Lux Middle School Wellness Investigation, 2019.2020.

At what school level do you primarily work?
Middle

What middle school do you represent?
Lux Middle School

Who is/are the wellness champion/contact? Wellness Champion # 1 should be the main contact.
Wellness Champion # 1
Name   Karla
Email Address   Halpine
Wellness Champion # 2
Name   Caroline
Email Address   Seymour
Wellness Champion # 3
Name   Mindy
Email Address   Diller

1.10 From the time they are seated, do the majority of students have at least 10 minutes to eat breakfast at school?
Yes

Does your school allow students to bring breakfast to class?
Rarely

1.11 From the time they are seated, do the majority of students have at least 20 minutes to eat lunch at school?
Yes

4.7 On average, how many minutes is your scheduled lunch period for students?
30 minutes

On average, how much time would the last child in line have to eat his/her lunch?
20 minutes

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

1.9 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
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: -- samples

1.6 Of the following, which healthy a la carte (foods sold individually in the lunch line) offerings does your school provide daily? Check all that apply.
- Fat free or dairy foods
- Fresh fruit
- Non-fried vegetables
- Whole grain foods

1.7 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

4.8 Is midday recess before lunch?
- Does not apply because we are a high school

1.16 Does your school promote the benefits of consuming healthier foods throughout the building?
- Yes

4.9 Does your school use food as rewards in classrooms?
- Some classes use food as rewards

4.10 Is water encouraged in classrooms at desks/in backpacks to increase hydration?
- Most classes encourage water

Does your school have 1 or more water bottle refilling stations?
- Yes

4.11 Are outside foods allowed in for personal celebrations, example: cupcakes for birthdays?
- No classes allow in outside food

4.12 Are outside foods allowed in for class/school celebrations, example: parties?
- Some classes allow in outside food

4.13 How often are food celebrations allowed in your school?
3-4 times a year

4.14 How often are family fun nights focused on healthier food choices and physical activity?
   Some events

4.15 If your school has beverage vending for students, does it include only low and no calorie options?
   Yes

4.31 Does your school follow the Smart Snacks Guidelines for any foods sold during the school day?
   Always

Who is responsible for ensuring Smart Snack compliance at your building? Please provide the name and position.

   Name   Duane Dohmen
   Position   Principal

4.16 How often are outside foods allowed for fundraisers at school (e.g., bake sales from home, candy sales, etc.)?
   Never

4.17 For outside of school fundraising, are foods allowed that are not fruits and veggies (e.g. cookie dough, pizza)?
   No

4.18 Does your school do fundraising focused on physical activity (e.g. walkathons, jump roping, dancing, etc)?
   No

4.19 How often does your school use outside vendors with healthier foods (e.g., fruits/veggies offered with a meal) for fundraising?
   No events

4.20 Does your school participate in "Dine Out" nights?
   Yes

4.20a Does your school provide nutrition information about restaurant offerings for "Dine Out" nights?
   No

2.4 What is the range of weekly minutes of Physical Education students at your school receive?
   91-149 minutes
2.4 What percent of students are moderately to vigorously active for at least 50% of physical education class time?
   51-75%

2.2 How many minutes daily do your students have recess? Please record a response for each grade at your school. If different for different grades, please specify.

4.2 Is physical activity ever restricted or added as a punishment for students (example: students held out of recess or forced to run a lap)?
   Physical activity is regularly restricted or added as punishment.

4.3 Does your school choose to keep indoor recess physically active on poor weather days?
   Regularly

2.10 Do most classroom teachers provide opportunities for students to be physically active in the classroom?
   Yes

How many of your classrooms utilize "brain breaks"?
   Some classrooms

How often do classrooms in school utilize "brain breaks"?
   Weekly

2.11 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)?
   3-5 a quarter

2.7 How many students participate in intramural programs or physical activity clubs?
   20-49%

2.12 How does your school promote safe walking and biking to school? Check all that apply.
   Designate adequate storage facilities for bikes and helmets

When conditions permit, what percentage of your students ride a bike to school?
   11-25%

3.1 Does your school send home materials or provide opportunities to learn about healthy eating and physical activity?
   Yes
3.2 How often do parents and community members help plan and implement nutrition and activity programs?
   Some of the time

3.3 Do parents, families, and/or community members have access to school grounds for activity before and/or after school?
   Yes

3.5 How are community/outside-of-school activity promoted in your building? Please check all that apply.
   - Bulletin board
   - Overhead/school announcements
   - Newsletter articles

Does your school have a wellness committee of 3 or more members?
   Yes

3.6 Does your school have a wellness committee that actively incorporates student ideas and participation?
   Yes

Is your school taking part in Fuel Up to Play 60?
   No

4.30 Does your student handbook/calendar support specific wellness guidelines (e.g. no birthday cupcakes)?
   Yes

4.32 Does your school offer social group activity clubs focused specifically on positive relationship building?
   Yes

4.33 How often are there social/emotional counseling resources available to students onsite at your school?
   Daily

4.4 Does your school have a walking track?
   No

4.5 Does your school own a gaming system for dance?
   Yes
4.5a How often is the gaming system used at least weekly by one or more groups?
   Sometimes

4.6 Does your school have a climbing wall?
   No

What other special resources does your school have to support wellness (e.g. media center bikes, active classroom resources, or specialized grants)?
   bikes, climbing peg wall, walking Wed, go noodle

4.21 When is wellness on your staff meeting agenda?
   1-2 times a year

4.22 How often do you communicate to your staff about wellness?
   Weekly

4.24 Does your school offer opportunities for physical activity for staff before or after school?
   Yes

4.25 Is vending available to staff at your school?
   Yes

4.25a Does it include only low/no calorie options?
   Yes

4.26 How many staff members have dishes of candy sitting out on their desks for themselves or others?
   Less than 10%

4.27 When staff members bring in food or snacks for other staff members, how often are they healthier options?
   Occasionally

4.28 How often are healthy options available in the staff lounge (i.e., water cooler, fruit/veggies as snacks)?
   Daily

4.29 How often does your staff do activities as a group that are positive to de-stress or blow off steam?
   Monthly

How often do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?
How often are Employee Assistance Program (EAP) services promoted to staff to support social/emotional health?
Quarterly

Lux Middle School Action Plan 2019.2020

What level do you teach?
Middle School

What middle school do you represent?
Lux Middle School

Who is/are the wellness champion/contact? Please type one person per line.
Champion #1
  Name Karla Halpine
  Email Address khalpine@lps.org
Champion #2
  Name Mindy Diller
  Email Address mdiller@lps.org
Champion #3
  Name Caroline Seymour
  Email Address cseymou@lps.org

What items did your school choose to focus on as your goals last school year? Check no more than 3.
Q5.12 How often do classrooms in school utilize “brain breaks”?
  We met this goal.
Q6.3 How often do parents and community members help plan and implement nutrition and activity programs?
  We have not met this goal yet.

For each goal you chose, please indicate if you met or exceeded your goal.
Q5.12 How often do classrooms in school utilize “brain breaks”?
  We met this goal.
Q6.3 How often do parents and community members help plan and implement nutrition and activity programs?
  We have not met this goal yet.

What Nutrition item do you want to focus on as your goal(s) for next year? At least one Nutrition...
Q4.17 Does your school provide nutrition information about restaurant offerings for “Dine Out” nights?
What would you like the response to "Q4.17 Does your school provide nutrition information about restaurant offerings for "Dine Out" nights?" to be next year?

Yes

How do you plan to measure success?
Talk to the committee who sets up the "dine out" nights and ask them to ask for nutrition information from the vendor. Get the info in our school announcements and flyers.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...

Karla Halpine
Mindy Diller
Caroline Seymour

What other item(s) does your school want to focus on as your school's goal(s) for next year? Choose...

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

What would you like the response to "Q6.3 How often do parents and community members help plan and implement nutrition and activity programs? " to be next year?

All of the time

How do you plan to measure success?
The events already involve activities. Now we just need to add in healthier snacks.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...

Karla Halpine
Mindy Diller
Caroline Seymour