

Dear Lincoln Staff,

As you may know, a Healthy School Pilot project has been launched at Lincoln Elementary as part of the Mount Vernon Healthy Communities Project. The purpose of the project is to ensure that Lincoln is a healthy school that promotes good nutrition and physical activity. Please see the attached flyer for more information about the project.

Before starting the Healthy School Pilot at Lincoln, we need to get some more information that will help us meet the needs of the school, the students, and their families. Please complete the attached survey, which addresses the following issues:

- Your practices regarding providing rewards to students;
- Your practices regarding student punishment;
- Your practices regarding classroom celebrations; and
- Whether you integrate nutrition and/or physical activity into your curriculum

Please complete and return the survey no later than **Friday, April 1**. Please do not write your name on the survey. The information you provide will be kept confidential. Thank you for your time completing this survey!

Sincerely,

Kris Wollan
Principal, Lincoln Elementary

Please return the completed survey to the main office no later than **Friday, April 1**.

If you have any questions, please contact:

Liz McNett-Crowl, project coordinator
Mount Vernon Healthy Communities Project
PH: 360-428-2331
Email: lcrowl@skagitvalleyhospital.org

Teacher Survey

1. Do you currently provide food as a reward to your students?

- Yes
 No
 Don't know

If no, skip to question #4.

2. If yes, which items do you typically provide as a reward? (check all that apply)

- Candy
 Cookies, donuts, crackers, cakes, pastries, or other baked goods
 Ice cream, popsicles, or other frozen treats
 Pizza
 Fruits or vegetables (not juice)
 Soft drinks
 Juice (fruit or vegetable)
 Plain milk
 Other (please describe) _____

3. If you *do use* food to reward student, how important is this method of rewarding students to you?

- Very important – Food is the only thing that will motivate students.
 Somewhat important – Food motivates students, but non-food rewards also motivate students.
 Not important – Other rewards motivate students better than food.

4. In your opinion, should the school disallow or discourage the use of food as classroom rewards?

- Yes
 No
 Don't know

Why or why not?

5. Do you currently provide physical activity (e.g., recess time, play time, PE time) as a reward to your students?

- Yes
 No
 Don't know

If no, skip to question #8.

6. If yes, which items do you typically provide as a reward? (check all that apply)

- Extra recess time
 Play time or game time
 Extra PE time
 Other (please describe) _____

Teacher Survey

7. If you *do use* physical activity to reward student, generally how effective is this method of rewarding students?

Very effective – Extra physical activity or play time is a great motivator for students.

Somewhat effective – Extra physical activity or play time motivates students as well as but not better than other rewards.

Not effective – Other rewards motivate students better than extra physical activity or play time.

8. Do you currently take away recess or PE time from students as a punishment?

Yes

No

Don't know

9. Are there other circumstances in which recess or PE time is cancelled? (e.g., finish uncompleted school work)

Yes (please explain) _____

No

Don't know

Additional Comments:

10. Approximately how often does your class celebrate holidays, student birthdays, or other special events with a party or break time during which food is served?

Two or more times per week

One time per week

Two to three times per month

One time per month

Less than one time per month

Other (please explain) _____

11. Do you allow parents/family members to bring food for these events?

Yes

No

Don't know

12. If yes, what kinds of food do parents/family members bring? (check all that apply)

Candy

Cookies, donuts, crackers, cakes, pastries, or other baked goods

Ice cream, popsicles, or other frozen treats

Pizza

Fruits or vegetables (not juice)

Soft drinks

100% juice (fruit or vegetable)

Teacher Survey

Not 100% juice

Milk

Other (please describe) _____

13. In your opinion, do you think the school should allow only healthy foods to be brought to school for classroom parties and celebrations?

Yes

No

Don't know

Additional Comments:

14. Within the standard curriculum (e.g., during math or spelling), do you incorporate physical activity into your lesson plans?

Yes (please describe) _____

No

Don't know

15. Within the standard curriculum (e.g., during math or spelling), do you incorporate nutrition education into your lesson plans?

Yes (please describe) _____

No

Don't know

Additional Comments:
