

School Policies and Environment Survey



You can play an active role in improving the nutrition and physical activity environment in your elementary or middle school. Take a leadership role and initiate an assessment of the current school health policies by working with school staff to complete this survey. This process will help you identify opportunities for school improvement, from establishing requirements for daily physical education to making vending machine options and school lunches healthier.

By initiating this survey, you can join with other members of your community to become voices advocating for healthier schools.

| Does the school: | No | Under Development | Yes |
|---|----|-------------------|-----|
| <p>1. Have a representative committee that meets at least twice a year to oversee school health programs, including physical activity and nutrition programs? <i>("Representative" means that it includes relevant members of the school community, such as parents, students, teachers, administrators, food service staff, coaches, and counselors)</i></p> | | | |
| <p>2. Have written policies on physical activity facilities regarding the following:</p> <ul style="list-style-type: none"> • Provide daily physical education for all students in all grades | | | |
| <ul style="list-style-type: none"> • Hire certified physical education teachers | | | |
| <ul style="list-style-type: none"> • Provide physical education and extracurricular programs that meet the needs and interests of all students, including those with special health care needs | | | |
| <ul style="list-style-type: none"> • Provide a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities | | | |
| <p>3. Have adequate physical activity facilities as determined in the following ways:</p> <ul style="list-style-type: none"> • Both indoor and outdoor facilities are available for use by the physical education and extracurricular physical activity programs | | | |
| <ul style="list-style-type: none"> • Physical education classes do not have to be canceled due to weather extremes (e.g., rain, high or low temperature) | | | |
| <ul style="list-style-type: none"> • In physical education classes, all students can be physically active without overcrowding or safety risks | | | |
| <ul style="list-style-type: none"> • For extracurricular activities, all interested students can sign up and participate without overcrowding or safety risks | | | |

Adapted from Module 1 of the School Health Index developed by the Centers for Disease Control and Prevention



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| <p>4. Offer other students use of physical activity facilities outside of school hours? <i>("Outside of school hours" means after school, evenings, weekends, and school vacations)</i></p> | | | |
| <p>5. Prohibit the use of physical activity as a punishment? <i>(An example of "use of physical activity" is making students run laps or do push-ups as a consequence of inappropriate behavior)</i></p> | | | |
| <p>6. Have written policies on nutrition that commit the school to the following:</p> <ul style="list-style-type: none"> • Serve and actively promote healthy school meals | | | |
| <ul style="list-style-type: none"> • Provide free and reduced-price breakfast and lunch for qualified students | | | |
| <ul style="list-style-type: none"> • Make foods available that are low in fat, sodium, and added sugars wherever food is served inside and outside the cafeteria | | | |
| <ul style="list-style-type: none"> • Meet the nutritional needs of students with special health care needs | | | |
| <ul style="list-style-type: none"> • Provide adequate time for classroom nutrition education | | | |
| <p>7. Prohibit the sale and distribution of foods of minimal nutritional value and other foods of low nutritive value throughout the school grounds until after the end of the last lunch period?*</p> <p><i>* includes carbonated soft drinks, chewing gum, water ices, and certain candies such as hard candy, licorice, jelly beans, and gum drops</i></p> | | | |
| <p>8. Have fundraising efforts that support healthy eating? Do school fundraisers sell non-food items or foods that are low in fat, sodium, and added sugars (such as fruits, vegetables, pretzels, or air-popped popcorn) instead of foods that are high in fat, sodium, and added sugars (such as candy)?</p> | | | |
| <p>9. Have policies that give students adequate time to eat school meals? <i>(Students have 10 minutes at breakfast and 20 minutes at lunch, counting from the time they are seated)</i></p> | | | |
| <p>10. Have policies that prohibit the use of low-nutritive food as a reward? <i>(e.g., providing candy to students because they behaved well or performed well academically) Low-nutritive food is high in fat and/or sugar and contains few vitamins or minerals.</i></p> | | | |
| <p>11. Have staff who are oriented to policies related to their job responsibilities regarding physical activity and nutrition?</p> | | | |