

Healthy School Team Assessment - SY18

Florida State Statute requires that all schools create a Healthy School Team. Team members are responsible for establishing a wellness culture on their school campus and a review of these efforts annually. Please complete the following assessment so that we can gauge as a District how we are doing with regard to our wellness initiative. Your feedback will help us determine how and where additional resources are required inside the District. A bulletin will be sent out in April. **This assessment must be submitted online and is due by May 11, 2018.**

School Name: _____

Name of Person Completing this Survey: _____

Official School Role: _____

Email Address: _____

Culture/Environment

1. Which green practices does your school implement to support a culture of sustainability on campus? Check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Alternative Transportation (actively promote biking or walking to school) | <input type="checkbox"/> Natural Resources and Outdoor Learning |
| <input type="checkbox"/> Composting | <input type="checkbox"/> Outdoor Classroom / Learning Area |
| <input type="checkbox"/> Earth Day Celebration/Pledge | <input type="checkbox"/> Recycling & Waste Reduction (Cardboard, Milk Cartons, Plastic, etc.) |
| <input type="checkbox"/> Energy Conservation (Lighting, etc.) | <input type="checkbox"/> School Garden Initiative |
| <input type="checkbox"/> Environmental Education | <input type="checkbox"/> Solar Panels |
| <input type="checkbox"/> Green Purchasing | <input type="checkbox"/> Water Conservation / Rain Barrels |
| <input type="checkbox"/> Green School Certification/Recognition Award (Applied for or Earned) | <input type="checkbox"/> Water Filling Stations |
| <input type="checkbox"/> Indoor Air Quality Protection (reduce or remove classroom clutter, dust, fragrances, aerosol sprays etc) | <input type="checkbox"/> No Green Initiatives at our school. We are interested though! |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | |

2. What type of recycling and waste reduction initiatives does your school initiate? Check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Cafeteria Share Table | <input type="checkbox"/> Paper Recycling |
| <input type="checkbox"/> Cardboard recycling | <input type="checkbox"/> Plastics Recycling |
| <input type="checkbox"/> Composting | <input type="checkbox"/> Terracyle |
| <input type="checkbox"/> Electronic Waste Recycling | <input type="checkbox"/> Textile Recycling |
| <input type="checkbox"/> Ink and Toner Recycling | <input type="checkbox"/> Zero Waste Lunches |
| <input type="checkbox"/> Milk and Juice Carton Recycling | <input type="checkbox"/> We are not recycling at this time. |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | |

3. Does your school have a Green Champion? Green Champions are designated by each School Principal. The Green Champion leads school sustainability activities via a green team, is the point of contact for sustainability related communication via the Environmental Conservation Services (ECS) Department and is eligible for "green" funding opportunities.

Yes - Provide Name, Phone, Email for Green Champion

No

We need help designating a Green Champion

Contact Name/Phone/Email: _____

4. What afterschool programming activities does your school provide to **students**?

Check all that apply.

- Fine Art Clubs (Band/Chorus, Dance, Drama, Language Arts, Music, Writing, Yearbook, etc.)
 - Book Club
 - Community Clubs (4H, 365 Samaritans, Boys and Girls Club, National Junior Honor Society, SACC, Teachers of Tomorrow, etc.)
 - Cooking/Nutrition Clubs
 - Drivers Ed.
 - Environmental Club (Green Clubs, etc.)
 - Fitness/Sports Clubs/Teams (Includes Cheerleading, Rugby, Running, SPARKS, Yoga)
 - Game Clubs (Chess, etc.)
 - Gardening/Green Clubs
 - Mindfulness Clubs
 - PTA/PTSA activities
 - Robotics
 - Safety Patrol Club (Self Defense)
 - Science Clubs (Ecology, Marine, Sea Cadets, Whale Academy)
 - Talent Show
 - Technology (Computers, etc.)
 - Tutoring (Academic Enhancement Clubs, etc.)
 - Vocational Training
 - Wellness Clubs
 - Other: (Only check here and list things that do not fall within any of the parameters above)
-

5. Which of the following have you had on your campus this school year for **staff** health?

Check all that apply.

- Exercise videos online/DVDs set up after school for staff
 - Healthy potlucks, snack days, recipe swapping, etc.
 - Onsite gym that staff can utilize outside of school hours
 - Onsite group fitness class led by an instructor
 - Onsite Walking Path
 - Private room other than the bathroom where breastfeeding employees can express milk.
 - Running/Walking Clubs
 - We have some ideas for projects to make our culture healthier, but would like assistance in getting ideas and/or funds to do this.
 - Workshops/classes to promote healthy lifestyles (i.e. Health Advocate, Financial, Alzheimer's, etc.)
 - None
 - Other: (Only check here and list things that do not fall within any of the parameters above)
-

6. Does your school have a garden?

- Yes
- No
- We would like to have a garden on campus.
 - Contact Name/Phone/Email: _____

7. Beginning this year, all schools were required to RECORD their School Garden Status by choosing one of the following options: 1) New Garden, 2) Existing - Active, 3) Existing - Not in Use, or 4) No Garden. Was the garden status RECORDED for your school on SharePoint this year?

- Yes
- No

8. Did you update your school garden team and garden plan on SharePoint this year?

- Yes
- No

9. What do you do with the produce that is harvested on your campus? Check all that apply.

- Donated
 - Samples are provided to students and staff
 - Sold on or off campus
 - Used for Aftercare, Cooking Activities, Cooking Clubs or by the Culinary Department
 - We do not have an edible garden
 - Other: (Only check here and list things that do not fall within any of the parameters above)
-

10. How is your garden having a positive impact on your school culture?

Nutrition

1. How does your school provide students with Nutrition Education activities and resources? Check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Announcements
(Morning/Afternoon) | <input type="checkbox"/> Healthy Habits Nutrition Planner Program |
| <input type="checkbox"/> Community Campaigns (American Heart Association, Fuel up to Play 60, Jump Rope for Heart, Let's Move, Train the Brain, etc.) | <input type="checkbox"/> News or Newsletter
(District/Parent/School, etc.) |
| <input type="checkbox"/> Fitness Clubs/Events | <input type="checkbox"/> National Nutrition Month/Nutrition Classes |
| <input type="checkbox"/> Fresh Fruit and Vegetable Program (FFVP) | <input type="checkbox"/> OrganWise Guys |
| <input type="checkbox"/> Garden Clubs | <input type="checkbox"/> PE Classes |
| <input type="checkbox"/> Guest Speakers | <input type="checkbox"/> Posters |
| <input type="checkbox"/> Harvest of the Month | <input type="checkbox"/> PTA Meetings |
| <input type="checkbox"/> Health & Science Classes/Health Fairs | <input type="checkbox"/> Social Media (Facebook, Instagram, Twitter, etc.) |
|
 | |
| <input type="checkbox"/> None. Please contact us so that we can.
<input type="checkbox"/> Contact Name/Phone/Email: _____ | |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above)
_____ | |

2. What nutritional standard requirements has your school established for:

Classroom Parties

- Healthy Classroom Parties (Fruits, Veggies, Granola Bars, etc.)
- Healthy Guidelines are set forth in parent and faculty handbooks
- Non-food birthday items only
- Only items purchased are allowed (no homemade items)
- Parents/Teachers provide Healthy Snacks
- Smart Snacks only
- We have not established any standards
- Other: (Only check here and list things that do not fall within any of the parameters above)

Fundraisers

- Sell Healthier Options (air popped popcorn, low fat, low/no sugar)
- Smart Snacks only
- We don't sell food
- We have not established any standards.
- Other: (Only check here and list things that do not fall within any of the parameters above)

Evening/Community Events

- Healthy Drinks (no soda)
- Offer Healthy Options
- We have not established any standards.
- Other: (Only check here and list things that do not fall within any of the parameters above)

3. At your school, do you have a backpack program for weekend meals?

- Yes
- No
- No. We would like to have one though!
 Contact Name/Phone/Email: _____

4. With regard to your backpack program, which Community Organizations are you working with? Check all that apply.
- | | |
|---|---|
| <input type="checkbox"/> Blessings in a Backpack | <input type="checkbox"/> Local Church or Religious Organization |
| <input type="checkbox"/> Boca Helping Hands | <input type="checkbox"/> Palm Beach County Food Bank |
| <input type="checkbox"/> CROS Ministries | |
| <input type="checkbox"/> Living Hungry | |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | |
-
5. Do you have a food pantry at your school?
- Yes
- No
- No. We would like one though!
- Contact Name/Phone/Email: _____
-
6. With regard to your food pantry, which community organizations are you working with? Check all that apply.
- Feed South Florida
- Local Church or Religious Organization
- Palm Beach County Food Bank
- Other: (Only check here and list things that do not fall within any of the parameters above)
-
7. Other than from School Food Service, where do your students purchase food during the school day? (Midnight to 30 minutes after the official school days ends). (Refer to School Board Policy 6.185 – School Food Service Management). Food and beverages **SOLD** in vending machines must comply with the USDA Smart Snacks in School Standards at all times.
- | | |
|---|--|
| <input type="checkbox"/> Classroom Parties | <input type="checkbox"/> Snack/Coffee Bar |
| <input type="checkbox"/> Concession Stands | <input type="checkbox"/> Vending Machines |
| <input type="checkbox"/> Fundraisers | <input type="checkbox"/> We do not sell food to students during the school day |
| <input type="checkbox"/> PTA Initiatives | |
| <input type="checkbox"/> School Stores | |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | |
-
8. Do you use the Smart Snack Calculator located on the District’s School Food Service website to determine compliance with food items **SOLD** outside of the cafeteria?
- We do not sell food items outside the cafeteria
- Yes
- No, we do not use the Smart Snack calculator
9. Each school level has an allowable number of days where food fundraisers **SOLD to STUDENTS** during the school day (Midnight to 30 minutes after the official school day ends) may fall outside the Smart Snack Guidelines. These are referred to as "exemptions" or "exempted" food fundraisers. In the space below, please provide each "exempted" food fundraiser conducted at your school this year. The following information **MUST** be submitted for each "exempted" food fundraiser:
- Type of Food SOLD to students** (candy, doughnuts, snow cones, ice cream, etc.)
- Dates and Times SOLD to students**
- Example:**
- Type of Food SOLD:** Candy Bars
- Dates and Times SOLD:** April 1, 2, 3, 4 and 5th - from 3pm to 4pm
-
-

10. Would you like assistance in providing healthier options at **staff** meetings, celebrations and/or in vending machines?
- Yes, please contact us.
 - No, we are already providing healthy options.
 - No, thank you.

11. Middle and High Schools, how many **student snack** vending machines do you have on your school campus?
- Elementary School – no vending machines on campus
 - 0-3
 - 4-6
 - 7-10
 - More than 11
 - Middle / High School – no student snack vending machines on our campus

12. Provide us with the name of your vendor and their phone number below.

-
13. Middle and High Schools, how many **student beverage** vending machines do you have on your school campus?
- Elementary School – no vending machines on campus
 - 0-3
 - 4-6
 - 7-10
 - More than 11
 - Middle / High School – no student beverage vending machines on our campus

14. Provide us with the name of your vendor and their phone number below.

Physical Activity

1. How does your school encourage **students** to participate in physical activity? Check all that apply.
- | | |
|--|--|
| <input type="checkbox"/> Adventure to Fitness (ATF) | <input type="checkbox"/> Fitness/Sports Clubs (including all activity clubs, before school PE, aftercare, Fit Kids, intramural sports activities, extended PE, etc.) |
| <input type="checkbox"/> Brain Breaks, Brain Gym (movement based learning etc.) | <input type="checkbox"/> Health Fairs |
| <input type="checkbox"/> Class Walks | <input type="checkbox"/> Interactive Videos (Cosmic Yoga, Fitness, Go Noodle, Wii Dance, etc.) |
| <input type="checkbox"/> Community Campaigns (Bike/Walk to School Day, Fuel Up to Play 60, Girls on the Run, Hoops for Heart, Jump Rope for Heart, Let's Move, Organized Runs/Walks, South Florida Kids Mile, UNICEF Kid Power etc.) | <input type="checkbox"/> Math Scavenger Hunt |
| <input type="checkbox"/> Fitness Fundraisers | <input type="checkbox"/> Recess |
| | <input type="checkbox"/> SPARKS |
| | <input type="checkbox"/> Walking Classroom |
| | <input type="checkbox"/> Weight Room (Open Gym) |
- Other: (Only check here and list things that do not fall within any of the parameters above)
-

2. What resources are classroom teachers currently using on campus to provide activity breaks throughout the school day? Check all that apply.
- | | |
|---|--|
| <input type="checkbox"/> Adventure to Fitness (ATF) | <input type="checkbox"/> Fitness/Sports Clubs (including all activity clubs, before school PE, aftercare, Fit Kids, intramural sports activities, extended PE, etc.) |
| <input type="checkbox"/> Alliance for a Healthier Generation | <input type="checkbox"/> Health Fairs |
| <input type="checkbox"/> Brain Breaks, Brain Gym (movement based learning etc.) | <input type="checkbox"/> Interactive Videos (Cosmic Yoga, Fitness, Go Noodle, Wii Dance, etc.) |
| <input type="checkbox"/> Class Walks | <input type="checkbox"/> Math Scavenger Hunt |
| <input type="checkbox"/> Community Campaigns (Bike/Walk to School Day, Fuel Up to Play 60, Girls on the Run, Hoops for Heart, Jump Rope for Heart, Let's Move, Organized Runs/Walks, South Florida Kids Mile, UNICEF, Kid Power etc.) | <input type="checkbox"/> Recess |
| <input type="checkbox"/> Fitness Fundraisers | <input type="checkbox"/> SPARKS |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | <input type="checkbox"/> Walking Classroom |
| | <input type="checkbox"/> Weight Room (Open Gym) |
-

3. Which grades at your school **participate in recess** in addition to physical education?
- | | |
|---|--|
| <input type="checkbox"/> Pre-K | <input type="checkbox"/> Fifth Grade |
| <input type="checkbox"/> Kindergarten | <input type="checkbox"/> Sixth Grade |
| <input type="checkbox"/> First Grade | <input type="checkbox"/> Seventh Grade |
| <input type="checkbox"/> Second Grade | <input type="checkbox"/> Eighth Grade |
| <input type="checkbox"/> Third Grade | <input type="checkbox"/> No recess on our campus |
| <input type="checkbox"/> Fourth Grade | |
| <input type="checkbox"/> Other: (Only check here and list things that do not fall within any of the parameters above) | |
-

4. Provide a breakdown by grade indicating how many days per week and how long each day recess takes place. For example: Kindergarten: 1 day/week; 20 minutes.

5. How often do students in grades K-5 receive physical education instruction from the physical education teacher?

- Daily
 - 1x/week
 - 2x/week
 - 3x/week
 - 4x/week
 - N/A – Middle/High School
 - Other: (Only check here and list things that do not fall within any of the parameters above)
-

Emotional Well-being

1. Which of the following counseling resources are available on your campus to address the academic, social and emotional well-being needs of all **students** attending your school?
 - Classroom Guidance Lessons
 - Clubs (Book, Best Buddies, Color Me Happy, Lunch Bunch, Social Skills, Tutoring, etc.)
 - Community Agency Services (Big Brothers and Big Sisters, Boys Town, Character Counts, etc.)
 - Individual Counseling / Private Counseling on Campus
 - Mentoring Opportunities
 - School Based Wellness Teams
 - Small Group Counseling
 - None
 - Other: (Only check here and list things that do not fall within any of the parameters above)

2. Which of the following are made available/promoted to **staff** to address their mental health and emotional well-being? Check all that apply.
 - A relaxation room has been created where staff can spend a few minutes during the day.
 - Counseling Services
 - EAP / Health Advocate
 - Meditation, mindfulness and/or yoga practices are encouraged on campus, and/or a video/recording is made available to staff during the school day.
 - None of these practices are in place, though we would like assistance in getting something started
 - Provide the full name, phone number and email address of the person we should contact at your school.

 - Other: (Only check here and list things that do not fall within any of the parameters above)

Bonus Question:

1. If your school has implemented wellness practices that have NOT been captured earlier in this assessment, and are more robust than what is required by the District's policy, please explain.

The District's Wellness Promotion Policy (2.035) is intended to fulfill the requirement under Public Law 111-296 (42USC § 1758b) & Florida Statute Section 1003.453(1) that school districts shall have a local "school wellness policy" to promote wellness for students & District employees. Since the inception of this policy, wellness efforts have grown and evolved throughout the District and the community.