**List of Questions for District (To be completed by PSD Wellness and Standing Members of WACS)**

**1. To what extent are the District's health education programs and activities supported by evidence-based best practices (for example supports Colorado State Standards?)**

a) All health education programs and activities are supported by evidence-based best practices

b) Some health education programs and activities are supported by evidence-based best practices

c) Health education programs and activities are not supported by evidence-based best practices

d) Unsure if health education programs and activities are supported by evidence-based best practices

**2. Does the district's Child Nutrition Program follow the National School Lunch and Breakfast Program guidelines and criteria established by the USDA and CDE?**

a) Completely follow guidelines

b) Usually follows most of the guidelines

c) Sometimes follows some of the guidelines

d) Never follows the guidelines

**3. Does the district provide accessible and easily understood information to students and their parents/guardians concerning the nutritional content of foods and beverages that are available to students through the school nutrition program?**

a) Accessible and easy to understand

b) Accessible but not easy to understand

c) Easy to understand but not accessible

d) Not accessible and difficult to understand

**4. Does the district provide accessible and easily understood information to students and their parents/guardians concerning the allergen content of foods and beverages that are available to students through the school nutrition program?**

a) Accessible and easy to understand

b) Accessible but not easy to understand

c) Easy to understand but not accessible

d) Not accessible and difficult to understand

**5. Are sustainable and local food options utilized in the school meal program to the extent practicable?**

a) Yes

b) No

**6. What percentage of the district's physical education teachers are highly qualified/properly endorsed?**

a) 0-25%

b) 26-50%

c) 51-75%

d) 76-100%

**7. Do the schools utilize developmentally appropriate District-recommended health and fitness assessments?**

a) Yes

b) Sometimes

c) No

**8. Does the District provide opportunities for employees to access wellness resources that promote good nutrition, physical activity and mental health?**

a) Yes

b) No

**9. If answered yes to question 1, to what extent are these opportunities provided to employees?**

a) Regularly

b) Occasionally

c) Rarely

**10. Does the district provide health education and health promoting activities that focus on skill development and lifestyle behavior changes to employees that include access to facilities?**

a) Yes

b) No

**11. Are health education and health promoting activities tailored to employees' needs and interests?**

a)Yes

b) No

**12. Does the district provide programs for employees that help to balance work and family life and that are linked to medical care?**

a) Yes

b) No

**13. What percentage of PSD employees who work with students have obtained QPR Suicide Prevention Training?**

a) 0-25%

b) 26-50%

c) 51-75%

d) 76- 100%

**14. Do district Mental Health Team members collaborate with school counselors to identify students with emotional and behavioral health needs at an early age and provide a variety of appropriate interventions addressing those needs?**

a) Yes

b) No

**15. Do district Mental Health Team members collaborate with school counselors to provide support for students in times of crisis and to assist them in the recovery process?**

a) Yes

b) No

**16. Has the District established and maintained strong relationships with community support agencies to address students’ mental health?**

a) Yes

b) No

**17. Do the district Mental Health Team members collaborate with school counselors to provide school sites with professional development opportunities that increase the understanding of students’ issues related to mental health and trauma?**

a) Yes

b) No

**18. Does the district provide staffing to implement essential school health services?**

a) Yes

b) No

**19. What percentage of essential school health service staff have completed training and professional development, determined necessary by the superintendent or his/her designee?**

a) 76-100%

b) 51-75%

c) 26-50%

d) 0-25%

**List of Questions for Schools (School Principal and/or designee (SAC, Wellness Team, etc.)**

**Provide description about reasons why we are evaluating PSD Wellness Policy?**

**1. Does the school currently have a wellness team?**

a) Yes

b) No

c) Unsure

**2. Does the wellness team create a yearly School Health Improvement Plan (SHIP)?**

a) Yes

b) No

c) Unsure

**3. Does the School Wellness Team operate in accordance with the Center for Disease Control Whole School, Whole Community, Whole Child Model? Add Hyperlink**

a) Yes

b) No

c) Unsure

**4. Does your school comply with competitive food policy, healthy beverage policy and food of minimal nutritional value policy requirements throughout the school day?**

a) Yes

b) No

c) Unsure

**5. Are school staff aware of the competitive food policy, healthy beverage policy and food of minimal nutritional value policy and their requirements?**

a) All staff are completely aware of these policies

b) Most staff are aware of these policies

c) Some staff are aware of these policies

d) None of the staff are aware of these policies

c) Unsure

**6. Does your school encourage the availability of healthy food choice options, as defined by the U.S. Dietary Guidelines, at school functions including celebrations, festivals, sporting events and other events held outside the school day?**

a) Yes

b) No

c) Unsure

If answered yes to question 6, please provide at least three examples of how the school encourages healthy food options at functions outside of the school day.

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**7. Does your school support a healthy food environment by making District resources that are aligned with the nutrition-related Colorado health standards available to families?**

a) Yes

b) No

c) Unsure

**8. Are 50% of food options offered during the school day and at school-sponsored activities comprised of fruits, vegetables and non-sugared sweetened beverages?**

a) Yes, all events

b) No, all events

c) Yes, some Events

**9. Does your school properly address the inclusion and protection of students with food allergies and other dietary restrictions at school and school-sponsored activities where food and/or beverages are available?**

a) Yes, to include food allergies and dietary restrictions

b) Yes, only food allergies

c) Yes, only dietary restrictions

d) No, neither food allergies nor dietary restrictions

e) Unsure

1**0. How many minutes are provided for all students to eat breakfast?**

a) 3-5 minutes

b) 6-8 minutes

c) 9-12 minutes

d) More than 12 minutes

e) No breakfast served

**11. How many minutes are provided for all students to *eat* lunch?**

a) 5-10 minutes

b) 11-15 minutes

c) 16-20 minutes

d) More than 20 minutes

e) Unsure

**12. Does your school encourage staff to use non-food based incentives and rewards to recognize student achievements?**

a) Yes

b) No

If answered yes to question 12, please provide at least three examples of what your school staff uses to recognize student achievement?

**13. Are sustainable and local food options encouraged at school-sponsored activities where food and/or beverages are available at your school? (Should we define local food options?) (Maybe a link from CN)**

a) Yes

b) No

e) Unsure

**14. Does your school encourage the use of events promoting physical activity for fundraising efforts?**

a) Strongly encourages

b) Encourages

c) Does not encourage

**15. How many *fundraising* efforts at the school utilize events promoting physical activity in the past 12 months (For example fun runs, jogathons, running club, etc)?**

a) 0-2

b) 3-5

c) 6+

d) N/A

**16. Are all water fountains at your school site functional and accessible for students' use?**

a) Yes

b) No

**17. Does your elementary school schedule recess before lunch?**

a) No

b) Some grade levels

c) All grade levels

If no, what are the barriers that prevent the scheduling of recess before lunch?

**18. Does your school provide students with access to hand washing or sanitizing facilities prior to their consumption of food?**

a) Yes

b) No

**19. Are school gardens and/or nutrition instruction encouraged as part of the academic curriculum at your school?**

a) Strongly encouraged

b) Encouraged

c) Not encouraged

**20. How many lessons throughout the academic year at your school that involve school gardens and/or nutrition instruction would a typical student participate in?**

a) 0-3

b) 4-6

c) 7-10

d) 10+

**21. Does the school provide opportunities for student movement and exercise throughout the school day that may include before and after school programs?**

a) Yes

b) No

If yes please provide three examples.

**22. Does the school withhold physical activity as a consequence for student misconduct or use physical activity as a consequence?**

a) Regularly

b) Occasionally

c) Never

**23. Is the *withholding of physical activity* as a consequence for student misconduct discouraged? (EX Keeping inside from recess)**

a) Regularly

b) Occasionally

c) Never

**24. Is the *use of physical activity* as a consequence discouraged? (EX running laps for misbehavior)**

a) Regularly

b) Occasionally

c) Never

**25. Does your school promote wellness programs (for example stall talks, flyers in break rooms, staff wide challenges) as incentives for students and staff?**

a) Regularly

b) Occasionally

c) No

If answered a or b to number 25, please provide an example of an activity that is used as an incentive for students and/or staff in the space below.

**26. Does your school or district site currently have a designated Wellness Champion?**

a) Yes

b) Actively working to identify designee

c) No

**27. Does the school integrate the employee wellness program into the student wellness programs?**

a) Always

b) Regularly

c) Occasionally

d) No

e) Unsure

**28. The culture of wellness at your school or district site is most accurately described as**

a) Pervasive throughout the school environment

b) Noticeable in aspects of the school environment

c) Usually overshadowed by other school priorities

d) There is no evident culture of wellness at the school or district site

**29. Does your school offer and promote on-site QPR Suicide Prevention Training opportunities for parents and students?**

a) Yes

b) No

**30. Do school counselors provide social/emotional learning opportunities for students at your school site?**

a) Yes

b) No

c) We don’t have a school counselor

If you answered c, how do you provide social/emotional learning opportunities for students at your school?

**31. Does your school feel supported by the district Mental Health Team members and school counselors to access Youth Mental Health Aid professional development opportunities? (put hyperlink)**

a) Always

b) Regularly

c) Occasionally

d) Rarely

**32. Does school staff comply with all district policies and regulations concerning student allergies, medication and other health issues?**

a) Always

b) Regularly

c) Occasionally

d) Rarely

**33. Does the school nurse provide your school with recommendations and resources to help students reach and/or maintain a healthy weight?**

a) Always

b) Regularly

c) Occasionally

d) Rarely

Are there other ways you are doing this outside of the school nurse?

**34. With what regularity are these healthy-weight related resources and recommendations provided?**

a) Frequently to ensure student and staff knowledge and access

b) Annually

c) On an as needed basis or available per request

**35. Does your school offer preventative screenings for vision, hearing and other health related matters?**

a) Yes

b) No

Any other feedback regarding the PSD Wellness Policy and Regulations?