**School Wellness Environment Survey**

**Physical Education**

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| **Physical Education Setting** | Yes | No |
| Does the school offer at least 150 minutes of PE a week for elementary students or 225 minutes a week for secondary students? |  |  |
| Does the PE curriculum devote at least 50% of class time to moderate-to-vigorous physical activity (intensity of jogging or higher)? |  |  |
| Does your schools PE program conduct student fitness assessments annually? |  |  |

**Physical Activity during School**

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| **Recess**  | Yes | No |
| Does your school provide at least 20 minutes of recess every day?  |  |  |
| Does your school provide sufficient equipment to promote physical activity at recess? |  |  |
| Does your school provide indoor recess during inclement weather or when the typical space is not available? |  |  |
| Do recess monitors at your school actively promote physical activity during recess (e.g., leading games, encouraging students, staffed by trained physical activity facilitators)? |  |  |

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| **Classroom Physical Activity** | Yes | No |
| Are classrooms set up to enable children to move about during or between scheduled instruction? |  |  |

**Physical Activity Before and After School**

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| **PA Before/After School (Space Use/Access and Programs)**  | Yes | No |
| Does your school allow students access to school grounds and facilities for a period of time before school for the purpose of free play? |  |  |
| Does your school provide supervised programming to promote physical activity before school time? |  |  |
| Does your school provide after school programming that includes physical activity? |  |  |
| Does your school provide intramurals or evening programs to allow students to be physically active outside of the school day? |  |  |

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| **Active Transport to/from School** | Yes | No |
| Does your school actively encourage/promote students to use active transportation (e.g., walk, ride bike, skateboard) to and from school? |  |  |
| Does your school provide accessible bike racks to enable biking to school?  |  |  |
| Does your school implement early release policies for students utilizing active transportation?  |  |  |

**Staff Involvement**

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| **School Wellness Coordinator** | Yes | No |
| Has your school identified a School Health Coordinator to receive professional development related to health education activities/programming and relay information and resources to other staff members? |  |  |

**Family & Community Engagement**

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| **Parent Communication** | Yes | No |
| Does your school make outside recreation areas accessible to the public outside of school hours? |  |  |
| Does your school make indoor recreation areas accessible to the community outside of school hours? |  |  |
| Does your school have a joint use agreement for the community to use school facilities and the school to use community facilities for wellness programming? |  |  |

**Lunchroom Environment**

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| **Fruits and Vegetables** | Yes | No |
| Does your school offer fruits and vegetables in sliced or cut forms every day? |  |  |
| Do food service staff ensure that fruits and vegetables are fresh, not browning or wilting each day? |  |  |
| Do food service staff offer fruits and vegetables in at least 2 different locations within each service line? |  |  |
| Do food service staff display fruits and vegetables in a creative or attractive fashion, when possible? |  |  |
| Do food service staff offer a variety of fruits and vegetables every day (at least 2 fruit options and 2 vegetable options)? |  |  |

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| **Encourage Healthy Choices** | Yes | No |
| Do food service staff at your school encourage students verbally to try healthy options at lunch? |  |  |
| Do food service staff at your school posters, signs, decals, or stickers to promote healthy foods in the cafeteria? |  |  |
| Do food service staff at your school use creative displaying of healthy foods at lunch? |  |  |
| Do food service staff at your school use fun, interactive school menus or lunch calendars? |  |  |
| Do food service staff have students help pick creative descriptive names for lunchroom items? |  |  |
| Do food service staff have students involved in creating artwork to post in the cafeteria to promote menu items? |  |  |

**School Wellness Policies**

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| **School Wellness Policies** |
| Does the School Wellness Policy specify policies to protect / promote quality PE? | Yes | No |
| Does your school have a policy preventing students from being denied recess for academic or disciplinary purposes? |  |  |
| Does your school have stated policies specifying the amount of physical activity that should be provided to children each day at school? |  |  |
| Does your school have a written School Wellness Policy that guide’s the school’s efforts to establish a school environment that promotes students’ health, well-being and ability to learn? |  |  |
| Does your school have a policy that encourages communication of wellness initiatives to parents? |  |  |