

School Wellness Assessment (WCSD6)

Please complete the following assessment of school wellness activities occurring at your school. Please answer the questions based on the "best" or most appropriate response for **your school** - not as an individual teacher or staff member. This assessment should be completed as a group, including staff from each of the areas covered below.

1. Date
2. Assessor's Name
3. School
4. Which type of school? Mark only one oval.
 - Elementary
 - K-8
 - Secondary (middle or high school)

Comprehensive Learning Environment

Please read questions thoroughly

1. Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, professional development, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction
Mark only one oval.

- Yes
- No
- N/A, didn't know this was available

2. Teachers have adequate materials and resources to provide current nutrition education in the classroom?

Mark only one oval.

- Yes
- No

3. School has a garden and students are active participants in the garden. See link in resources section.

Mark only one oval.

- Yes, we have a garden and students participate in the garden
- Yes, we have a garden but students do not participate
- We do not have a garden; skip to question #7
- N/A

4. School sells produce back to Nutrition Services utilizing the Garden to Cafeteria program. See link in resource section.

Check all that apply.

- We sell produce back to the Nutrition department
- We sell our produce to the community
- We donate our produce to the community
- Other, please specify _____

5. Garden education is included as a unit of instruction in which grade levels at your school?

Check all that apply.

- Kindergarten
- 1st grade
- 2nd grade
- 3rd grade
- 4th grade
- 5th grade
- 6th grade
- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Garden education is not included in our school curriculum at any grade levels

6. On average, how many school gardens lessons would a typical student in the grade levels indicated above participate in throughout the academic year?

Mark only one oval.

- 0
- 1-3
- 4-6
- 7-10
- 10+

7. Nutrition education is included as a unit of instruction in which grade levels at your school?

Check all that apply.

- Kindergarten
- 1st grade
- 2nd grade
- 3rd grade
- 4th grade
- 5th grade
- 6th grade
- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Nutrition education is not included in our school curriculum at any grade levels

8. On average, how many nutrition education lessons would a typical student in the grade levels indicated above participate in throughout the academic year? *Mark only one oval.*

- 0
- 1-3
- 4-6
- 7-10
- 10+

9. The culture of wellness at your school is most accurately described as

Mark only one oval.

- Widespread throughout the school environment
- Noticeable in some aspects of the school environment
- Usually overshadowed by other school priorities
- There is no evident culture of wellness at the school

Healthy Eating Opportunities & Practices

10. Our cafeteria atmosphere is clean, inviting, and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).

Mark only one oval.

- Yes
- Somewhat
- No

11. School has PTO/PTA that supports school wellness teams

Mark only one oval.

- Yes, our PTO/PTA supports our school wellness team
- No, our school does not have a PTO/PTA
- No, our school's PTO/PTA is not involved with the school wellness team

Physical Activity

12. Health promotion activities are available for students that encourage physical activity such as speakers, recreational demonstration, and walking clubs?

Mark only one oval.

- Yes
- No

13. Do students receive the minimum amount of physical activity of 150 minutes/week (including exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). See link in resource section.

Mark only one oval.

- Yes
- No

14. Does the school/teachers/staff withhold physical activity (including exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes) as a form of discipline/consequence for any reason (ex: misconduct, incomplete assignments, testing)?

Mark only one oval.

- Regularly (at least 1x/week)
- Occasionally (less than 1x/month)
- Never

15. Do teachers incorporate physical activity into other subject areas (i.e., reading, math, science, social studies)?

Mark only one oval.

- Daily
- Regularly (at least 1x/week)
- Occasionally (less than 1x/week)
- Never

17. On average, what percentage of teachers utilize Vitamin D breaks daily?

Mark only one oval.

- <25%
- 26-49%
- 50-74%
- >75%
- What are Vitamin D breaks?

18. The school has adequate physical activity equipment for PE, recess, etc.?

Mark only one oval.

- Yes
- No

19. Physical activity programs (PE, recess) encourage maximum participation for every student (inclusion, no elimination games, all students are active at once, little standing and waiting, etc.)?

Mark only one oval.

- Yes
- No

20. Staff engage with students during recess to encourage active participation?

Mark only one oval.

- Always
- Sometimes
- Never

21. Please provide any additional input that could help improve the wellness program at your school. Write comments below.

Resources:

Learn about school gardens at: <http://www.greeleyschools.org/Page/17148>

Learn about Garden to Cafeteria at: <http://www.greeleyschools.org/Page/17148>

Physical activity requirements - taken from HB1069):

[http://www.leg.state.co.us/clics/clics2011a/csl.nsf/billcontainers/9CF56533FEFE87598725780800800FBB/\\$FILE/1069_enr.pdf](http://www.leg.state.co.us/clics/clics2011a/csl.nsf/billcontainers/9CF56533FEFE87598725780800800FBB/$FILE/1069_enr.pdf)