

WellSAT – 1 Modified for School Input

School survey results are in red

As a school team, your assistance/input is needed to support the School Health Advisory Council (SHAC) assessment on the system's compliance with laws and policies related to student wellness, the implementation of [Board Policy 6140: Student Wellness](#), and the system's progress toward meeting the goals of Board Policy 6140.

1. Students have adequate time to sit down and eat their meals
 - Students typically have less than 20 minutes to sit down and eat lunch (and 10 minutes to eat breakfast). 2 (6.3%)
 - Students sometimes have 20 minutes to sit down and eat lunch (and 10 minutes to eat breakfast) 9 (28.1%)
 - Students consistently have a least 20 minutes to sit down and eat lunch (and 10 minutes to eat breakfast) 21 (65.6%)
2. Access to free water is available to students during meals and throughout the school day.
 - Water is not available or only available for sale 0 (0%)
 - Yes, but access is inconsistent (e.g. available only sometimes; available only upon request) 2 (6.3%)
 - Yes, free water is consistently available throughout the school day including during meals 30 (93.8 %)
3. School administration/staff know where to access the USDA Smart Snacks nutrition standards to confirm an item can be sold in school during the school day.
 - School administration/staff do not know where to look to access the standards. 0 (0%)
 - School administration/staff have an idea where to find the standards, but is not completely sure. 17 (53.1%)
 - School administration/staff can describe exactly where to find the standards. 15 (46.9%)
4. Foods that are not part of the school meals (know as competitive foods) that are sold to students during the school day meet Smart Snacks nutrition standards.
 - There are competitive foods sold to students and some items may not meet Smart Snacks standards. 1 (3.1%)
 - There are competitive foods and most items meet Smart Snacks standards. 1 (3.1%)
 - There are no competitive foods sold OR there are competitive foods sold and all items meet Smart Snacks standards. 30 (93.8%)
5. Fundraisers that sell items to be consumed during the school day meet Smart Snack standards.
 - The school has food and/or beverage fundraisers during the school day and all items do not meet Smart Snacks standards. 3 (9.4%)
 - The school has food and/or beverage fundraisers during the school day and most items meet Smart Snacks standards. 5 (15.6%)
 - The school has food and/or beverage fundraisers during the school day and all meet Smart Snacks standards. 24 (75%)
6. Food-based celebrations (birthday parties, holiday parties, etc) that occur during the school day meet Smart Snacks standards. [Please rate based on pre-covid practices]
 - There are no restrictions on the types of foods and beverages served at celebrations OR there are restrictions but they are not followed consistently. 18 (56.3%)
 - There are restrictions on the types of foods and beverages served at celebrations and all food/beverages meet them. 7 (21.9%)
 - Food/beverage celebrations are not allowed. 7 (21.9%)
7. Teachers use food as a reward in the classroom.
 - Most teachers do use food as a reward in the classroom. 8 (25%)
 - Few teachers use food as a reward in the classroom. 19 (59.4%)
 - No teachers use food as a reward in the classroom. 5 (15.6%)

8. Teachers implement physical activity/breaks into their classroom instruction.
 - Most teachers do not provide regular physical activity/breaks for students. 1 (3.1%)
 - Some teachers provide physical activity/breaks for students. 13 (40.6%)
 - Most teachers do provide regular physical activity/breaks for students. 18 (56.3%)
9. Marketing strategies are used to promote healthy food and beverage choices in school.
 - No specific efforts are made to promote healthy food or beverage choices. 4 (12.5%)
 - Limited efforts are made to promote healthy food and beverage choices. 23 (71.9%)
 - Multiple strategies are used to promote healthy food and beverage choices. 5 (15.6%)
10. School staff are encouraged to model healthy eating and physical activity behaviors in front of students.
 - School staff are not encouraged to model healthy eating and physical activity behaviors. 6 (18.8%)
 - School staff are sometimes encouraged to model healthy eating and physical activity behaviors. 24 (75%)
 - School staff are routinely encouraged to model healthy eating and physical activity behaviors. 2 (6.3%)
11. Our school has an active school level wellness committee.
 - A school level wellness committee has not been established. 23 (71.9%)
 - There is a committee, but it has not met more than once in the past year. 6 (18.8%)
 - There is a committee that has met at least twice in the past year. 3 (9.4%)
12. RCSS has an active district level wellness committee.
 - A district wellness committee has not been established. 2 (6.3%)
 - There is a committee but unsure when it meets. 20 (62.5%)
 - There is a committee that meetings at least twice a year. 10 (31.3%)

Short-answer questions:

13. Is nutrition education integrated into other subjects beyond health education? If yes, please provide some examples. CTE classes (Foods, Early Childhood, Ag Science); K teachers discuss healthy food choices; elementary science curriculum; OCS Functional Skills; integrated reading activities
14. What strategies, if any, are used by the school to support employee wellness? Share Employee Assistance Program; Hospitality Committee; Healthy Snack Day; Friday Focus with mindful section; open gym fitness challenges; exercise group(s); weight loss challenges; GoFar participation; Vector trainings; stand-up desk; faculty SEL check-ins
15. What strategies, if any, are used by staff to promote physical activity/breaks during classroom instruction? Brain breaks (such as Go Noodle, Cosmic Kids Yoga, Move to Learn, Jack Hartman Kids Music Channel); activity choices that engage students; energizers