



University of California  
Agriculture and Natural Resources | Nutrition Policy Institute  
*Research for healthy food, people and places*

## Secondary School Site-level Assessment Questionnaire **PILOT VERSION FOR FFY 2020 ONLY**

*Developed by  
the University of California Nutrition Policy Institute  
for the California Department of Public Health*

This tool is designed to help you assess how your school progresses over time to support healthy eating and physical activity. This questionnaire can be completed by one or more individuals as needed to ensure that at least one person is familiar with the practices covered in each section of the questionnaire. As a first step, please review the questionnaire to decide who should be involved in completing each section and gather any materials you may need.

It is not expected that all, or even many, of the policies and practices described in the questionnaire will be fully in place at this time. The goal is to measure change and improvements over time, so please do your best to accurately estimate the current situation. Your frank responses are appreciated and will also be the most useful to help you decide where to focus your efforts. You will be asked to update your responses to this questionnaire every year in order to capture the advances that are made at this site.

**Keep the following in mind, as you move through the questions:**

- Please select the response options that most closely correspond to the current situation.
- Use the last section, “Other comments” to let us know if there are other healthy eating and physical activity practices at your site that are not included here or if none of the listed response options apply to the current situation at your site.
- The following describes how to interpret the most frequently occurring set of response options in this questionnaire:

| Response option: | Always/<br>All (___)                   | Usually/<br>Most (___)          | Sometimes/<br>Some (___)        | Not Usually/<br>Few (___)       | Never/None/<br>No (___)              |
|------------------|--|---------------------------------|---------------------------------|---------------------------------|--------------------------------------|
| Interpretation:  | This is true more than 90% of the time | This is true 61-90% of the time | This is true 41-60% of the time | This is true 11-40% of the time | This is true 10% or less of the time |



**Site Information:**

Site Name: Calistoga Junior/Senior High Site ID\*: \_\_\_\_\_

Address: 1608 Lake St, Calistoga, CA 94515 LHD: Napa

Date of current assessment: 11/19/19 Date of last assessment: \_\_\_\_\_  
 N/A: this is the first year of assessment

This site is a:  Middle School  High School  Combined

**IF COMBINED:** Do middle schools students (below grade 9) have access to all the same food and beverage venues as high school students?  Yes  No

Email address for the site to send completed questionnaire: rrubio@calistogajusd.org

*Gray shading indicates for LHDs to complete.*

\*Site ID: This is the Site ID that is assigned by the PEARS system and can be found [here](#).

| Sections:  | Recommendation  | Actual   |
|--|---|--|
| <i>Jump directly to the sections related to your role or expertise</i> | <i>This section should be completed by someone in a position like:</i>  | <i>Who completed this section? List title(s) only:</i> |
| 1. <a href="#">Wellness Policies and Meal Program Participation</a>    | Wellness Coordinator, Nutrition Services Manager, or Cafeteria Manager  | Food Services Director                                 |
| 2. <a href="#">Meals and School Meal Environment</a>                   | Nutrition Services or Cafeteria Manager                                 | Food Services Director                                 |
| 3. <a href="#">Food and Drink around the School</a>                    | Nutrition Services Manager or other administrator                       | Food Services Director                                 |
| 4. <a href="#">Gardens</a>   | Nutrition Educator or Wellness Coordinator                              | Food Services Director                                 |
| 5. <a href="#">Nutrition Education and Student Involvement</a>         | Nutrition Educator or Wellness Coordinator                              | Food Services Director                                 |
| 6. <a href="#">Physical Education</a>                                  | PE Teacher or Department Head   |  |
| 7. <a href="#">Physical Activity</a>                                   | PE Teacher or Department Head   |  |
| 8. <a href="#">Parent and Family Involvement</a>                       | Wellness Coordinator, Parent Engagement Liaison, or other administrator |  |
| 9. <a href="#">Environment and Policy Surrounding the School</a>       | Principal or other Administrator  |  |
| 10. <a href="#">Other Comments</a>                                     |   |  |



## Section 1: Wellness Policies and Meal Program Participation<sup>1</sup>

**1.1 In the last three years, has this school assessed the extent to which the site is in compliance with their wellness policy and/or the progress made in attaining the goals of the wellness policy?**

Yes  No

**1.2 Is there an active school level wellness committee? IF SO, how often did it meet during the last 12 months?**  Committee did not meet  1-2 times  3-4 times  5-6 times  7+ times

No committee → skip to Q1.4

**1.3 Students' families are active members of the school level wellness committee.**

Yes  No

**1.4 School participates in the School Breakfast Program.<sup>2</sup>**

Yes  No

**1.5 School participates in the Fresh Fruit & Vegetable Program.<sup>3</sup>**

Yes  No

**1.6 School participates in the Special Milk Program.<sup>4</sup>**

Yes  No

**1.7 School participates in the California State Meal Program.<sup>5</sup>**

Yes  No

**1.8 School participates in the Seamless Summer Option.<sup>6</sup>**

Yes  No

**1.9 The school maximizes free/reduced price meal enrollment via community eligibility, paperless enrollment, or other best practices.**

Yes  No

**1.10 Is it possible for students to identify those who qualify for free or reduced lunch?**

Students can be identified

Students cannot ever be identified by other students

**1.11 Does your written wellness policy cover any of the items listed in this section?**

Yes  No

## Section 2: Meals and School Meal Environment<sup>7</sup>

**2.1 Which breakfast programs are offered at this school (select all that apply)?**

Universal free breakfast

Breakfast in the classroom

"Grab and go" breakfast options (packaged, carry-away, reimbursable meal)

"Second chance" breakfast (breakfast after homeroom or first period)

This school offers breakfast but none of the above specific programs

This school does not offer a breakfast program

|  | Always                           | Usually                          | Sometimes             | Not usually           | Never                 |
|--|----------------------------------|----------------------------------|-----------------------|-----------------------|-----------------------|
| <b>2.2 All foods and beverages provided through the National School Lunch/School Breakfast Programs meet nutritional requirements of the National School Lunch Act (as updated in 2012).</b> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>2.3 School meal entrees are prepared from scratch (i.e., from primarily raw ingredients).<sup>8</sup></b>   | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



## Section 2: Meals and School Meal Environment

|  | Always                           | Usually                          | Sometimes             | Not usually           | Never                 |
|--|----------------------------------|----------------------------------|-----------------------|-----------------------|-----------------------|
| 2.4 Sliced or cut fruit is offered with meals.   | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.5 Fruit and vegetables are prominently and attractively displayed on all service lines.  | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.6 More than one fruit choice (not including juice) is offered at <i>lunch</i> .  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.7 More than one vegetable choice is offered at <i>lunch</i> .  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.8 Pre-packaged salads or a salad bar is available to all students.   | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.9 Spices, seasonings, or healthy dips such as low-fat ranch, hummus, and salsa are available for students to add to vegetables.  | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.10 The only beverages available to students at breakfast and lunch are milk and water.   | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.11 Milk served on campus is limited to non-flavored and 1% fat or less.  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.12 White milk is placed for easier access or more prominently than other beverages. <input type="radio"/> N/A: no flavored milk offered  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.13 This school provides access to free, palatable drinking water during meal times in the food service areas. <input checked="" type="radio"/> Yes <input type="radio"/> No  |                                  |                                  |                       |                       |                       |
| 2.14 A reimbursable combo meal is offered as a grab-and-go lunch option.   | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.15 Students must use cash to buy a la carte snack items.<br><input checked="" type="radio"/> N/A: no a la carte options offered  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.16 During this school year, less nutritious foods and beverages are intentionally priced at a higher cost relative to more nutritious foods and beverages.<br><input checked="" type="radio"/> N/A: no a la carte options offered  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.17 Students receive at least one fruit or vegetable with each meal.  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.18 The cafeteria reinforces classroom nutrition education with promotional materials such as posters. <input checked="" type="radio"/> Not familiar with classroom nutrition education   | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.19 Foods served in the cafeteria reinforce classroom nutrition education.<br><input checked="" type="radio"/> Not familiar with classroom nutrition education  | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.20 Students have at least 30 minutes for eating lunch, including time to get food and sit at the table.  | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2.21 Lunch is served no earlier than 11:00 am and no later than 1:00 pm for:<br><input checked="" type="radio"/> All students <input type="radio"/> Most students <input type="radio"/> Some students <input type="radio"/> Few students <input type="radio"/> No students   |                                  |                                  |                       |                       |                       |
| 2.22 Students have adequate space to sit down and eat at a table most of the time.<br><input checked="" type="radio"/> Yes, plenty of tables and extra space <input type="radio"/> Yes, but tables are crowded <input type="radio"/> No, not enough seating with tables  |                                  |                                  |                       |                       |                       |
| 2.23 Dining facilities can be described as:<br><input checked="" type="radio"/> Pleasant (very clean, well-lit, not too chaotic or noisy, and inviting)<br><input type="radio"/> Acceptable (adequately clean, well-kept, but sparse)<br><input type="radio"/> Some areas of concern (dirty, dingy, needs repairs, etc.) |                                  |                                  |                       |                       |                       |
| 2.24 Are dining facilities well-decorated and designed for an inviting space to sit down and enjoy a meal? <sup>9</sup><br><input checked="" type="radio"/> Yes <input type="radio"/> No   |                                  |                                  |                       |                       |                       |



## Section 2: Meals and School Meal Environment

**2.25 Food service staff complete annual training or professional development on nutrition (other than food safety and food program guidelines).<sup>10</sup>**

All staff  Most staff  Some staff  Few staff  No staff

**2.26 Does your written wellness policy cover any of the items listed in this section?**

Yes  No

## Section 3: Food and Drink around the School

|  | Always                | Usually                          | Sometimes                        | Not usually                      | Never                 |
|--|-----------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------|
| <b>3.1 Foods or beverages are used to encourage positive behavior (rewards) or withheld to punish negative behavior.</b>   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| <b>3.2 School staff eat or drink unhealthy foods (especially sweets, soda, and chips) in front of the students.</b>  | <input type="radio"/> | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/> |
| <b>3.3 Food and beverage advertising is limited to foods that meet the Smart Snacks requirements.</b> <input checked="" type="radio"/> N/A: No food and beverage advertising on campus   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| <b>3.4 Items sold as part of fundraisers are limited to non-food items or foods that meet the Smart Snacks criteria.</b>   | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
|  | All foods             | Most foods                       | Some foods                       | Few foods                        | No foods              |
| <b>3.5 Foods and beverages at classroom and school events and celebrations meet the Smart Snacks nutrition standards.</b>  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/> |
| <b>3.6 Foods and beverages (other than school meals) sold <i>during the school day</i> meet Smart Snacks requirements. (Do not include reimbursable school meals or fundraisers).</b> <input checked="" type="radio"/> N/A: No foods or beverages sold during the school day | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| <b>3.7 Foods and beverages sold on campus <i>after school</i> meet Smart Snacks standards. (Include sales that are ongoing; do not include events/fundraisers that are once a year.)</b> <input checked="" type="radio"/> N/A: No foods or beverages sold after school       | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| <b>3.8 Placement and display of non-meal foods and beverages sold on campus is designed to encourage healthy choices.</b> <input checked="" type="radio"/> N/A: No food or beverages sold at school  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/>            | <input type="radio"/> |
| <b>3.9 During the school day, how many separate venues sell foods and beverages other than school meals? Count each vending machine and all other points of sale on campus.</b>  |                       |                                  |                                  |                                  |                       |
| <input checked="" type="radio"/> none <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 or more  |                       |                                  |                                  |                                  |                       |

### Section 3: Food and Drink around the School

For which student body food environment are you scoring the following question:  Middle  High

**3.10 Beverages sold to students on campus, not as part of meals, during the school day include (select all that apply):**  N/A: no beverages sold during the school day

- Plain, unflavored water (carbonated or uncarbonated)
- Unflavored low-fat (1%) or non-fat milk
- Unflavored whole or reduced fat (2%) milk
- Flavored non-fat milk
- Flavored whole, low-fat, or reduced fat milk
- 100% fruit or vegetable juices (full strength or diluted with water)
- Calorie-free beverages (such as unsweetened flavored waters excluding diet beverages and plain water)
- Lower-calorie beverages (< 5 calories per ounce such as low-calorie sports drinks)
- Regular, non-diet soda
- Diet drinks (including diet soda, light tea)
- Other pre-sweetened drinks (including Capri Sun, fruit punch, lemonade, aguas frescas, sweet tea)
- Other (specify):

**3.11 Are sugar sweetened beverages served at classroom celebrations and/or school events?**

- No, sugar-sweetened beverages are never served
- Yes, and the beverages always meet Smart Snack standards
- Yes, and the beverages do not always meet Smart Snack standards

**3.12 Safe and clean drinking water is available to students.**

- Throughout the school day
- At most but not all times and locations
- At only some times or locations
- At few times or locations
- No student access to drinking water

**3.13 Students are allowed to carry and fill refillable water bottles.**

- At all times and locations
- At only some times or locations
- Never

**3.14 Does your written wellness policy cover any of the items listed in this section?**

- Yes
- No

### Section 4: Gardens

**4.1 There is access to an edible onsite or community garden for use by the school (select all that apply):**

- Onsite garden
- Offsite community garden
- No garden access → skip to Section 5

**4.2 When nutrition education is offered the garden is incorporated:<sup>11</sup>**

- Always
- Usually
- Sometimes
- Not usually
- Never

**4.3 Students tend the garden:<sup>12</sup>**

- All students
- Most students
- Some students
- Few students
- No students

**4.4 Students tend the garden:<sup>12</sup>**

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

**4.5 On average, produce from the garden is distributed to families:**

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

**4.6 On average, produce from garden is used in meals or snacks:**

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never



**4.7 Does your written wellness policy cover any of the items listed in this section?**

Yes  No

**Section 5: Nutrition Education and Student Involvement**

**5.1 Students receive nutrition education:<sup>11</sup>**

All grades & students  Most grades & students  Some grades & students  Few grades & students  
 No grades & students → If none, skip to 5.5

**5.2 Nutrition education is taught with sequential curricula consistent with state or national standards.**

All classes  Most classes  Some classes  Few classes  No classes

**5.3 Nutrition education includes participatory/hands-on activities such as goal setting, food preparation, gardening, menu planning, games, etc.**

All classes  Most classes  Some classes  Few classes  No classes

**5.4 Teachers of nutrition receive annual training/professional development in nutrition.**

All teachers  Most teachers  Some teachers  Few teachers  No teachers

**5.5 Students help plan or provide feedback on their school meal menus.**

About once per month  A few times per year  1 time per year  Less than 1 time per year  Never

**5.6 Students help promote the meal program and/or healthy meal options. For example, students might make menu announcements or help develop materials promoting meals.**

About once per month  A few times per year  1 time per year  Less than 1 time per year  Never

**5.7 Students take part in taste tests to determine food preferences for menu items.**

About once per month  A few times per year  1 time per year  Less than 1 time per year  Never

**5.8 Does your written wellness policy cover any of the items listed in this section?**

Yes  No

**Section 6: Physical Education**

|   | Always                | Usually               | Sometimes             | Not usually           | Never                 |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>6.1 All students receive the minimum required number of minutes of Physical Education (PE).<sup>13</sup></b>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>6.2 At least 50% or more of PE class time is spent in moderate to vigorous physical activity.</b>  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>6.3 PE curriculum as implemented aligns with California state PE standards for all grades, with grade-level benchmarks.<sup>14</sup></b> <input type="radio"/> Yes, for all grades <input type="radio"/> Yes, for some grades <input type="radio"/> No |                       |                       |                       |                       |                       |
| <b>6.4 Student achievement is assessed based on California state PE standards.<sup>14</sup></b><br><input type="radio"/> Yes, for all classes <input type="radio"/> Yes, for some classes <input type="radio"/> No  |                       |                       |                       |                       |                       |
| <b>6.5 The student-teacher ratio in PE classes is comparable to that in core classes.</b><br><input type="radio"/> Yes, for all classes <input type="radio"/> Yes, for some classes <input type="radio"/> No  |                       |                       |                       |                       |                       |



**6.6 PE is taught by a certified/endorsed PE teacher.**

Yes, for all classes  Yes, for some classes  No

**6.7 PE teachers complete annual professional development on PE or physical activity.**  Yes  No

**6.8 Does your written wellness policy cover any of the items listed in this section?**

Yes  No

## Section 7: Physical Activity

|   | Always                | Usually                          | Sometimes             | Not usually           | Never                 |
|---|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|
| <b>7.1 The school offers physical activity, including PE, indoors when bad weather prohibits outdoor activities.</b>  | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>7.2 Indoor and outdoor spaces (gym, multi-purpose areas, locker rooms, etc.) are adequate to accommodate the needs of all PE classes, activities, and sports teams.</b>  | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>7.3 Physical activity is used or withheld to punish or manage behavior.</b>  | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>7.4 The school offers opportunities for students to participate in physical activity through organized physical activities or access to facilities or equipment for physical activity during the following times (select all that apply):</b> <input type="checkbox"/> Before school <input type="checkbox"/> After school <input checked="" type="checkbox"/> Neither |                       |                                  |                       |                       |                       |
| <b>7.5 Intramural sports programs or physical activity clubs are offered for students regardless of gender and ability.<sup>15</sup></b> <input type="radio"/> Yes, for all grades <input type="radio"/> Yes, for some grades <input type="radio"/> No  |                       |                                  |                       |                       |                       |
| <b>7.6 The school offers interscholastic sports to students.<sup>16</sup></b> <input type="radio"/> Yes, for all grades <input type="radio"/> Yes, for some grades <input type="radio"/> No   |                       |                                  |                       |                       |                       |
| <b>7.7 On-campus facilities and equipment accessible to students to be physically active during free time during, after and/or before school are adequate for:</b>  |                       |                                  |                       |                       |                       |
| <input type="radio"/> Wide variety of facilities/equipment that accommodates needs of all or most students  |                       |                                  |                       |                       |                       |
| <input checked="" type="radio"/> Variety of facilities/equipment that accommodates needs of some but not most students  |                       |                                  |                       |                       |                       |
| <input type="radio"/> No facilities/equipment   |                       |                                  |                       |                       |                       |
| <b>7.8 Does your written wellness policy cover any of the items listed in this section?</b>   |                       |                                  |                       |                       |                       |
| <input type="radio"/> Yes <input checked="" type="radio"/> No   |                       |                                  |                       |                       |                       |

## Section 8: Parent and Family Involvement

**8.1 The school involves parents as volunteers in the delivery of nutrition and physical activity education activities and services:**  Several times a year  A few times a year  Rarely or never

**8.2 The program has a system for referring parents and families to nutrition and physical activity services and programs in the community that is:**

Comprehensive and well-organized with consistent referrals

In place, but needs improvement

No referral system is in place

**8.3 Nutrition education (workshops, activities, and take-home materials) is offered to parents:**

More than 1 time per year  1 time per year  Less than 1 time per year or Never





## Section 8: Parent and Family Involvement

**8.4 Physical activity opportunities or promotions (workshops, activities, and take-home materials) are offered to parents:**  More than 1 time per year  1 time per year  Less than 1 time per year or Never

**8.5 The nutritional content of foods and beverages served to students is made available to families:**  
 1 time per week or more  2-3 times per month  1 time per month  Less than 1 time per month  Never

**8.6 Easy-to-understand information about wellness policies are distributed to all parents at least annually:**  
 Yes  No

**8.7 Information is provided to families about physical education and other school-based physical activity opportunities available before and after school.**  
 Several times a year  A few times a year  Rarely or never

**8.8 Does your written wellness policy cover any of the items listed in this section?**  
 Yes  No

## Section 9: Environment and Policy Surrounding the School

**9.1 Mobile vendors sell unhealthy food items within visual range of school entrances and within 30 minutes of school start or end times.<sup>17</sup>**  1 time per week or more  1-3 times per month  Rarely or never

**9.2 Vendor purchasing agreements include language to ensure all products meet the school's nutrition standards, and they cover:**  
 All food/beverages  Most food/beverages  Some food/beverages  Few food/beverages  
 No food/beverages (or no such purchasing agreements exist)

**9.3 Vendor purchasing agreements include language to ensure all products meet the school's nutrition standards, and they cover:**  
 All vendors  Most vendors  Some vendors  Few vendors  
 No vendors (or no such purchasing agreements exist)

**9.4 The school participates in one or more programs that promote locally or regionally sourced food for meals.**  
 Yes  No If yes, list programs:

**9.5 School grounds/physical activity facilities are open to the public when school is not in session.**  
 Every day  Most days  Some days  Rarely  Never

**9.6 School grounds/physical activity facilities are used by the public when school is not in session:**  
 1 time per week or more  2-3 times per month  1 time per month  Less than 1 time per month  Never

**9.7 Families receive guidelines about food and beverages that may be brought to school by the family members or youth:**  Yes  No

**9.8 Active transport to school is supported by the following safety features or other supports on or near the school campus (select all that apply):<sup>18</sup>**

- Sufficient, well-marked crosswalks around the school
- Sufficient crossing guards around the school
- Speed bumps/traffic calming around the school
- Adequate bike racks on the school campus
- Organized walk-to-school groups, such as a "walking school bus"
- Other (specify):
- No active transport supports are currently in place



## Section 9: Environment and Policy Surrounding the School

9.9 Does your written wellness policy cover any of the items listed in this section?

Yes  No

## Section 10: Other Comments

**Section 1: Wellness Polices and Meal Program Participation**

**Section 2: Meals and School Meal Environment**

**Section 3: Food and Drink around the School**

**Section 4: Gardens**

**Section 5: Nutrition Education and Student Involvement**

**Section 6: Physical Education**

**Section 7: Physical Activity**

**Section 8: Parent and Family Involvement**

**Section 9: Environment and Policy Surrounding the School**



University of California  
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## Scoring:

|                  | Points Received | Maximum Possible Points | Percent of Maximum Points Received |
|------------------|-----------------|-------------------------|------------------------------------|
| <b>Section 1</b> | 22              | 41                      | 54%                                |
| <b>Section 2</b> | 82              | 101                     | 81%                                |
| <b>Section 3</b> | 37              | 53                      | 70%                                |
| <b>Section 4</b> | 0               | 15                      | 0.00                               |
| <b>Section 5</b> | 13              | 29                      | 45%                                |
| <b>Section 6</b> | 0               | 29                      | 0.00                               |
| <b>Section 7</b> | 9               | 29                      | 31%                                |
| <b>Section 8</b> | 8               | 29                      | 28%                                |
| <b>Section 9</b> | 25              | 49                      | 51%                                |
| <b>Total</b>     | 196             | 375                     | 52%                                |

Each section of this questionnaire has a different number of questions, so the maximum points possible varies by section. To compare how well your site has done in achieving the maximum points possible across sections, you can compare the Percent of Maximum Points Received (scale of 0-100%).

To consider where to focus future efforts, you can consider which sections and which items within the sections have the most room for improvement.

To see your scores, click the button that says "Calculate" and then send your completed questionnaire to the email address below, unless your local health department contact has specified otherwise.

Email address to send the questionnaire to: [rrubio@calistogajud.org](mailto:rrubio@calistogajud.org)

***Please check your entries for accuracy and completion before pressing calculate. Once you press calculate, your data will be tabulated, and section and total scores will appear.***

**Calculate**



## Explanations and Definitions

1. This section refers to policies that relate to child wellness, NOT employee wellness.
2. The School Breakfast Program is a federally funded program which assists schools and other agencies in providing nutritious breakfasts to children at reasonable prices. The United States Department of Agriculture (USDA) is responsible for overseeing the program nationally. In California, the program is administered by the California Department of Education (CDE).
3. The Fresh Fruit and Vegetable Program (FFVP), administered by CDE, provides schools with funding to offer students a free fresh fruit or vegetable snack during the school day.
4. The Special Milk Program assists schools and other agencies in providing milk to children at reasonable prices. The USDA is responsible for overseeing the program nationally. In California, the Program is administered by CDE.
5. The California State Meal Program is a child nutrition program funded by the State of California. The program provides money to public school districts and county superintendents of schools that serve nutritious meals, free or at a reduced price, to needy children, in compliance with state law. The Program is administered by CDE, Nutrition Services Division.
6. The Seamless Summer Option (SSO) is a program that encourages more Public School Districts and County Offices of Education to provide meals in low income areas during summer and certain other school vacation periods. The SSO reduces paperwork and administrative burdens and makes it easier for sponsors to feed children in low income areas during traditional summer vacation periods and during school vacation periods of longer than ten days for year-round schools.
7. In this section, “meals” refer to all meals served at the school. If a question does not specify a specific meal type (e.g. breakfast or lunch), then it should be answered for all meals served.
8. Foods prepared primarily with ingredients that are in raw or close-to-raw states. Ingredients can be pre-washed or chopped, but should not be pre-sauced or cooked. Bread, dry pasta, unprocessed cheese, and meat pre-cooked for safety purposes may be used.
9. Examples of a well-decorated and designed facility include one that includes themed décor, beautiful displays or murals, café-style seating. It may resemble a nice restaurant food court.
10. This may include formal training or presentations at staff meetings covering topics such as MyPlate, Rethink Your Drink, Smarter Lunchrooms Movement, or why it is good to offer new foods to children.
11. Nutrition education refers to formal curriculum-based lessons.
12. “Tend to the garden” includes preparation for planting, weeding, watering, harvesting, etc.
13. Required minutes of PE instruction: Secondary schools: 400 min per 10 school days. More details about requirements and exemptions can be found at <https://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>



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14. California state PE standards can be found here: <https://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>
15. Intramural sports are programs organized within a school for recreation or competition.
16. Interscholastic sports are school-sponsored sports with between-school competition.
17. Unhealthy food items may include, but are not limited to sugary drinks, ice cream, candy or chips, shaved ice, hot dogs, fried foods.
18. Active transport means using non-motorized forms of transportation, such as walking and cycling. For longer distance trips, it may also include public transit, as these trips may include walking or cycling for part of the trip. These practices are sometimes supported by "Safe Routes to School."

Funded by USDA SNAP, an equal opportunity provider and employer.