Riley Elementary School Wellness Investigation, 2019-2020

At what school level do you primarily work?
Elementary

What elementary school do you represent?
Riley Elementary School

Who is/are the wellness champion/contact? Wellness Champion # 1 should be the main contact.
Wellness Champion # 1
Name Alissa Cookston
Email Address acooks@lps.org

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?
Most of the time

1.11 From the time they are seated, do the majority of students have at least 20 minutes to eat lunch at school?
No

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

On average, how much time would the last child in line have to eat his/her lunch?
10 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)
Time spent in line.

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
Placing healthy food in prominent positions

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.
No a la carte items offered
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.
   - No vending, stores, or concessions

4.8 Is midday recess before lunch?
   - Midday recess is before lunch for all classes

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?
   - No classes use food as rewards

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

Does your **school** have 1 or more water bottle refilling stations?
   - No

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?
   - No classes allow in outside food

4.13 How often are food celebrations allowed in your **school**?
   - Never

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

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

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   Paul Gregory
   - Position   Nutrition Services

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)?
   Yes

4.19 How often does your school use outside vendors with healthier foods (e.g., fruits/veggies offered
with a meal) for fundraising?
   Some 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?
   Yes

2.3 What is the range of weekly minutes of Physical Education do students at your school receive?
   0-60 minutes

2.4 What percent of students are moderately to vigorously active for at least 50% of physical education
class time?
   76% or more

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.
   Kindergarten 25
   1st 25
   2nd 25
   3rd 25
   4th 25
   5th 25

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 never restricted or added as punishment.

4.3 Does your school choose to keep indoor recess physically active on poor weather days?
   Most of the time

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"?
   Most classrooms

How often do classrooms in school utilize "brain breaks"?
   Several times a day

2.11 Approximately, how may non-competitive physical activity opportunities does your school offer (e.g. walking clubs, dance clubs, in-line skating, yoga, fitness clubs, etc)?
   1 or 2 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.
   There is no promotion

When conditions permit, what percentage of your students ride a bike to school?
   Less than 10%

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

Does your school have a wellness committee of 3 or more members?
   No

3.6 Does your school have a wellness committee that actively incorporates student ideas and participation?
   No

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?
   Weekly

4.4 Does your school have a walking track?
   Yes

4.4a How often is the track used at least weekly by one or more groups?
   Regularly

4.5 Does your school own a gaming system for dance?
   No

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)?
   FitDesk Pedal Bike

4.21 When is wellness on your staff meeting agenda?
   3-4 times a year

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

4.24 Does your school offer opportunities for physical activity for staff before or after school?
   No

4.25 Is vending available to staff at your school?
   Yes

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

4.26 How many staff members have dishes of candy sitting out on their desks for themselves or others?
Between 11% and 25%

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)?
   3-4 times a year

4.29 How often does your staff do activities as a group that are positive to de-stress or blow off steam?
   3-4 times a year

How often do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?
   Most of the time

How often are Employee Assistance Program (EAP) services promoted to staff to support social/emotional health?
   Quarterly

**Riley Elementary School Action Plan 2019.2020**

What level do you teach?
   Elementary School

Who is/are the wellness champion/contact? Please type one person per line.
   Champion #1
   Name   Alissa Cookston
   Email Address   acooks@lps.org

What items did your school choose to focus on as your goals last school year? Check no more than 3.
   Q5.11 How many of your classrooms utilize "brain breaks"?
   We met this goal.
   Q5.12 How often do classrooms in school utilize "brain breaks"?
   We met this goal.
   Q5.14 How many students participate in intramural programs or physical activity clubs?
   We met this goal.

For each goal you chose, please indicate if you met or exceeded your goal.
   Q5.11 How many of your classrooms utilize "brain breaks"?
   We met this goal.
   Q5.12 How often do classrooms in school utilize "brain breaks"?
   We met this goal.
   Q5.14 How many students participate in intramural programs or physical activity clubs?
   We met this goal.

What Nutrition item do you want to focus on as your goal(s) for next year? At least one Nutrition...
   Q3.5 Does your school allow students to bring breakfast to class?
What would you like the response to "Q3.5 Does your school allow students to bring breakfast to class?" to be next year?
Most of the time

How do you plan to measure success?
Monthly survey to teachers.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...
Alissa Cookston - Will send out survey

What other item(s) does your school want to focus on as your school’s goal(s) for next year? Choo...
Q3.7 On average, how many minutes is your scheduled lunch period for students? __________ Minutes

What would you like the response to "Q3.7 On average, how many minutes is your scheduled lunch period for students? __________ Minutes" to be next year?
20 minutes

How do you plan to measure success?
Supervising staff will use a timer and collect data.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...
Whoever is supervising the lunchroom at the time.