



School Wellness Investigation

MODULE 1: Nutrition Services

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. **IMPORTANT:** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement. Work with adults in your school to collect the information you need to accurately answer the question (e.g., the school nutrition manager, school nurse, school wellness coordinator, etc.).

(Work with your Program Advisor to enter your Investigation and calculate your score online at www.FuelUpToPlay60.com.)

#	Question	A	B	C	D
1.1	Does your school offer breakfast and lunch programs?	Yes	It offers one but is currently starting the other program	It offers one but not the other	No
1.2	How many of the following does your school offer? <ul style="list-style-type: none"> • Cold flavored and unflavored low-fat and fat-free milk with each meal • At least two healthy entrees (hot food) daily for lunch • Five foods containing whole grains offered weekly • Two choices of fruit (or 100% fruit juice) daily • Two choices of vegetables daily 	All	Three or four	One or two	None
1.3	Do <i>a la carte</i> offerings (foods that are sold individually in the lunch line) include low-fat dairy product(s), fresh fruit, vegetable(s) and whole grain food(s) every day?	Yes, all four are offered daily	Two or three of these are offered daily	One of these is offered daily	None of these is offered daily
1.4	Do school vending machines, stores, and concession stands offer low-fat dairy products, fruits, vegetables and whole grain foods?	Yes, all four are offered	Two or three of these are offered	One of these is offered	None of these is offered

#	Question	A	B	C	D
1.5	How many of the following items are available in the vending machines or at the snack bar in your school? <ul style="list-style-type: none"> • Low-fat dairy products • Fruits • Vegetables • Water • 100% fruit juice • Whole grain products (i.e., whole wheat bread, whole wheat crackers and cereals) 	5-7 of these items	3-4 of these items	1-2 of these items	None of these items is offered
1.6	Your school tries to promote healthy food and beverage choices by how many of the following ways? <ul style="list-style-type: none"> • Placing healthy foods in prominent positions • Displaying nutritional information • Offering nutritious food at better prices than food of less nutritional value • Advertising healthy foods through menus or posters 	4 ways	3 ways	1-2 ways	None
1.7	In the past two weeks, did the majority of students have at least 10 minutes to eat breakfast at school?	Yes			No
1.8	In the past two weeks, did the majority of students have at least 20 minutes to eat lunch at school?	Yes			No
1.9	Are most foods served in your school of high quality (fresh, attractive) with a good variety?	Yes, most foods are of high quality with good variety	Some foods are high quality with good variety	Few foods are high quality and variety is limited	Most foods are not of high quality and there is little variety
1.10	Do students participate in taste tests (or other food tasting events) to help select youth-appealing foods and beverages for school meals?	Yes			No
1.11	Is school breakfast offered at a time(s) and in a way(s) that is appealing to most students?	Yes, the timing and way breakfast is offered appeals to most students	The timing and way in which breakfast is offered appeals to some but not most students	The timing and way in which breakfast is offered appeals to few students	No, neither the timing nor the way in which breakfast is offered appeals to students
1.12	Is nutritional information (about nutritional content of food) available for foods served in school meals to help students make healthful eating choices?	Yes, nutritional labeling is regularly available	Nutritional labeling sometimes available	Nutritional labeling is rarely available	No

#	Question	A	B	C	D
1.13	Does your school promote the benefits of consuming low-fat/fat-free dairy products, fruits, vegetables and whole grains to students?	Yes, the school promotes all 4 of these types of foods	The school promotes 2-3 of these types of foods	The school promotes 1 of these types of foods	No, the school does not promote these types of foods
ADD TOTAL number of answers circled in each column A, B, and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Nutrition Services GRAND TOTAL		GRAND TOTAL =			
MODULE SCORE: Divide your GRAND TOTAL by 39 and multiply by 100 to calculate your score for Nutrition Services. Enter this score in your Overall Score Card in the next section.		(GRAND TOTAL / 39) X 100 =	%		



School Wellness Investigation

MODULE 2: Physical Education / Physical Activity

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. **IMPORTANT:** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement. Work with adults in your school to collect the information you need to accurately answer the question (e.g., a physical education teacher, school nurse, school wellness coordinator, etc.).

(Work with your Program Advisor to enter your Investigation and calculate your score online at www.FuelUpToPlay60.com.)

#	Question	A	B	C	D
2.1	Does your school have required physical education courses?	Yes			No
	<i>If no, skip questions 2.2 and 2.3. Count each of the skipped questions as 0.</i>				
2.2	On average, how many minutes per week do students receive physical education class (not substitution of participation in a sports team)?	200 or more minutes	135-200 minutes	45-135 minutes	0-45 minutes
2.3	Does your school prohibit the substitution of other courses or activities, such as interscholastic sports or band, for physical education?	Yes	Yes, but occasional exceptions are made	No, but there are plans to start prohibiting substitution	No
2.4	Do at least 50% of boys and 50% of girls in your school participate in extra-curricular physical activity (e.g., intramurals, physical activity clubs, dance clubs, and interscholastic sports)?	An equal number of boys and girls participate	More boys participate than girls – or vice versa	School-sponsored physical activities are not offered for boys, but are offered	There are no school-sponsored physical activities

#	Question	A	B	C	D
				for girls – or vice versa	
2.5	Do students have the opportunity to participate in physical activity breaks (short breaks that involve physical movement) in school on a daily basis?	All students participate in physical activity breaks on a daily basis	Most students participate in physical activity breaks on a daily basis	Some students participate in physical activity breaks on a daily basis	No students participate in physical activity breaks on a daily basis
2.6	Does your school integrate physical activity into most subject areas?	Yes			No
2.7	Does your school offer a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational, and life-long learning opportunities before or after the school day (e.g., walking clubs, in-line skating, jumping rope, water aerobics, weight-training, yoga, fitness clubs, etc.)?	Yes			No
2.8	Are the physical activity opportunities mentioned in the previous question easily accessible (i.e., no overcrowding in programs, low or no cost involved, etc.)?	All physical activity opportunities are easily accessible	Most physical activity opportunities are easily accessible	Some physical activity opportunities are easily accessible	No physical activity opportunities are accessible
2.9	Does your school have a plan in place to promote safe walking and biking to school?	Yes			No
2.10	Does your school promote the benefits of getting adequate daily physical activity to students?	Yes			No
ADD TOTAL number of answers circled in each column A, B, and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Physical Education/Physical Activity GRAND TOTAL		GRAND TOTAL =			
MODULE SCORE: Divide your GRAND TOTAL by 30 and multiply by 100 to calculate your score for Physical Education/Physical Activity. Enter this score in your Overall Score Card in the next section.		(GRAND TOTAL / 30) X 100 =	%		



School Wellness Investigation

MODULE 3: Family and Community

Instructions: Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. **IMPORTANT:** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement. Work with adults in your school to collect the information you need to accurately answer the question (e.g., the school nutrition manager, physical education teacher, principal, school nurse, school wellness coordinator, etc.).

(Work with your Program Advisor to enter your Investigation and calculate your score online at www.FuelUpToPlay60.com.)

#	Question	A	B	C	D
3.1	Does your school send home materials or give opportunities for families to learn about promoting healthy eating and promoting physical activity?	Yes			No
3.2	Do parents and other community members help plan and implement school nutrition and physical activity programs (e.g., volunteering in the cafeteria, classroom, or at special events)?	Yes, they help with all of the programs	They help with most of the programs	They help with some of the programs	No, they do not help with any of the programs
3.3	Can all students use your school's indoor and outdoor physical activity facilities outside school hours?	Yes	Yes, but the hours of access are somewhat limited	Yes, but hours of access are very limited OR there is access to indoor or outdoor facilities but not both	Students do not have access to school physical activity facilities outside school hours
3.4	Do students and parents have opportunities to give suggestions for school meals and feedback on the meal program?	Yes, they can give both feedback and suggestions	Either students or parents – but not both – can give	Students and parents have very little opportunity to give	There are no opportunities to give feedback or suggestions

#	Question	A	B	C	D
			feedback and suggestions	feedback and suggestions	
3.5	<p>Does the physical education program promote student participation in a variety of community/outside-of-school physical activity options through three or more methods?</p> <p><i>Examples of <u>community/outside-of-school physical activity options</u> include clubs, teams, recreational classes, special events such as community fun runs, and use of playgrounds, parks, and bike paths.</i></p> <p><i>Examples of <u>methods</u> include:</i></p> <ul style="list-style-type: none"> • class discussions • bulletin boards • public address announcements • guest speakers who promote community programs • take-home flyers • homework assignments • newsletter articles • academic credit for participating in community physical activities and programs 	Yes, through 3 or more methods	Yes, but only through 1 or 2 methods	The program promotes only one type of community physical activity option	The program does not promote participation in community physical activity options OR there is no physical education program
3.6	Do students have the opportunity to provide input into the development and implementation of school health and wellness activities?	Yes	Students have some opportunities for input, but it is not a regular practice	Opportunities for student input are very limited	No
ADD TOTAL number of answers circled in each column A, B, and C					No points
Multiply the total number from each column by the points shown to find the subtotals		X 3	X 2	X 1	X 0
Add all subtotals to calculate the Family and Community GRAND TOTAL		GRAND TOTAL =			
<p>MODULE SCORE: Divide your GRAND TOTAL by 18 and multiply by 100 to calculate your score for Family and Community. Enter this score in your Overall Score Card in the next section.</p>		(GRAND TOTAL / 18) X 100 =	%		



School Wellness Investigation

OVERALL SCORE CARD

For each Module, mark an X in the column that corresponds with its Module Score, which you calculated at the end of each Module.

Module	Low	Medium			High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1: Nutrition Services Physical Education / Physical Activity					
Module 2: Physical Education / Physical Activity					
Module 3: Family and Community					

(Work with your Program Advisor to enter your Investigation and calculate your score online at www.FuelUpToPlay60.com.)

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