



Summary of Wellness Policy Survey Results

These Surveys were collected from Mokler, Jackson and PHS-West

Administrator/ Teacher Total Number of Responses: 15

Overview

Questions	Needs Improvement	Meets	Exceeds
1. Your school promotes a healthy lifestyle to your staff, students and parents.	5	10	0
2. The program and/or activities provided by your school set your school at or above the standards of the PUSD Wellness Policy.	8	6	0
	No	Somewhat	Yes
3. Were you aware of the PUSD Wellness Policy before you filled out this evaluation?	9	5	1

4. Additional comments on how your school site promotes health and wellness:

Counseling department promotes SEL activities for teachers and students. Example: Wellness summit lessons and activities. P3 wellness - health care provider - convenient for teachers.

Positive shift once we moved back to in person breakfasts. Students eat, appreciate and we have fewer food restricted issues with students during the day.

Healthy lunch and snacks at the cafeteria.

We do not regularly discuss/promote healthy lifestyle strategies.

The play works program promotes health through physical health. The counseling team promotes emotional/mental health through spirit weeks. Balanced meals are promoted in the cafeteria.

The PUSD Wellness Policy is not on the website so I am unsure if our school is following the standards. I am unable to compare.

Lunch and breakfast menus are pre-selected and monitored.

Wellness activities provided by counseling department: calming room, mindfulness, teacher fitness group.

Healthy School Environment

Questions	Needs Improvement	Meets	Exceeds	Unsure
1. Healthy eating behaviors are modeled and reinforced at our school site.	5	9	0	0
2. Noon aides and/or cafeteria aides are provided with yearly training on maintaining a pleasant eating environment and promoting healthy food choices.	2	6	0	6

NI	M	E
33%	67%	0%
53%	33%	0%
N	S	Y
60%	33%	6.50%

NI	M	E	U
36%	64%	0%	0%
14%	43%	0%	43%

3. The school supports the parents' efforts to provide a healthy diet and physical activity diet and physical activity for their children by providing information on healthy habits	6	8	0	0
4. Students have a clean, safe, and pleasant setting to consume their meals, including adequate time and seating.	0	9	6	0
5. Fresh, safe, free drinking water is available to students on campus.	0	10	5	0

43%	57%	0%	0%
0%	60%	40%	0%
0%	67%	33%	0%

6. Additional comments on your school site's school health, safety and environment:

Healthy options are provided by what I observe students eating are choices such as morning shake with a doughnut and pizza for lunch
Water stations, healthy food options for S and staff

Students are provided with free breakfast and lunch on a daily basis. They have a variety of healthy options- including fruit and dairy each meal. Eating area is cleaned on a daily basis.

Water bottle filling stations and free bottles as needed.
Healthy habits discussed through PE. How often are water filters changed?
Filters at filling stations should be changed more frequently. Information could be sent to parents more routinely regarding healthy lifestyle
Students were provided with school branded reusable water bottles at the beginning of the year.
Maybe providing water bottles to the students would be helpful for students to drink the safe water provided.
Water filters have not been changed in a timely manner.
A reliable water station is located next to lunch shelter. Noon duty aides support all students with opening up hard to open packages, milk, juice, etc. Salad bar consists of a variety of fruits and vegetables with a selection of salad dressing. A flyer is sent to all parents at the beginning of school year provided examples of nutritious snacks.
Water fountain filters need to be maintained on a regular basis.
Parents need additional information on nutrition and healthy diet. Schools can provide parent workshops or have a health fair with registered

Nutrition

Questions	Needs Improvement	Meets	Exceeds	Unure
1. The cafeteria staff is well-prepared and efficiently serves meals to your students.	0	5	10	0
2. Meals are prepared in a healthy and appealing way.	0	10	5	0
3. Food and beverages sold/served to students accommodate the religious, ethnic, and cultural diversity of students.	5	8	2	0
4. Food and beverages sold/served on school campus to students starting at from midnight on and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations.	0	11	2	0
5. Staff will encourage students to participate in the school meal programs. Students are not denied access to school meals as punishment.	0	5	10	0
6. The sharing of food and beverages is discouraged	3	11	1	0

NI	M	E	U
0%	33%	67%	0%
0%	67%	33%	0%
33%	53%	13%	0%
0%	73%	13%	0%
0%	33%	67%	0%
20%	73%	7%	0%

7. Student hand washing is encouraged before all meals and snacks	4	7	4	0
8. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus	4	8	3	0
9. Non-food rewards are encouraged for student achievement	2	9	4	0
10. Classroom celebrations occur after the lunch period	2	7	6	0
11. Classroom celebrations involving food meet or exceed the California Education Code and California Code of Regulations and are limited to no more than on per month per classroom and approved by the principal.	5	6	3	1
12. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects	10	3	2	0
13. Nutrition education activities are participatory, developmentally appropriate, and engage families as partners.	9	5	1	0
14. Additional comments:				
Diverse food options that reflect the diversity would make students more excited about their lunch.				
Health is not in the curriculum for all grade levels.				
Support and resources are needed to address health education.				

27%	47%	27%	0%
27%	53%	20%	0%
13%	60%	27%	0%
13%	47%	40%	0%
33%	40%	20%	7%
67%	20%	13%	0%
60%	33%	7%	0%

Physical Activity:

Questions	Needs Improvement	Meets	Exceeds	Unsure
1. Your school provides students with the opportunity to be physically active on a regular basis through education instruction and physical activity programs - at least 75% of the physical education class time is participating in moderate to vigorous physical activity.	0	5	10	0
2. The physical education curriculum at your school follows the California Education Code of requirements.	0	8	7	0
3. Elementary students have at least 20 minutes a day of supervises recess during which school staff encourages moderate to vigorous activity.	0	7	5	0
4. Physical activity is not used as punishment	1	4	10	0
5. Additional opportunities for physical activity for staff and students are encouraged.	3	7	5	0
6. Fundraising activities that include physical activity are promoted.	5	9	1	0

NI	M	E	U
0%	33%	67%	0%
0%	53%	47%	0%
0%	15%	33%	0%
7%	27%	67%	0%
20%	47%	33%	0%
33%	60%	7%	0%

7. Additional comments:

Play works has been an integral part of success on campus for the 4/5 students

When addressing "wellness" there are many more aspects to be addressed. Nutrition and Activity are two but what about mental and emotional wellness? The District has not modeled this aspect of wellness. In my opinion some of the toxic behaviors from the board are in contrast with a wellness plan.

Fundraising has been done with food activities/products

Fundraising includes a Jog-A-Thon or Turkey Trot. Students have between 45-60 minutes of recess/PE daily. We have a contract with play works to encourage structured play during recess. Selected upper grade students model play for younger students.

Our school had annual jog-a-thon and relay races to promote additional physical activity. We just implemented play works for recess and its been motivating and fun for students to all be active.