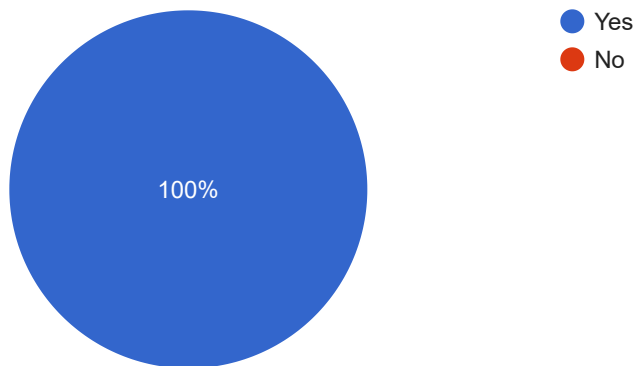
We include students/parents in menu selections through taste-testing and surveys.

5 responses



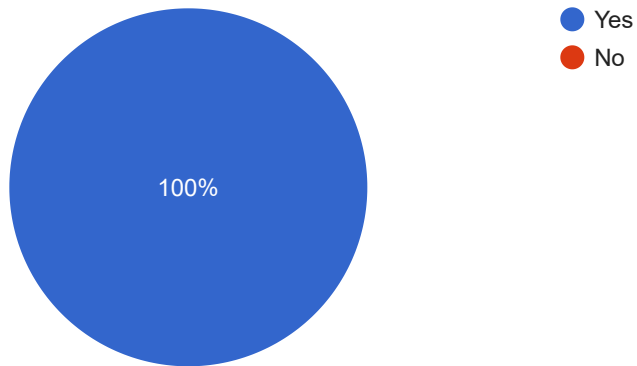
We utilize outside funding and programs to enhance school wellness.

5 responses



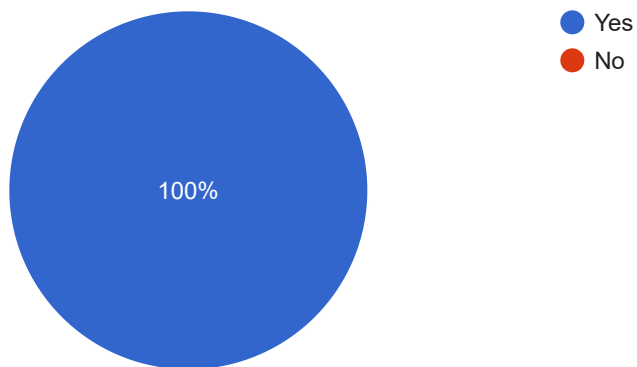
We train all staff on the components of the school wellness policy.

5 responses



School based activities are planned with wellness policy goals in mind.

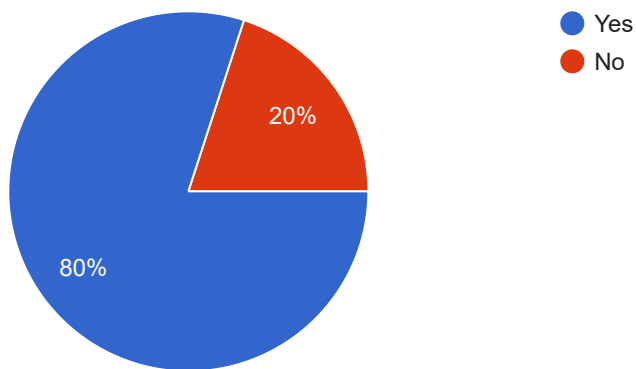
5 responses





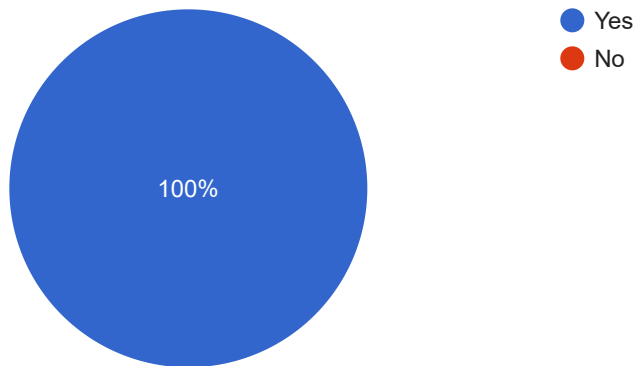
Fundraising projects submitted for approval are supportive of healthy eating and student wellness.

5 responses



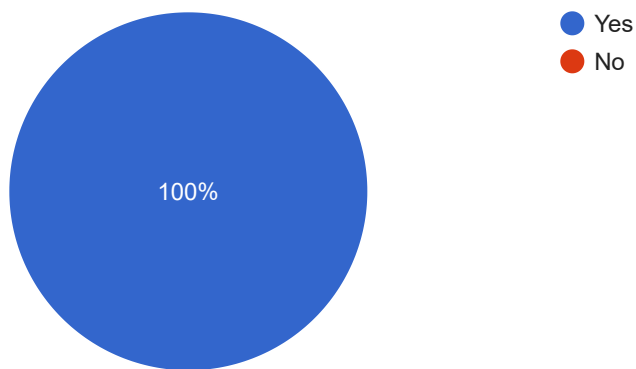
We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.

5 responses



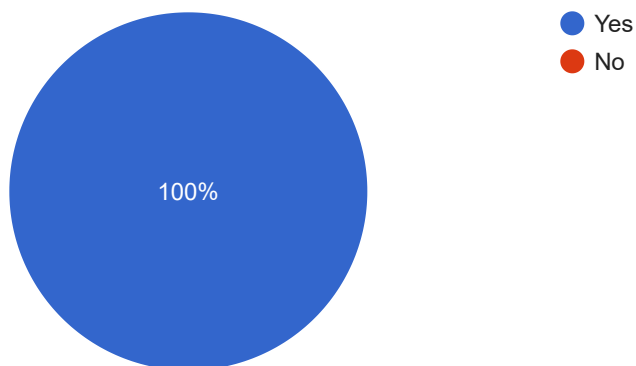
We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.

5 responses



Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.

5 responses



Thank You

This content is neither created nor endorsed by Google. [Report Abuse](#) - [Terms of Service](#) - [Privacy Policy](#)



# Google Forms

