



SCHOOL WELLNESS INVESTIGATION

MODULE 1: Nutrition Services

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. Work with adults in your school to collect the information you need to answer the questions (for example, the school nutrition manager, physical education teacher, school nurse, or school wellness coordinator, etc.).

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	Does your school offer breakfast? <i>If no, skip to question 1.4.</i>	Yes			No
1.1a	What is the AVERAGE NUMBER of students who participated daily in BREAKFAST for the most recent full school year? <i>Note: This question is not part of scoring rubric.</i>	<p>_____</p> <p>Enter the number (NOT a percent) of students who participate in your school breakfast program DAILY, on average. The number should not exceed your total school enrollment.</p>			

#	Question	A	B	C	D
1.2	<p>Does school breakfast include a variety of foods that meet the following criteria?</p> <ul style="list-style-type: none"> • Offer at least 3 different fruits and vegetables each week • Serve fresh fruit at least 1 day per week • Ensure that at least 50% of grains offered per week are whole grain-rich • Offer only nonfat (flavored or unflavored) and low-fat (unflavored) fluid milk each day 	Yes, school breakfast meets all 4 criteria	Yes, school breakfast meets 2 or 3 criteria	Yes, school breakfast meets 1 criteria	School breakfast meets none of the criteria
1.3	Does your school offer alternative approaches to breakfast such as breakfast in the classroom or grab-and-go breakfast service?	Yes, our school offers alternative approach(es) to breakfast			No, our school does not offer an alternative approach to breakfast
1.4	Does your school offer a lunch program? <i>If no, skip to question 1.6</i>	Yes			No
1.4a	<p>What is the AVERAGE NUMBER of students who participated daily in LUNCH for the most recent full school year?</p> <p><i>Note: This question is not part of scoring rubric.</i></p>	<p>_____</p> <p>Enter the number of students (NOT a percent) who participate in your school lunch program DAILY, on average. The number should not exceed your total school enrollment.</p>			

#	Question	A	B	C	D
1.5	<p>Does the school lunch program include a variety of foods that meet the following criteria?</p> <ul style="list-style-type: none"> • Goes beyond the National School Lunch Program requirements to offer 1 additional serving per week from any of the 3 vegetable subgroups (dark green, red and orange, dry beans and peas) • Offers a different fruit every day of the week during lunch (includes 100% fruit juice but can only be counted as a fruit once per week) • Serves fresh fruit at least 1 day/week • Ensures at least 2/3 of grains offered each week are whole grain-rich • Offers at least 3 different types of whole grain-rich foods each week • Offers only nonfat (flavored or unflavored) and low-fat (unflavored) milk each day 	Yes, meets 5-6 of these criteria for variety	Meets 3-4 of these criteria for variety	Meets 1-2 of these criteria for variety	Meets none of these criteria for variety
1.6	Do <i>a la carte</i> offerings (foods that are sold individually in the lunch line) include fat-free or low-fat dairy foods, fresh fruit, non-fried vegetable(s) and whole grain food(s) every day?	Yes, all 4 are offered daily	Yes, 2 or 3 of these are offered daily	Yes, 1 of these is offered daily	None of these is offered daily
1.7	Do school vending machines, stores and concession stands outside the cafeteria offer fat-free or low-fat dairy foods, fruits, non-fried vegetables and whole grain foods?	Yes, all 4 are offered	Yes, 2 or 3 of these are offered	Yes, 1 of these is offered	None of these is offered

#	Question	A	B	C	D
1.8	<p>How many of the following items are available in vending machines or at a snack bar in your school?</p> <ul style="list-style-type: none"> • Fat-free or low-fat dairy foods • Fruits • Non-fried vegetables • Water • 100% fruit juice • Whole grain products (i.e., whole wheat bread, whole wheat crackers and cereals) 	5-6 of these items	3-4 of these items	1-2 of these items	None of these items is offered and/or there are no vending machines or snack bars at my school.
1.9	<p>Your school tries to promote healthy food and beverage choices in how many of the following ways?</p> <ul style="list-style-type: none"> • Placing healthy foods in prominent positions • Displaying nutritional information • Offering nutritious food at better prices than food of less nutritional value • Advertising healthy foods through menus or posters • Engaging students in deciding what foods and beverages are offered 	5 ways	3-4 ways	1-2 ways	None
1.10	<p>In the past two weeks, did the majority of students have at least 10 minutes to eat breakfast at school, counting from the time they are seated?</p>	Yes			No
1.11	<p>In the past two weeks, did the majority of students have at least 20 minutes to eat lunch at school, counting from the time they are seated?</p>	Yes			No

#	Question	A	B	C	D
1.12	Are most foods served in your school of high quality (fresh, attractive) with a good variety?	Yes, most foods are of high quality with good variety	Some foods are high quality with good variety	Few foods are high quality and variety is limited	Most foods are not of high quality and there is little variety
1.13	Do students participate in taste tests (or other food tasting events) to help select youth-appelling foods and beverages for school meals?	Yes			No
1.14	Is nutritional information (about nutritional content of food) available for foods served in school meals to help students make healthful eating choices?	Yes, nutritional information is regularly available	Nutritional information is sometimes available	Nutritional information is rarely available	No, nutritional information is not available
1.15	Does your school promote the benefits of consuming low-fat or fat-free dairy foods, fruits, vegetables and whole grains to students throughout the school environment (e.g., hallways, stairwells, cafeteria, gymnasium, classrooms, etc.)?	Yes			No
ADD TOTAL number of answers circled in each column A, B and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Nutrition Services GRAND TOTAL		GRAND TOTAL =			
MODULE SCORE: Divide your GRAND TOTAL by 45 and multiply by 100 to calculate your score for Nutrition Services. Enter this score in your Overall Score Card in the next section.		(GRAND TOTAL / 45) X 100 =	%		

*Note: If you skipped questions 1.1 or 1.4 because they do not apply to your school, adjust the Grand Total calculation by subtracting 3 points from 45 (the Grand Total denominator) for EACH question skipped.



MODULE 2: Physical Education / Physical Activity

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. Work with your Program Advisor and/or other adults in your school to collect the information you need to answer the questions (for example, the school nutrition manager, physical education teacher, school nurse, or school wellness coordinator, etc.).

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.

NOTE: As you respond to these questions, remember: **Physical education** is a planned, sequential program of curricula and instruction designed to promote physical fitness, develop motor skills and prepare students to participate confidently in team and individual activities. **Physical activity** is bodily movement of any type. Opportunities for physical activity during the school day include physical education as well as recess, classroom-based movement, walking/biking to school and recreational sport and play that occur before, during and after school.

#	Question	A	B	C	D
2.1	<p>Does your school have required physical education courses?</p> <p><i>If no, skip questions 2.2 and 2.3.</i></p> <p><i>Note: Count each of the skipped questions as 0.</i></p>	Yes			No

#	Question	A	B	C	D
2.2	Does your school require the recommended minutes of physical education per week for the grade levels your school serves: a. 150 minutes per week for ELEMENTARY? b. 225 minutes per week for MIDDLE and HIGH SCHOOL?	Yes			No
2.3	To what extent does your school regularly implement the recommended minutes of physical education per week (per question above) for the grade levels your school serves? <i>Note: Answer only for grade level served.</i>				
	ELEMENTARY	150 minutes or more per week	91 - 149 minutes per week	61 - 90 minutes per week	0 - 60 minutes per week
	MIDDLE/HIGH SCHOOL	225 minutes or more per week	149 - 224 minutes per week	91 - 149 minutes per week	0 - 90 minutes per week
2.4	Are students moderately to vigorously active during at least 50% of physical education class time?	Yes			No
2.5	Do most physical education teachers participate, at least annually, in professional development focused on physical education and/or physical activity?	Yes			No
2.6	Does your school require physical education teachers to assess student fitness levels annually (e.g., FITNESSGRAM® assessment)?	Yes			No
2.7	Do the majority of students in your school, regardless of gender or ability, participate in school-sponsored intramural programs or physical activity clubs (e.g., intramurals, physical activity clubs, dance clubs and interscholastic sports)?	The majority of students participate		A minority of students participate in school-sponsored intramural programs or physical activity clubs	No school-sponsored intramural programs or physical activity clubs are offered

#	Question	A	B	C	D
2.8	Does your school or school district have a policy that states specific time requirements for students to participate in physical activity during the school day?	Yes			No
2.9	Do students have the opportunity to participate in recess or other physical activity breaks outside of the classroom on a daily basis?	Yes			No
2.10	Do most classroom teachers provide opportunities for students to be physically active in the classroom at different times during the school day (e.g., physical activity breaks, subject-based movement activities, walk and shares, etc.)?	Yes			No
2.11	Does your school offer a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day (e.g., walking clubs, dance clubs, in-line skating, jumping rope, water aerobics, weight-training, yoga, fitness clubs, technology-based approaches, etc.)?	Yes			No
2.12	Does your school promote safe walking and biking to school in the following way(s)? <ul style="list-style-type: none"> • Designation of safe or preferred routes to school • Promotional activities such as participation in International Walk to School Week • Storage facilities for bicycles and helmets 	Yes, through all 3 methods	Yes, but only through 2 methods	Yes, but only through 1 method	No, our school does not promote safe walking and biking to school

#	Question	A	B	C	D
2.13	Does your school promote the benefits of getting the recommended amount (60 minutes) of daily physical activity to students with posters, banners or other messaging throughout the school on an ongoing basis (e.g., in hallways, stairwell, cafeteria, gymnasium, classrooms, etc.)?	Yes			No
2.14	Does your school offer physical activity opportunities in before- and after-school programs that are available to most/all students?	Yes			No
ADD TOTAL number of answers circled in each column A, B and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Physical Education/Physical Activity GRAND TOTAL		GRAND TOTAL =			
MODULE SCORE: Divide your GRAND TOTAL by 42 and multiply by 100 to calculate your score for Physical Education/Physical Activity. Enter this score in your Overall Score Card in the next section.		(GRAND TOTAL / 42) X 100 =	%		



MODULE 3: Family and Community

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. Work with your Program Advisor and/or other adults in your school to collect the information you need to answer the questions (for example, the school nutrition manager, physical education teacher, school nurse, or school wellness coordinator, etc.).

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
3.1	Does your school send home materials or provide opportunities for families to learn about promoting healthy eating and promoting physical activity?	Yes			No
3.2	Do parents and other community members help plan and implement school nutrition and physical activity programs (e.g., volunteering in the cafeteria, classroom or at special events)?	Yes, they help with all of the programs	They help with most of the programs	They help with some of the programs	No, they do not help with any of the programs
3.3	Does your school provide access to school grounds for physical activity before and/or after school for parents, families and/or community members?	Yes			No

#	Question	A	B	C	D
3.4	Do students and parents have opportunities to give suggestions for school meals and feedback on the meal program?	Yes, they can give both feedback and suggestions	Either students or parents — but not both — can give feedback and suggestions	Students and parents have very little opportunity to give feedback and suggestions	There are no opportunities to give feedback or suggestions
3.5	<p>Does the physical education program promote student participation in a variety of community/outside-of-school physical activity options through three or more methods?</p> <p><i>Examples of <u>community/outside-of-school physical activity options</u> include:</i></p> <ul style="list-style-type: none"> • clubs • teams • recreational classes • special events <ul style="list-style-type: none"> ○ e.g. community fun runs and use of playgrounds, parks and bike paths <p><i>Examples of <u>methods</u> include:</i></p> <ul style="list-style-type: none"> • class discussions • bulletin boards • public address announcements • guest speakers who promote community programs • take-home flyers • homework assignments • newsletter articles • academic credit for participating in community physical activities and programs 	Yes, through 3 or more methods	Yes, but only through 1 or 2 methods	The program promotes only 1 type of community physical activity option	The program does not promote participation in community physical activity options OR there is no physical education program

#	Question	A	B	C	D
<p>NOTE: The questions below relate to your school health advisory council and local school wellness policy.</p> <ul style="list-style-type: none"> • A school health advisory council or other wellness committee is an advisory group at the district or school building level that provides advice on aspects of the school health and wellness program. • The local school wellness policy is an important tool for local educational agencies, school districts and parents in promoting student wellness and preventing and reducing childhood obesity. Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs is required by federal law to establish a local school wellness policy for all schools under its jurisdiction. 					
3.6	Does your school have a school health advisory council or other local wellness committee that actively incorporates students' ideas and participation?	Yes			No
3.7	Does your school implement and monitor the progress of your school wellness policy?	Yes			No
3.8	Does your school regularly inform and update the public, including parents and others in the community, about your school wellness policy and progress?	Yes			No
ADD TOTAL number of answers circled in each column A, B and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Family and Community GRAND TOTAL		GRAND TOTAL =			
MODULE SCORE: Divide your GRAND TOTAL by 24 and multiply by 100 to calculate your score for Family and Community. Enter this score in your Overall Score Card in the next section.		(GRAND TOTAL / 24) X 100 =	%		

OVERALL SCORE CARD

For each Module, mark an X in the column that corresponds with its Module Score, which you calculated at the end of each Module.

Module	Low	Medium			High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1: Nutrition Services					
Module 2: Physical Education / Physical Activity					
Module 3: Family and Community					

©2015 National Dairy Council®