Scott School Wellness Investigation 2019.2020

Q2.1. At what school level do you primarily work?
- Elementary
- Middle
- High

Q2.5. Who is/are the wellness champion/contact? Wellness Champion # 1 should be the main contact.

<table>
<thead>
<tr>
<th>Wellness Champion # 1</th>
<th>Name</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Amy Hudson</td>
<td><a href="mailto:ahudson@lps.org">ahudson@lps.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wellness Champion # 2</th>
<th>Name</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mark Danley</td>
<td><a href="mailto:mdanley@lps.org">mdanley@lps.org</a></td>
</tr>
</tbody>
</table>

Q3.1. NUTRITION: School Meal Guidelines, Promotion and Education

Q3.3. Encourage Healthy Consumption of Foods

Q3.4. 1.10 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. 1.11 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. 4.7 On average, how many minutes is your scheduled lunch period for students? 20 minutes

Q3.8. On average, how much time would the last child in line have to eat his/her lunch? 15 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)

- Time spent in line, slow eaters, too much talking not enough eating.

Q3.10. 1.9 In what ways does your school try to promote healthy food and beverage choices?
- 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

Q3.11. Nutrition and Health Promotion, Education

Q3.12. 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

Q3.13. 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

Q3.14. Is midday recess before lunch?

- No classes have recess before lunch

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

- 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
- No

Q4.4. Are outside foods allowed in for personal celebrations, example: 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, example: parties?

- All classes allow in outside food
- Most classes allow in outside food
- Some 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
Q.4.9. Does your school follow the Smart Snacks Guidelines for any foods sold during the school day?
- Always
- Sometimes
- Never
- Not aware of guidelines

Q.4.10. Who is responsible for ensuring Smart Snack compliance at your building? Please provide the name and position. Marco Pedroza, Principal

Q.4.11. Nutrition Related Fundraising
Q.4.12. How often are outside foods allowed for fundraisers at school (e.g., bake sales from home, candy sales, etc.)?
- Daily
- Weekly
- Monthly
- Quarterly
- Never

Q.4.13. For outside of school fundraising, are foods allowed that are not fruits and veggies (e.g. cookie dough, pizza)?
- Yes
- No

Q.4.14. Does your school do fundraising focused on physical activity (e.g. walkathons, jump roping, dancing, etc)?
- Yes
- No

Q.4.15. 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

Q.4.16. Does your school participate in "Dine Out" nights?
- Yes
- No

Q.5.1. Physical Education and Physical Activity
Q.5.3. What is the range of weekly minutes of Physical Education students at your school receive?
- 0-90 minutes
- 91-149 minutes
- 150-224 minutes
- 225 minutes or more

Q.5.4. What percent of students are moderately to vigorously active for at least 50% of physical education class time?
- 0-10%
- 11-25%
- 26-50%
- 51-75%
- 76% or more

Q.5.7. 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.

6th: 15-20 minutes
Q5.8. 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.
- Physical activity is often restricted or added as punishment.
- Physical activity is sometimes restricted or added as punishment.
- Physical activity is never restricted or added as punishment.

Q5.9. 4.3 Does your school choose to keep indoor recess physically active on poor weather days?

- Regularly
- Most of the time
- Sometimes
- Never

Q5.10. 2.10 Do most classroom teachers provide opportunities for students to be physically active in the classroom?

- No

Q5.11. How many of your classrooms utilize "brain breaks"?

- All classrooms
- Most classrooms
- Some classrooms
- No classrooms

Q5.12. How often do classrooms in school utilize "brain breaks"?

- Just occasionally

Q5.13. 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)?

- None
- 1 or 2 a quarter
- 3-5 a quarter
- More than 6 a quarter

Q5.14. 2.7 How many students participate in intramural programs or physical activity clubs?

- 1-19%
- 20-49%
- 50% or more
- No students participate

Q5.15. 2.12 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%

Q6.1. Family and Community Engagement

Q6.2. 3.1 Does your school send home materials or provide opportunities to learn about healthy eating and physical activity?

- Yes
- No

Q6.3. 3.2 How often do parents and community members help plan and implement nutrition and activity programs?
Q6.5. 3.3 Do parents, families, and/or community members have access to school grounds for activity before and/or after school?

- Yes
- No

Q6.6. 3.5 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

Q7.1. Resources

Q7.2. Does your school have a wellness committee of 3 or more members?

- Yes
- No

Q7.3. 3.6 Does your school have a wellness committee that actively incorporates student ideas and participation?

- Yes
- No

Q7.4. Is your school taking part in Fuel Up to Play 60?

- No

Q7.5. 4.30 Does your student handbook/calendar support specific wellness guidelines (e.g. no birthday cupcakes)?

- No

Q7.6. 4.32 Does your school offer social group activity clubs focused specifically on positive relationship building?

- Yes

Q7.7. 4.33 How often are there social/emotional counseling resources available to students onsite at your school?

- Daily

Q7.8. 4.4 Does your school have a walking track?

- Yes
- No

Q7.10. 4.5 Does your school own a gaming system for dance?

- Yes
- No

Q7.11. 4.5a How often is the gaming system used at least weekly by one or more groups?

- Never

Q7.12. 4.6 Does your school have a climbing wall?

- Yes
- 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)?

- Media Center has bikes. Gym has a fitness center. We have some seat bikes available for check-out.

Q8.1. Staff Wellness

Q8.2. 4.21 When is wellness on your staff meeting agenda?
Q8.3. 4.22 How often do you communicate to your staff about wellness?
  - 3-4 times a year

Q8.4. 4.24 Does your school offer opportunities for physical activity for staff before or after school?
  - No

Q8.5. 4.25 Is vending available to staff at your school?
  - Yes
  - No

Q8.6. 4.25a Does it include only low/no calorie options?
  - Yes
  - No

Q8.7. 4.26 How many staff members have dishes of candy sitting out on their desks for themselves or others?
  - Less than 10%

Q8.8. 4.27 When staff members bring in food or snacks for other staff members, how often are they healthier options?
  - Occasionally

Q8.9. 4.28 How often are healthy options available in the staff lounge (i.e., water cooler, fruit/veggies as snacks)?
  - 3-4 times a

Q8.10. 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

Q8.11. How often do staff take part in wellness efforts with students (e.g. challenges, brain breaks, etc.)?
  - Occasionally

Q8.12. How often are Employee Assistance Program (EAP) services promoted to staff to support social/emotional health?
  - Rarely

Scott Middle School Action Plan 2019-2020

What level do you teach?
  - Middle School

Who is/are the wellness champion/contact? Please type one person per line.

Champion #1
  Name   Amy Hudson
  Email Address   ahudson@lps.org

Champion #2
  Name   Mark Danely
  Email Address   mdanley@lps.org

What items did your school choose to focus on as your goals last school year? Check no more than 3.
  Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration?
  Q5.12 How often do classrooms in school utilize "brain breaks"?

For each goal you chose, please indicate if you met or exceeded your goal.
  Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration?
We met this goal.
Q5.12 How often do classrooms in school utilize “brain breaks”?
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...
Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration?

What would you like the response to “Q4.2 Is water encouraged in classrooms at desks/in backpacks to increase hydration?” to be next year?
All classes encourage water

How do you plan to measure success?
We will be participating in the 2019-20 Hydration Challenge. I will look to see how many classrooms participate in the challenge and submit their results.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...
Amy Hudson
Mark Danley
Katie Kloeforn
Terianne Knott
Taylor Zillig
Amy Kobza-Deutch
Tim Barada

What other item(s) does your school want to focus on as your school’s goal(s) for next year? Choo...
Q7.3 Does your school have a wellness committee that actively incorporates student ideas and participation?
Q8.3 How often do you communicate to your staff about wellness?

What would you like the response to “Q7.3 Does your school have a wellness committee that actively incorporates student ideas and participation? ” to be next year?
Yes

How do you plan to measure success?
Will work to invite and incorporate student ideas into our wellness team and allow them to participate in any communication and implementation of ideas.
Right now we have 0 students. Success would be adding a student from each grade level to our team.

Who is responsible for these efforts? Indicate the specific names and roles for members of your t...
Amy Hudson co-chairs of our committee
Mark Danley co-chairs of our committee

What would you like the response to “Q8.3 How often do you communicate to your staff about wellness?” to be next year?
Yes
How do you plan to measure success?
   If we could share one fact/item a month or even each season that focuses health and wellness with our staff (via announcements, resources, etc...) I would call that a success.

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