

## Administrator Survey

1. \* Does your school currently have any **written policies** on nutrition and/or physical activity, other than those mandated by the state and school district?

Yes                      No                      Don't Know

*If no or don't know, skip to question #3*

Does your school have...

- a. A **written policy** for serving healthy school meals that are low in fat, sodium, and added sugars?

Yes                      No                      Don't know

- b. A **written policy** for limiting or prohibiting the sale of candy, chips, soft drinks and other foods of low nutritional value...

During school meals?                      Yes   No   Don't know

At school events including fund-raisers? Yes   No   Don't know

- c. A **written policy** for limiting or prohibiting the use of food as a reward or punishment?

Yes                      No                      Don't know

- d. A **written policy** on how physical education is scheduled, aside from the state mandate for providing 100 minutes of physical and health education per week?

Yes                      No                      Don't know

- e. A **written policy** on how nutrition education is provided **within or outside of** the health education curriculum?

Yes                      No                      Don't know

- f. A **written policy** for providing daily recess for all grades?

Yes                      No                      Don't know

- g. A **written policy** for supporting walking and/or biking to school?

Yes                      No                      Don't know

- h. A **written policy** for prohibiting the use of physical activity as punishment?

Yes                      No                      Don't know

Additional Comments:

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\* Rhode Island Obesity Control Program. *Rhode Island Needs Assessment Tool*. Available at: <http://socialmarketing-nutrition.ucdavis.edu/Tools/Downloads/final%20rinat.pdf>

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2. In general, how often are your written policies enforced? Would you say all of the time, often, some of the time, or not at all?

All     Often     Some     Not at all     Don't know

Additional Comments:

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3. <sup>†</sup>During the past 12 months, have any of the following items been sold as part of fund-raising for any school organization?

- Chocolate candy  
 Other candy  
 Soft drinks, sports drinks, or fruit drinks that are not 100% juice  
 Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat  
 Fruits or vegetables  
 100% fruit juice or vegetable juice  
 Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods

4. Are faculty and staff at this school *prohibited* or *discouraged* from using food or food coupons as a reward for good behavior or good academic performance?

- Yes, prohibited  
 Yes, discouraged  
 No, neither prohibited nor discouraged

5. <sup>‡</sup>Does your school have nutritional guidelines or criteria for parents to send in food for birthdays, classroom parties, etc.?

- Yes  
 No  
 Don't know

6. <sup>§</sup>If this school has vending machines, please indicate the times during which students have access to the machines. (Please check all that apply.)

- Before school starts  
 From the beginning of first period class to beginning of lunch  
 During lunch  
 From end of last lunch period until end of day

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<sup>†</sup> CDC. *SHPPS: School Health Policies and Programs Study*. Available at:  
<http://www.cdc.gov/HealthyYouth/shpps/questionnaire/index.htm>

<sup>‡</sup> Environment and Human Health, Inc. *The State of Nutrition and Physical Activity in Our Schools*. Available at:  
[http://www.ehhi.org/reports/obesity/obesity\\_report04.pdf](http://www.ehhi.org/reports/obesity/obesity_report04.pdf)

<sup>§</sup> Pennsylvania Advocates for Nutrition and Activity. *Keystone Healthy Zone School Assessment*. Available at:  
[http://www.panaonline.org/programs/khz/sample\\_assessment.php](http://www.panaonline.org/programs/khz/sample_assessment.php)

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After school

7. Does this school have a contract with a soft drink bottler, such as Coca-Cola, Pepsi-Cola, or Dr. Pepper, giving the company *exclusive* rights to sell soft drinks at your school?

Yes

No

*If no, skip to question #9*

8. Does your school receive a specified percentage of the soft drink sales receipts?

Yes

No

9. Does your school receive incentives, such as cash awards or donations of equipment, supplies, or other donations, once receipts total a specified amount?

Yes

No

10. Is the soft drink bottler allowed to advertise...

In the school building

On school grounds, including on the outside of the school building, on playing fields, or other areas of the campus

On school buses

11. What time is the first lunch period at your school? \_\_\_\_\_

12. How long is the typical lunch period at your school? \_\_\_\_\_

Additional Comments:

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13. At this school, in which grades do students receive *required* instruction in PE? How many weeks during the school year is each grade schedule to take PE? On average, how many days per week is each grade scheduled to take PE?

	PE Required	# Weeks / School Year	# Days / Week
K	<input type="checkbox"/> Yes <input type="checkbox"/> No		
1 <sup>st</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
2 <sup>nd</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
3 <sup>rd</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4 <sup>th</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5 <sup>th</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
6 <sup>th</sup>	<input type="checkbox"/> Yes <input type="checkbox"/> No		

14. On average, how many minutes is each session of PE scheduled to last?

\_\_\_\_\_ Minutes

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15. How many teachers in your school who teach physical education classes have a health and fitness endorsement? \_\_\_\_\_

16. How many teachers in your school who teach physical education classes *do not have* a health and fitness endorsement? \_\_\_\_\_

17. On average, how many days per week are the students *scheduled* to have recess?  
\_\_\_\_\_ Days/Week

18. On average, how many minutes each day do students spend in recess?  
\_\_\_\_\_ Days/Week

19. About how many classes have regularly scheduled recess immediately *before* lunch?

- None
- Less than half
- Half
- More than half
- All

20. About how many classes have regularly scheduled recess immediately *after* lunch?

- None
- Less than half
- Half
- More than half
- All

21. The following lists different intramural or physical activity clubs that might be offered to students at this school. Which of these are offered at this school?

- Aerobics
- Badminton
- Baseball, softball, or whiffleball
- Basketball
- Bowling
- Cardiovascular fitness
- Dance (e.g., ballroom, folk, or square dance)
- Football (e.g., touch or flag)
- Frisbee, Frisbee golf, or ultimate Frisbee
- Golf
- Gymnastics
- Hiking, backpacking, or orienteering
- Hockey (e.g., field, floor, roller, or ice)
- Jump rope
- Lacrosse
- Martial arts
- Non-stationary bicycling
- Racquet sports (e.g., racquetball, handball, squash, or paddleball)

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- Running or jogging
- Skating (e.g., roller, in-line, or ice)
- Skiing (e.g., cross country, downhill, or water)
- Soccer
- Swimming, diving, or water polo
- Tennis
- Volleyball
- Walking
- Wrestling
- Weight training
- None
- Other \_\_\_\_\_

22. Does this school provide transportation home for students who participate in after-school intramural activities or physical activity clubs?

- Yes
- No

23. Can children or adults in the community use this school's outdoor physical activity and athletic facilities without being in a supervised program?

- Yes, before school
- Yes, after school
- Yes, in the evenings
- Yes, on the weekends
- Yes, during school vacations
- No

Additional Comments:

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Thank you for completing this questionnaire!