

2024 School Wellness Policy Assessment

NDS is asking all of our schools to complete the below Wellness Policy assessment, which is required by the USDA to be completed every three years. The survey should take 7-10 minutes to complete. Your answers will automatically save as you go. You may exit the survey at any time and return through the original email to complete your responses. We kindly ask that all surveys be submitted by Friday, May 24th.

Your participation is critical, as it will provide feedback on areas of wellness that can improved in our schools. We understand your time is valuable, so as a token of our appreciation, everyone who completes the survey by the deadline will be entered into a drawing for an Amazon gift card.

If you need assistance please contact Jean at jfalk@ndsarch.org. You may also call NDS' main office directly at 215-895-3470, option 1.

School Name

Your Name and Title

Your Email Address

Select Grades at Your School

Pre-K

Kindergarten

1

2

3

4

5

6

7

8

9

10

11

12

2024 School Wellness Policy Assessment

Nutrition Education

Your answers will save automatically. You can exit the survey at any time and return through the original email to complete your responses.

For each statement, please indicate the extent to which it has been implemented in your building.

	Fully Implemented	Partially Implemented	Not Implemented	Not Applicable (N/A)
We teach, model, encourage, and support healthy eating through nutrition education.	<input type="radio"/> 35%	<input type="radio"/> 52%	<input type="radio"/> 9%	<input type="radio"/> 4%
We provide all students with knowledge and skills for healthy lives via nutrition education.	<input type="radio"/> 43%	<input type="radio"/> 48%	<input type="radio"/> 9%	<input type="radio"/> 0%
We offer age-appropriate nutrition education and activities to students in: (Elementary School, Middle School, High School)	<input type="radio"/> 43%	<input type="radio"/> 35%	<input type="radio"/> 17%	<input type="radio"/> 4%
Our nutrition education curriculum teaches behavior-focused skills such as menu planning, reading nutrition labels, and media awareness	<input type="radio"/> 17%	<input type="radio"/> 43%	<input type="radio"/> 35%	<input type="radio"/> 4%
School food service and nutrition education classes work together to create a learning laboratory.	<input type="radio"/> 17%	<input type="radio"/> 52%	<input type="radio"/> 26%	<input type="radio"/> 4%
In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	<input type="radio"/> 17%	<input type="radio"/> 61%	<input type="radio"/> 17%	<input type="radio"/> 4%
We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	<input type="radio"/> 43%	<input type="radio"/> 43%	<input type="radio"/> 13%	<input type="radio"/> 0%
Staff providing nutrition education receive standards-based training and professional development.	<input type="radio"/> 22%	<input type="radio"/> 43%	<input type="radio"/> 30%	<input type="radio"/> 4%
We engage and involve families and the community in nutrition education efforts.	<input type="radio"/> 22%	<input type="radio"/> 39%	<input type="radio"/> 35%	<input type="radio"/> 4%
We incorporate various experiences into the school day, such as educational celebrations and assemblies related to food & food experiences around the world.	<input type="radio"/> 26%	<input type="radio"/> 57%	<input type="radio"/> 13%	<input type="radio"/> 4%
We participate in participate in culturally-appropriate food holidays which are important to students (e.g. meatless Friday's during lent).	<input type="radio"/> 55%	<input type="radio"/> 41%	<input type="radio"/> 5%	<input type="radio"/> 0%

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Nutrition Promotion

Your answers will save automatically. You can exit the survey at any time and return through the original email to complete your responses.

For each statement, please indicate the extent to which it has been implemented in your building.

	Fully Implemented	Partially Implemented	Not Implemented	Not Applicable (N/A)
We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	<input type="radio"/> 50%	<input type="radio"/> 41%	<input type="radio"/> 9%	<input type="radio"/> 0%
We promote nutrition through the implementation of activities such as having a school garden, taste testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	<input type="radio"/> 14%	<input type="radio"/> 36%	<input type="radio"/> 45%	<input type="radio"/> 5%
We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	<input type="radio"/> 23%	<input type="radio"/> 41%	<input type="radio"/> 32%	<input type="radio"/> 5%
We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	<input type="radio"/> 23%	<input type="radio"/> 64%	<input type="radio"/> 14%	<input type="radio"/> 0%
Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	<input type="radio"/> 32%	<input type="radio"/> 55%	<input type="radio"/> 14%	<input type="radio"/> 0%
We offer health and nutrition resources to parents to help them provide healthy meals for their children.	<input type="radio"/> 23%	<input type="radio"/> 45%	<input type="radio"/> 27%	<input type="radio"/> 5%

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Physical Activity

Your answers will save automatically. You can exit the survey at any time and return through the original email to complete your responses.

For each statement, please indicate the extent to which it has been implemented in your building.

Fully Implemented Partially Implemented Not Implemented Not Applicable (N/A)

In addition to planned phys ed, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs of students.

77%

14%

5%

5%

We provide a variety of developmentally appropriate opportunities for physical activity designed to achieve optimal health, wellness, fitness and performance benefits during the school day.

73%

27%

0%

0%

We contribute to the effort to provide students opportunities to accumulate at least 60 minutes of age-appropriate physical activity daily.

36%

64%

0%

0%

We maintain a physical and social environment that encourages safe and enjoyable activity for all students.

77%

23%

0%

0%

We provide physical activity breaks in the classroom.

64%

36%

0%

0%

We discourage extended periods of inactivity (two hours or more) for students.

68%

23%

5%

5%

We offer before

and/or after-school programs that include physical activity for participating children.

82%

9%

5%

5%

We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.

36%

32%

27%

5%

We do not use physical activity as a punishment (e.g., running laps)

86%

0%

9%

5%

We do not withhold physical activity as a punishment (e.g., taking away recess).

59%

27%

14%

0%

We encourage the entire student body to participate in physical activity and athletic events as a school-wide and inter-school collaboration.

68%

27%

5%

0%

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Physical Education

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For each statement, please indicate the extent to which it has been implemented in your building.

	Fully Implemented	Partially Implemented	Not Implemented	Not Applicable (N/A)
We implement a PE program consistent with state academic standards	<input checked="" type="radio"/> 73%	<input type="radio"/> 23%	<input type="radio"/> 5%	<input type="radio"/> 0%
PE instruction promotes skills and knowledge necessary for lifelong physical activity.	<input checked="" type="radio"/> 73%	<input type="radio"/> 18%	<input type="radio"/> 9%	<input type="radio"/> 0%
We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	<input checked="" type="radio"/> 73%	<input type="radio"/> 18%	<input type="radio"/> 9%	<input type="radio"/> 0%
Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	<input type="radio"/> 91%	<input type="radio"/> 5%	<input type="radio"/> 0%	<input type="radio"/> 5%

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Other School-Based Wellness Activities

Your answers will save automatically. You can exit the survey at any time and return through the original email to complete your responses.

For each statement, please indicate the extent to which it has been implemented in your building.

	Fully Implemented	Partially Implemented	Not Implemented	Not Applicable (N/A)
Free drinking water is available and accessible to students during meal periods and throughout the school day	<input type="radio"/> 91%	<input type="radio"/> 9%	<input type="radio"/> 0%	<input type="radio"/> 0%
School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input type="radio"/> 86%	<input type="radio"/> 5%	<input type="radio"/> 0%	<input type="radio"/> 9%
We provide continuing education to school nutrition staff as required by federal regulations.	<input type="radio"/> 77%	<input type="radio"/> 18%	<input type="radio"/> 0%	<input type="radio"/> 5%
We provide adequate space for eating and serving school meals.	<input type="radio"/> 91%	<input type="radio"/> 9%	<input type="radio"/> 0%	<input type="radio"/> 0%
We provide a safe and clean meal environment for students.	<input type="radio"/> 100%	<input type="radio"/> 0%	<input type="radio"/> 0%	<input type="radio"/> 0%
We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input type="radio"/> 100%	<input type="radio"/> 0%	<input type="radio"/> 0%	<input type="radio"/> 0%
We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input type="radio"/> 64%	<input type="radio"/> 27%	<input type="radio"/> 5%	<input type="radio"/> 5%
Students have access to hand washing or sanitizing before meals.	<input type="radio"/> 100%	<input type="radio"/> 0%	<input type="radio"/> 0%	<input type="radio"/> 0%
Only authorized staff have access to the food service operation.	<input type="radio"/> 95%	<input type="radio"/> 5%	<input type="radio"/> 0%	<input type="radio"/> 0%
We train all staff on the components of the school wellness policy.	<input type="radio"/> 59%	<input type="radio"/> 32%	<input type="radio"/> 9%	<input type="radio"/> 0%
School based activities are planned with wellness policy goals in mind.	<input type="radio"/> 62%	<input type="radio"/> 24%	<input type="radio"/> 14%	<input type="radio"/> 0%
Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input type="radio"/> 55%	<input type="radio"/> 18%	<input type="radio"/> 5%	<input type="radio"/> 23%
We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	<input type="radio"/> 64%	<input type="radio"/> 23%	<input type="radio"/> 14%	<input type="radio"/> 0%
We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input type="radio"/> 50%	<input type="radio"/> 32%	<input type="radio"/> 18%	<input type="radio"/> 0%

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Nutrition Guidelines for All Foods and Beverages at School

Your answers will save automatically. You can exit the survey at any time and return through the original email to complete your responses.

For each statement, please indicate the extent to which it has been implemented in your building.

	Fully Implemented	Partially Implemented	Not Implemented	Not Applicable (N/A)
Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input type="radio"/> 100%	<input type="radio"/> 0%	<input type="radio"/> 0%	<input type="radio"/> 0%
We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input type="radio"/> 67%	<input type="radio"/> 19%	<input type="radio"/> 5%	<input type="radio"/> 10%
Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	<input type="radio"/> 24%	<input type="radio"/> 19%	<input type="radio"/> 0%	<input type="radio"/> 57%
We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	<input type="radio"/> 48%	<input type="radio"/> 33%	<input type="radio"/> 5%	<input type="radio"/> 14%
We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.	<input type="radio"/> 33%	<input type="radio"/> 33%	<input type="radio"/> 10%	<input type="radio"/> 24%
We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	<input type="radio"/> 19%	<input type="radio"/> 48%	<input type="radio"/> 14%	<input type="radio"/> 19%
Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.	<input type="radio"/> 43%	<input type="radio"/> 5%	<input type="radio"/> 5%	<input type="radio"/> 48%

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Wellness Committee

We are always looking for Wellness Committee Members. If you or a coworker would like to join this group, please send contact information to Jean Falk at jfalk@ndsarch.org.

Would someone from your school be interested in being a member of the NDS Wellness Committee?

- Yes
- No
- Interested in learning more

If you selected yes to the above question, what is the name and contact information for the individual who would like to be a member of the Wellness Committee.

For the 24-25 School Year the NDS Wellness Committee will be meeting September 30th, November 18th, February 24th and April 28th.

We are looking for your feedback: What is the best time of the day to hold a wellness committee meeting?

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Thank you!

Thank you for participating in this Wellness Policy Survey and helping NDS fulfill the USDA requirements for school wellness.

If you have any questions or additional feedback, please contact: Jean Falk at jfalk@ndsarch.org.

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