Each year, schools continue to take steps to improve their school wellness culture. The wellness investigation data gives us a snapshot of wellness changes and best practice adoption by schools. **No school is perfect or expected to be.** The survey reflects where your school is **today** on their wellness journey. Thanks for your commitment to the growing culture of wellness in Lincoln Public Schools. If you have questions please feel free to contact Michelle Welch at 402.436.1728 or via text at 402.570.7113.

At what school level do you primarily work?  
- Elementary  
- Middle  
- High School

What school do you represent?

Who is/are the wellness champion/contact?  
Wellness Champion #1 should be the main contact.

<table>
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<tr>
<th>Name</th>
<th>Email Address</th>
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<tr>
<td>Wellness Champion #1</td>
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<td>Wellness Champion #2</td>
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<td>Wellness Champion #3</td>
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**NUTRITION: School Meal Guidelines, Promotion and Education**

Q3.4 From the time they are seated, do the majority of students have at least 10 minutes to eat breakfast at school?  
- Yes  
- No

Q3.5 Does your school allow students to bring breakfast to class?  
- Most of the time  
- About half the time  
- Rarely

Q3.6 From the time they are seated, do the majority of students have at least 20 minutes to eat lunch at school?  
- Yes  
- No

Q3.7 On average, how many minutes is your scheduled lunch period for students? ____________ Minutes

Q3.8 On average, how much time would the last child in line have to eat his/her lunch? __________ Minutes

Q3.9 What gets in the way of students having 20 minutes to eat lunch? (e.g. Time spent in line, lunch period not long enough)

________________________________________________________________
________________________________________________________________
________________________________________________________________

Q3.10 In what ways does your school try to promote healthy food and beverage choices? Check all that apply.

- Advertising healthy foods through menus or posters
- Engaging students in deciding what is offered
- Engaging in farm to school activities
- Displaying nutritional information
- Offering nutritious foods at better prices than other foods
- Placing healthy food in prominent positions
- Using "Smarter Lunchroom" techniques
- Other way(s) you promote healthy food and beverage choices __________________________
- Our school does not promote healthy food and beverage choices
Q3.12 Of the following, which healthy a la carte offerings (foods sold individually in the lunch line) does your school provide daily? Check all that apply.

- Fat free or dairy foods
- Fresh fruit
- Non-fried vegetables
- Whole grain foods
- No a la carte items offered

Q3.13 Of the following, which healthy choices does your school's food vending machines, snack bars, stores, and concession stands outside the school cafeteria offer? Check all that apply.

- 100% fruit juice
- Fat free or dairy foods
- Fresh fruit
- Non-fried vegetables
- Whole grain foods
- None of these are offered
- No vending, stores, or concessions

Q3.14 Is midday recess before lunch?

- Midday recess is before lunch for all classes
- Midday recess is before lunch for most classes
- Midday recess is before lunch for some classes
- No classes have recess before lunch
- Does not apply because we are a high school

Q3.15 Does your school promote the benefits of consuming healthier foods throughout the building?

- Yes  or  No

Q4.1 Does your school use food as rewards in classrooms?

- All classes use food as rewards
- Most classes use food as rewards
- Some classes use food as rewards
- No classes use food as rewards

Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration?

- All classes encourage water
- Most classes encourage water
- Some classes encourage water
- No classes encourage water

Q4.3 Does your school have 1 or more water bottle refilling stations?

- Yes  or  No

Q4.4 Are outside foods allowed in for personal celebrations? (e.g. Cupcakes for birthdays)

- All classes allow in outside food
- Most classes allow in outside food
- Some classes allow in outside food
- No classes allow in outside food
Q4.5 Are outside foods allowed in for class/school celebrations? (e.g. Classroom parties)
- All classes allow in outside food
- Most classes allow in outside food
- Some classes allow in outside food
- No classes allow in outside food

Q4.6 How often are food celebrations allowed in your school?
- No Limits/Daily
- Weekly
- Monthly
- 3-4 times a year
- 1-2 times a year
- Never

Q4.7 How often are family fun nights focused on healthier food choices and physical activity?
- All events
- Most events
- Some events
- No events

Q4.8 If your school has beverage vending for students, does it include only low and no calorie options?
- Yes  No  No vending for students

Q4.9 Does your school follow the Smart Snacks Guidelines for any foods sold during the school day?
- Always
- Sometimes
- Never
- Not aware of guidelines

Q4.10 Who is responsible for ensuring Smart Snack compliance at your building? Please provide the name and position.
Name ________________________________
Position ________________________________

Nutrition Related Fundraising
Q4.12 How often are outside foods allowed for fundraisers at school? (e.g., Bake sales from home, candy sales, etc.)
- Daily
- Weekly
- Monthly
- Quarterly
- Never

Q4.13 For outside of school fundraising, are foods allowed that are not fruits and veggies? (e.g. Cookie dough, pizza)
- Yes  or  No

Q4.14 Does your school do fundraising focused on physical activity? (e.g. Walkathons, jump roping, dancing, etc)
Yes  or  No

Q4.15 How often does your school use outside vendors with healthier foods (e.g. Fruits/veggies offered with a meal) for fundraising?
- All events
- Most events
- Some events
- No events

Q4.16 Does your school participate in "Dine Out" nights?
- Yes  or  No

Q4.17 Does your school provide nutrition information about restaurant offerings for "Dine Out" nights?
- Yes  or  No
Physical Education and Physical Activity

Q5.2 What is the range of weekly minutes of Physical Education students at your school receive? (Elementary)
- o 0-60 minutes
- o 61-90 minutes
- o 91-149 minutes
- o 150 minutes or more

Q5.3 What is the range of weekly minutes of Physical Education students at your school receive? (Secondary)
- o 0-90 minutes
- o 91-149 minutes
- o 150-224 minutes
- o 225 minutes or more

Q5.4 What percent of students are moderately to vigorously active for at least 50% of PE class time?
- o 0-10%
- o 11- 25%
- o 26-50%
- o 51-75%
- o 76% or more

Q5.7 How many total minutes do your students have recess? Please record a response for each grade at your school. If different for different grades, please specify.
K ______ 1st ______ 2nd ______ 3rd ______ 4th ______ 5th ______
6th ______ 7th ______ 8th ______

Q5.8 Is physical activity ever restricted or added as a punishment for students (e.g. Students held out of recess, forced laps)?
- o Physical activity is regularly restricted or added as punishment.
- o Physical activity is often restricted or added as punishment.
- o Physical activity is sometimes restricted or added as punishment.
- o Physical activity is never restricted or added as punishment.

Q5.9 Does your school choose to keep indoor recess physically active on poor weather days?
- o Regularly
- o Most of the time
- o Sometimes
- o Never

Q5.10 Do most classroom teachers provide opportunities for students to be physically active in the classroom?
- o Yes or No ______

Q5.11 How many of your classrooms utilize "brain breaks"?
- o All classrooms
- o Most classrooms
- o Some classrooms
- o No classrooms

Q5.12 How often do classrooms in school utilize "brain breaks"?
- o Several times a day
- o Daily
- o Weekly
- o Just occasionally

Q5.13 Approximately, how many non-competitive physical activity opportunities does your school offer (e.g. walking clubs, dance clubs, in-line skating, yoga, fitness clubs, etc)?
- o None
- o 1 or 2 a quarter
- o 3-5 a quarter
- o More than 6 a quarter

Q5.14 How many students participate in intramural programs or physical activity clubs?
- o 1-19%
- o 20-49%
Q5.15 How does your school promote safe walking and biking to school? Check all that apply.

- Designate safe or preferred routes to school
- Designate adequate storage facilities for bikes and helmets
- Encourage walking school buses
- Promote activities such as International Walk to School Week
- There is no promotion

Q5.16 When conditions permit, what percentage of your students ride a bike to school?

- Less than 10%
- 11-25%
- 26-50%
- More than 50%

Family and Community Engagement

Q6.2 Does your school send home materials or provide opportunities to learn about healthy eating and physical activity?

- Yes  or  No

Q6.3 How often do parents and community members help plan and implement nutrition and activity programs?

- All of the time
- Most of the time
- Some of the time
- None of the time

Q6.5 Do parents, families and/or community members have access to school grounds for activity before and/or after school?

- Yes  or  No

Q6.6 How are community/outside-of-school activity promoted in your building? Please check all that apply.

- Bulletin board
- Class discussions
- Guest speakers about community programs
- Overhead/school announcements
- Newsletter articles
- Take-home fliers
- We do not promote community events
Resources

Q7.2 Does your school have a wellness committee of 3 or more members?
  o Yes   o No

Q7.3 Does your school have a wellness committee that actively incorporates student ideas and participation?
  o Yes   o No

Q7.4 Is your school taking part in Fuel Up to Play 60?
  o Yes   o No

Q7.5 Does your student handbook/calendar support specific wellness guidelines (e.g. no birthday cupcakes)?
  o Yes   Some   No

Q7.6 Does your school offer social group activity clubs focused specifically on positive relationship building?
  o Yes   o No

Q7.7 How often are there social/emotional counseling resources available to students onsite at your school?
  o Daily
  o Weekly
  o Monthly
  o 3-4 times a year
  o Rarely

Q7.8 Does your school have a walking track?
  o Yes   o No

Q7.9 How often is the track used at least weekly by one or more groups?
  o Regularly
  o Most of the time
  o Sometimes
  o Never

Q7.10 Does your school own a gaming system for dance?
  o Yes   o No

Q7.11 How often is the gaming system used at least weekly by one or more groups?
  o Regularly
  o Most of the time
  o Sometimes
  o Never

Q7.12 Does your school have a climbing wall?
  o Yes   o No

Q7.13 Is the climbing wall used at least weekly by one or more groups?
  o Yes   o No

Q7.14 What other special resources does your school have to support wellness (e.g. Media center bikes, active classroom resources, or specialized grants)?
__________________________________________________________________________
__________________________________________________________________________
**Staff Wellness**

**Q8.2** When is wellness on your staff meeting agenda?
- Weekly
- Monthly
- 3-4 times a year
- 1-2 times a year
- Never

**Q8.3** How often do you communicate to your staff about wellness?
- Daily
- Weekly
- Monthly
- 3-4 times a year
- 1-2 times a year
- Never

**Q8.4** Does your school offer opportunities for physical activity for staff before or after school?
- Yes
- No

**Q8.5** Is vending available to staff at your school?
- Yes
- No

**Q8.6** Does it include only low/no calorie options?
- Yes
- No

**Q8.7** How many staff members have dishes of candy sitting out on their desks for themselves or others?
- No staff members
- Less than 10%
- Between 11% and 25%
- Between 26 and 49%
- More than 50%

**Q8.8** When staff members bring in food or snacks for other staff members, how often are they healthier options?
- All of the time
- Most of the time
- Occasionally
- Never

**Q8.9** How often are healthy options available in the staff lounge (e.g. Water cooler, fruit/veggies as snacks)?
- Daily
- Weekly
- Monthly
- 3-4 times a year
- Never

**Q8.10** How often does your staff do activities as a group that are positive to de-stress or blow off steam?
- Daily
- Weekly
- Monthly
- 3-4 times a year
- Rarely

**Q8.11** How often do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?
- Almost all the time
- Most of the time
- Occasionally
- Never

**Q8.12** How often are Employee Assistance Program (EAP) services promoted to staff to support social/emotional health?
- Monthly
- Quarterly
- Rarely
**Review of Last Year’s Progress: Action Plans Progress**

**Looking Back: Action Plan Progress Update**

USDA requires each school to have at least one Nutrition Action Plan goal, one or more “other” wellness goals and review your progress annually. Last year your school set goals. Please look at your answers from the School Wellness Action Plan last year and provide an update.

<table>
<thead>
<tr>
<th>Nutrition Goal(s)</th>
<th>Answer Status When Goal Set</th>
<th>Goal for Answer</th>
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**Looking Forward: Action Plans**

After examining your progress from last year and looking at your current School Wellness Investigation answers, please note below what your nutrition goal(s) will be for this school year. Each school is USDA required to have at least one Nutrition Goal and two or more wellness goals overall.

**Action Plan Goal(s): Nutrition**

<table>
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<tr>
<th>Nutrition Goal(s)</th>
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**2018.2019 Action Plan Goal(s): Other Wellness Categories**

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Review of meeting goals will occur annually along with this School Wellness Investigation. Please submit SWI, Action Plan and Update online at [www.lps.org/wellness](http://www.lps.org/wellness) or through the link provided by LPS Wellness.