

MODULE 1: School Health Policies and Environment

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
1.1	Your school or district has written policies (rules in the form of a handbook, catalogue, etc.) governing how many of the following? <input type="checkbox"/> the health curriculum <input type="checkbox"/> physical education curriculum <input type="checkbox"/> physical activity programs <input type="checkbox"/> school food service	4 areas	2 to 3 areas	1 areas	None
1.2	Your school or district communicates these policies using how many of the following methods: <input type="checkbox"/> student handbooks <input type="checkbox"/> staff handbooks <input type="checkbox"/> parent handbooks <input type="checkbox"/> newsletters <input type="checkbox"/> announcements	4 to 5 methods	2 to 3 methods	1 method	None
1.3	Does your school have a policy of identifying and referring students with health problems related to nutrition and/or physical activity to the proper health professional?	A policy exists and is followed	A policy exists but is not followed	No policy exists, but one is currently being developed	No policy exists and one is not being developed

1.4	Do students in your school feel that school teachers and administrators care about their physical health and emotional well-being?	Most or all of students do	About half of students do	Very few students do	No students do
1.5	How accessible are your school's indoor and outdoor physical activity facilities outside school hours?	Full access to indoor and outdoor	Full access to indoor or outdoor but not both	Limited access to indoor or outdoor	No access to either
1.6	The physical activity facilities at your school are adequate in how many of the following ways? <input type="checkbox"/> availability to teachers <input type="checkbox"/> availability to disabled <input type="checkbox"/> accessibility regardless of weather <input type="checkbox"/> capacity (to prevent overcrowding)	4	3	1 to 2	None
1.7	Do school fundraisers support healthy eating by selling nutritious food and snacks or non-food items rather than those high in fat and sugar? (For example: Apples vs. cupcakes, and pretzels vs. potato chips) Your school prohibits the sale of how many of the following unhealthy foods? <input type="checkbox"/> soda <input type="checkbox"/> non-100% juice/sugar sweetened beverages (i.e. Snapple, Arizona Iced Tea, Twisted) <input type="checkbox"/> sugar candy <input type="checkbox"/> chocolate candy <input type="checkbox"/> potato chips <input type="checkbox"/> French fries <input type="checkbox"/> ice cream/frozen treats <input type="checkbox"/> baked goods (i.e. cakes and cookies)	Yes, healthy food is always sold	Healthy food is sold half the time	Healthy food is rarely sold	Healthy food is never sold OR we do not have school fundraisers
1.8		More than 6	4 or 5	2 or 3	None or 1

