

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

Please respond to all statements as they applied to your school during the 2014-2015 school year.

***1. School Name (please do not abbreviate):**

***2. School System:**

- | | | |
|--|----------------------------------|---------------------------------------|
| <input type="radio"/> Allegany | <input type="radio"/> Charles | <input type="radio"/> Prince George's |
| <input type="radio"/> Anne Arundel | <input type="radio"/> Dorchester | <input type="radio"/> Queen Anne's |
| <input type="radio"/> Baltimore City | <input type="radio"/> Frederick | <input type="radio"/> St. Mary's |
| <input type="radio"/> Baltimore County | <input type="radio"/> Garrett | <input type="radio"/> Somerset |
| <input type="radio"/> Calvert | <input type="radio"/> Harford | <input type="radio"/> Talbot |
| <input type="radio"/> Caroline | <input type="radio"/> Howard | <input type="radio"/> Washington |
| <input type="radio"/> Carroll | <input type="radio"/> Kent | <input type="radio"/> Wicomico |
| <input type="radio"/> Cecil | <input type="radio"/> Montgomery | <input type="radio"/> Worcester |

***3. Your role in your school during the 2014-2015 school year:**

- Administrator
- Physical Education Teacher
- Teacher
- Food Service/School Nutrition Program
- School Counselor
- Nurse
- Parent
- Other (please specify):

***4. Please specify the grade(s) and/or subject area(s) taught during the 2014-2015 school year:**

***5. Are you aware of/have you read your school system's wellness policy?**

- Yes, I am aware of AND have read my school system's wellness policy
- I am aware of, BUT have not read my school system's wellness policy
- No, I am not aware of my school system's wellness policy

My School System

The following question refers to your perception/understanding of school system activities during the 2014-2015 school year. For this survey, we use the term "School Health Council" to address any team that coordinates activities related to wellness policies.

Check one box for each statement.

Explanation of the Likert Scale:

"Fully in Place" = policy/practice was fully implemented throughout the entire 2014-2015 school year

"Partially in Place" = policy/practice started or was partially implemented during 2014-2015 school year

"Under Development" = a plan is in place to implement this policy/practice in the future

"Not in Place" = there is no plan to implement this policy/practice

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

*6. My School System...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
has a SCHOOL HEALTH COUNCIL to address general health and wellness issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has a SCHOOL HEALTH COUNCIL that focuses on healthy eating and physical activity in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COORDINATES SERVICES related to healthy eating and physical activity in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides TECHNICAL ASSISTANCE to schools for evaluating local wellness policy implementation in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provides PUBLIC UPDATES on the content and implementation of local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
has a mechanism in place to encourage TEACHERS AND SCHOOL HEALTH PROFESSIONALS TO PARTICIPATE in developing and updating local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
promotes healthy eating and physical activity for STAFF MEMBERS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
encourages STAFF MEMBERS to model healthy eating and physical activity behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

My School

The following questions refer to your perception/understanding of your school's activities during the 2014-2015 school year. Check one box for each statement.

"Fully in Place" = policy/practice was fully implemented throughout the entire 2014-2015 school year

"Partially in Place" = policy/practice started or was partially implemented during 2014-2015 school year

"Under Development" = a plan is in place to implement this policy/practice in the future

"Not in Place" = there is no plan to implement this policy/practice

*7. During the 2014-2015 school year, my SCHOOL...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
Monitored <u>implementation</u> of the the system's wellness policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided <u>annual progress reports</u> to the school system on school-level implementation of local wellness policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicated the <u>status</u> of school-level <u>implementation</u> of local wellness policies to <u>school staff</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organized and held <u>activities for staff members</u> to support and promote healthy eating and physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided training and education to encourage staff to model healthy eating and physical activity behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided opportunities for student input on wellness policy implementation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicated the <u>status</u> of school-level <u>implementation</u> of local wellness policies to <u>parents/family</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided <u>opportunities for parent input</u> on wellness policy implementation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organized and held <u>activities involving families</u> to support and promote healthy eating and	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

physical activity among
students

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

My School

The following questions refer to your perception/understanding of your school's activities during the 2014-2015 school year. Check one box for each statement.

"Fully in Place" = policy/practice was fully implemented throughout the entire 2014-2015 school year

"Partially in Place" = policy/practice started or was partially implemented during 2014-2015 school year

"Under Development" = a plan is in place to implement this policy/practice in the future

"Not in Place" = there is no plan to implement this policy/practice

*8. During the 2014-2015 school year, my SCHOOL...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
Partnered with <u>community organizations</u> to support and promote healthy eating and physical activity among students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secured funds from the <u>school system</u> to support nutrition and physical activity priorities for the students and staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secured <u>outside/private funds</u> to support nutrition and physical activity priorities for the students and staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Integrated <u>nutrition and physical activity goals</u> into the overall school improvement plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assured that all competitive foods and beverages sold to students during the school day met or exceeded the <u>Maryland Nutrition Standards for All Foods Sold in School</u> . <i>This includes a la carte, vending, school stores, snacks or food carts, and any food-based fundraising.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDED school system requirements regarding nutrition/health education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

My School

The following questions refer to your perception/understanding of your school's activities during the 2014-2015 school year. Check one box for each statement.

"Fully in Place" = policy/practice was fully implemented throughout the entire 2014-2015 school year

"Partially in Place" = policy/practice started or was partially implemented during 2014-2015 school year

"Under Development" = a plan is in place to implement this policy/practice in the future

"Not in Place" = there is no plan to implement this policy/practice

*9. During the 2014-2015 school year, my SCHOOL...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
Had <u>marketing promote healthy choices</u> by using one or more of the following: 1. Posters displaying healthful foods are visible and readable within all service and dining areas, 2. Signs promoting the lunchroom and featured menu items are placed in other areas of the school such as the main office, library or gymnasium, 3. Healthy choices are marketed in school-wide activities, such as field day, newsletters, back-to-school events, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted marketing of unhealthy choices throughout the school building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted food celebrations (e.g., birthday parties, holiday parties) during the school day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted staff members from using food and/or beverages as a reward for academic performance or good behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Made safe, unflavored, drinking water available throughout the school day at no cost to students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXCEEDED school system requirements regarding <u>physical education</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

My School

The following questions refer to your perception/understanding of your school's activities during the 2014-2015 school year. Check one box for each statement.

"Fully in Place" = policy/practice was fully implemented throughout the entire 2014-2015 school year

"Partially in Place" = policy/practice started or was partially implemented during 2014-2015 school year

"Under Development" = a plan is in place to implement this policy/practice in the future

"Not in Place" = there is no plan to implement this policy/practice

* 10. During the 2014-2015 school year, my SCHOOL...

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
EXCEEDED school system requirements regarding <u>physical activity</u> (daily recess, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided <u>regular physical activity breaks</u> for every grade in elementary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided opportunities to <u>integrate physical activity during classroom instruction</u> for content such as math, science, music, and fine arts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provided daily recess for every grade	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted physical activity from being used as punishment (e.g., making a student run laps, do push-ups)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restricted physical activity from being withheld as punishment (e.g., taking away recess or ending PE class early)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promoted or supported <u>walking and bicycling to school</u> via one or more of the following: 1. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area), 2. Instruction on walking/bicycling safety provided to students, 3. Designation of safe or preferred routes to school, 4. Crossing guards are used	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

Opened indoor and outdoor physical activity facilities to students, their families, and the community outside school hours

My School

***11. How does the public know about wellness activities in your school? Check all that apply:**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- PTA/Community meetings
- Personal invitation
- Email
- Automated Calling System (i.e. Connect Ed)
- Social Media (i.e. Facebook, Twitter)
- We do not have a mechanism in place for notifying the public about our school's wellness activities
- Other (please specify):

***12. Does your school have a designated person(s) who confirms that all foods and beverages sold outside of the meals programs meet the current Maryland Nutrition Standards for All Food Sold in School/USDA Smart Snacks Standards? This includes a la carte, vending, school stores, snacks or food carts, and any food-based fundraising.**

- Yes
- No
- Don't Know

School-level Wellness Team

For the following questions, we use the term "school-level wellness team" to address any team that coordinates activities related to healthy eating/physical activity promotion and wellness policy implementation.

*** 13. My school had a school-level wellness team responsible for implementing wellness policies in place during the 2014-2015 school year:**

- Yes
- No
- Don't Know

School-level Wellness Team

***14. What was your role on your school-level wellness team during the 2014-2015 school year?**

- Wellness Champion/Chairperson/Team Leader
- Participating Member
- Member, not active
- Not a Member
- Other (please specify):

School-level Wellness Team

*15. How did you become the wellness team wellness champion/chairperson/leader?

- Volunteered
- Assigned
- Elected
- Other (please specify):

*16. Were you compensated for the time you spent working on school wellness activities? Check all that apply:

- Yes, I earned money (monetary stipend, overtime, etc.)
- Yes, I was given additional planning time
- Yes, I was released from other duties
- No, I volunteered my time
- Other (please specify):

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

***17. Please indicate the composition of your school-level wellness team below Check all that apply:**

- Administrator(s)
- P.E. teacher(s)
- Health teachers
- Teacher(s) (other than P.E. or Health)
- Instructional Assistant(s)
- School Counselor
- School Nurse / Health Tech
- Food Service/School Nutrition
- Parent(s)
- Student(s)
- Community Organization(s)
- Local Health Department
- Don't Know
- Other (please specify):

***18. Did your school-level wellness team conduct a needs assessment during the 2014-2015 school year (examples of commonly used needs assessments: School Health Index, Alliance for a Healthier Generation Healthy Schools Framework, Fuel Up to Play 60, etc.)**

- Yes
- No
- Don't Know

***19. Did your school-level wellness team set goals specific to healthy eating and physical activity during the 2014-2015 school year?**

- Yes
- No
- Don't Know

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

***20. Did your school-level wellness team create an action plan for meeting healthy eating/physical activity goals during the 2014-2015 school year?**

- Yes
- No
- Don't Know

***21. Did your school-level wellness team report wellness achievements from the 2014-2015 school year to the school-level administration or the school system?**

- Yes
- No
- Don't Know

***22. How frequently did your school-level wellness team meet in the 2014-2015 school year?**

- At least one time per month or more
- Approximately once every other month/4 times per year
- Approximately once per semester
- One time
- Never
- Don't Know
- Other (please specify):

2014-2015 Maryland Active Living/Healthy Eating in Schools Wellness

***23. How were potential stakeholders (parents/families, students, community, etc.) made aware of your school-level wellness team, including goals, activities, and events (select all that apply)?**

- Website
- Newsletters
- Bulletin board
- Word of mouth
- PTA/Community meetings
- Personal invitation
- Email
- School-wide announcements
- Phone calls/Automated Calling System
- We do not have a mechanism in place for notifying potential stakeholders about our school health council
- Don't Know
- Other (please specify):

***24. Is your school-level wellness team integrated into your school's School Improvement Team?**

- Yes, our wellness team and our SIT are the same committee
- Yes, our wellness team is a subcommittee of the SIT
- Yes, a member of our wellness team sits on the SIT AND provides formal updates on wellness activities
- No, our wellness team is not integrated into the SIT
- Other (please specify):

Additional Comments

25. If you have any additional comments, please enter below:

Thank You!

Thank you for completing the survey!

Click on the link below to access the MSDE Guide to Implementing and Monitoring School Wellness Policies in Maryland:

[Making Wellness Work: One School at a Time](#)