Q1.1 Thank you for participating in the 2016-2017 Maryland Wellness Policies and Practices (MWPPP) Survey.

School-level survey data may be shared with your school system to inform your school system's school health council or wellness committee on how to better support current and future school wellness initiatives. However, respondent information is confidential.

As you work through the survey, use the << and >> buttons on the bottom right corner to navigate back to the previous question or move forward to the next. The survey takes approximately 20-30 minutes to complete.

Should a problem arise while you're completing the survey please contact the MWPPP team at 410-706-6133 or nutrition@peds.umaryland.edu

Q1.2 Please respond to all statements as they applied to your school during the 2016-2017 school year.

Q1.3 School Name (please do not abbreviate):

Q1.4 School System:

0	Allegany
O	Anne Arundel
O	Baltimore City
O	Baltimore County
O	Calvert
O	Caroline
O	Carroll
O	Cecil
O	Charles
O	Dorchester
	Frederick
	Garrett
	Harford
	Howard
	Kent
	Montgomery
	Prince George's
	Queen Anne's
	SEED School of Maryland
	Saint Mary's
	Somerset
	Talbot
	Washington
	Wicomico
0	Worcester
Q1	.5 Your role in your school during the 2016-2017 school year:
	Administrator
\mathbf{O}	Physical Education Teacher
0	Health Education Teacher
O	Teacher
O	Food Service/School Nutrition Program
\mathbf{C}	School Counselor
\mathbf{C}	Nurse
\mathbf{C}	Parent
\mathbf{C}	Other (please specify):

Q1.6 Please specify the grade(s) and/or subject area(s) taught during the 2016-2017 school year:

Q1.7 Are you aware of/have you read your school system's wellness policy?

- O Yes, I am aware AND have read my school system's wellness policy
- O I am aware of, BUT have not read my school system's wellness policy
- O No, I am not aware of my school system's wellness policy

Q2.1 The following question refers to your perception/understanding of your school system's activities during the 2016-2017 school year. For this survey, we use the term "school health council" to address any team that coordinates activities related to wellness policies.

Check one box for each statement.

Explanation of Likert scale:

Fully in place: policy/practice was fully implemented throughout the entire 2016-2017 school year Partially in place: policy/practice started or was partially implemented during the 2016-2017 school year

Under development: a plan is in place to implement this policy/practice in the future Not in place: there is no plan to implement this policy/practice

Q2.2 During the 2016-2017 school year, my school system...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	had a school health council to address general health and wellness issues	0	O	O	0	0
b)	had a school health council that focused on healthy eating and physical activity in schools	O	O	O	•	O
c)	coordinated services related to healthy eating and physical activity in schools	O	O	O	•	O
d)	provided technical assistance to schools for evaluating wellness policy implementation in schools	O	O	O	•	0
e)	provided public updates on the content and implementation of wellness policies	O	O	O	•	0
f)	had a mechanism in place to encourage teachers and school health professionals to participate in developing and updating wellness policies	0	•	•	0	•
g)	had a mechanism in place to encourage the broader school community or public involvement in developing and updating wellness policies	•	O	O	•	•
h)	promoted healthy eating and physical activity for staff members	O	O	O	•	O
i)	encouraged staff members to model physical activity behaviors	0	O	O	•	O

Q3.1 Usir	ng the scales below, please indicate the % effort your school system spent on staff versus
student w	vellness during the 2016-2017 school year:
S [.]	tudents
S	taff

Q3.2 The following questions refer to your perception/understanding of your school's activities during the 2016-2017 school year.

Check one box for each statement.

Explanation of Likert scale:

Fully in place: policy/practice was fully implemented throughout the entire 2016-2017 school year Partially in place: policy/practice started or was partially implemented during the 2016-2017 school year

Under development: a plan is in place to implement this policy/practice in the future Not in place: there is no plan to implement this policy/practice

Q3.3 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	monitored the implementation of the system's wellness policy	O	O	O	O	O
b)	provided annual progress reports to the school system on school-level implementation of the system's wellness policy	o	O	O	o	•
c)	communicated the status of school-level implementation of the system's wellness policy to school staff	0	O	•	0	•
d)	organized and held activities for staff members to support and promote healthy eating and physical activity	0	O	•	0	0
e)	provided training and education to encourage staff to model healthy eating and physical activity behaviors	O	O	O	0	0

Q3.4 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	provided opportunities for student input on wellness policy implementation	0	O	•	0	0
b)	communicated the status of school-level implementation of wellness policies to parents/families	O	O	•	0	O
c)	provided opportunities for parent input on wellness policy implementation	0	O	O	0	O
d)	organized and held activities involving families to support and promote healthy eating and physical activity among students	0	O	0	0	0
e)	partnered with community organizations to support and promote healthy eating and physical activity among students	0	O	•	0	•

Q3.5 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	secured funds from the school system to support nutrition and physical activity priorities for the students and staff	0	•	0	0	0
b)	secured outside/private funds to support nutrition and physical activity priorities for the students and staff	•	•	0	•	•

Q3.6 U	sing the scales below, please indicate the % effort your school spent on staff versus student
wellnes	ss during the 2016-2017 school year:
	Students
	Staff

Q3.7 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	integrated nutrition and physical activity goals into the overall school improvement plan	0	0	•	0	0
b)	assured that all foods and beverages sold to students during the school day met the Maryland Nutrition Standards for All Foods Sold in School. This includes a la carte, vending, snacks or food carts, and any foodbased fundraising.	O	O	•	o	o
c)	exceeded school system requirements regarding nutrition/health education	•	0	•	•	O

Q3	8.8 During the 2016-2017 school year, my school provided breakfast to students through (select all
tha	at apply): Hover over each answer choice for definition/examples.
	Traditional breakfast in the cafeteria
	Breakfast in the classroom students eat breakfast in their classroom after the official start of the school day
	Students or staff may deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling
	bags, or school nutrition staff can serve breakfast from mobile carts in the hallways.
	Second chance breakfast students eat breakfast during a break in the morning, often after first period or
	midway between breakfast and lunch. Second Chance Breakfast may be referred to by a variety of names
	such as Breakfast After First Period, School Brunch or Mid-Morning Nutrition Break.
	Kiosk Grab-and-Go Breakfast students pick up breakfast from mobile service carts in high traffic areas
	when they arrive at school or between classes.

Q3.9 During the 2016-2017 school year, students and family members had opportunities to provide both suggestions and feedback for meal programs, school meals, and other foods and beverages sold, served and offered on school campus:

- Yes, both students and family members had opportunities to provide suggestions and feedback.
- Yes, both students and family members had opportunities to provide either suggestions for school meals or feedback on the meal program.
- O Either students or family members had opportunities, but not both.
- O Neither students nor family members had these opportunities.
- O Don't Know

Q3.10 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	did not permit the marketing of foods/beverages that do not meet Maryland Nutrition Standards for all foods sold in school/Smart Snacks in Schools standards, throughout the school building	0	•	•	•	0
b)	did not permit staff members to use food and/or beverages as a reward for academic performance or good behavior	0	O	•	0	•
c)	made safe, unflavored, drinking water available throughout the school day at no cost to students	•	O	•	•	•

Q3.11 During the 2016-2017 school year, my school addressed food celebrations by:

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
a) not permitting food celebrations	0	0	0	0	0	0
b) limiting the number of food celebrations	•	O	•	•	•	0
c) allowing only foods that meet MSDE Food and Nutrition requirements or USDA Smart Snacks standards	•	O	0	0	0	O

Q3.12 During the 2016-2017 school year, my school had marketing to promote healthy choices by:

	• •	•		• .		•	•
		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
a)	displaying visible and readable posters with healthful foods within all service and dining areas	0	0	•	•	•	O
b)	displaying signs that promoted the lunchroom and featured menu items in other areas of the school such as the main office, library, or gymnasium	•	•	•	O	0	O
c)	marketing healthy choices in school-wide activities, back-to-school events, etc.	O	O	0	O	o	•
d)	including messages related to physical activity and/or nutrition promotion in school announcements	0	0	•	•	•	O

Q3.13 For the following survey question, the "school day" is defined as 12:01 am until thirty minutes after the end of the school day.

Q3.14 During the 2016-2017 school year, my school had the following types of fundraisers in place:

	Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
a) non-food fundraisers only, during the school day	0	0	0	•	•	0
b) non-food fundraisers only, outside of the school day	•	•	•	•	•	O
c) incorporated physical activity related fundraisers	•	•	0	•	O	O

Q3.15 If your school participated in a non-food or physical activity related fundraiser that you would recommend, please share the name of the fundraiser and company below:

Q3.16 During the 2016-2017 school year, my school...

	garage and the state of the sta	= " .	5		N	- ·
		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know
a)	exceeded school system requirements regarding physical education	O	O	•	•	O
b)	exceeded school system requirements regarding physical activity (daily recess, etc.)	O	O	O	•	O
c)	provided resources, support and/or training to implement regular physical activity breaks for every grade	•	•	•	0	•
d)	provided opportunities to integrate physical activity during classroom instruction for content such as math, science, music, and fine arts	O	•	•	0	•
e)	provided daily recess for every grade	•	O	•	0	O

Q3.17 During the 2016-2017 school year, my school...

		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know			
a)	did not permit physical activity to be used as punishment (e.g. making a student run laps, do push-ups)	•	O	0	O	•			
b)	did not permit physical activity to be withheld as punishment (e.g. taking away recess or ending PE class early)	•	O	0	O	•			
c)	opened indoor and outdoor physical activity facilities to students, their families, and the community outside of school hours	0	O	0	0	•			

Q3.18 During the 2016-2017 school year, my school promoted or supported walking and bicycling to school by:

		Fully in place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
a)	providing secure storage facilities for bicycles and helmets (e.g. shed, cage, rack, fenced area)	0	•	•	0	0	0
b)	providing instruction on walking/bicycling safety to students	•	0	O	•	•	•
c)	designating safe or preferred routes to school	O	0	O	•	O	O
d)	using crossing guards	•	0	•	O .	•	O

	ace during the 2016-2017 school year:
	Yes
	No
	Don't Know
	2.2 What was your role on your school-level wellness team during the 2016-2017 school year?
0	Wellness Chairperson/Leader
0	Participating Member
0	Member, Not Active
0	Not a Member
\mathbf{O}	Other (please specify):
0	Don't Know
Q4	.3 How was the wellness chairperson/leader selected?
\mathbf{O}	Volunteered
\mathbf{O}	Assigned
\mathbf{O}	Elected/Nominated
\mathbf{O}	Other (please specify):
O	Don't Know
	4.4 Was the wellness chairperson/leader compensated for the time spent working on school wellness
	tivities? Select all that apply:
	Yes, the wellness chairperson/leader earned money (monetary stipend, overtime, etc.)
	Yes, the wellness chairperson/leader was given additional planning time
	Yes, the wellness chairperson/leader was released from other duties
	No, the wellness chairperson/leader volunteered their time
	Other (please specify):

■ Don't Know

Q4	.5 Please indicate the composition of your school-level wellness team below. Select all that apply:
	Administrators
	Physical Education teachers
	Health teachers
	Teachers (other than PE/Health)
	Instructional Assistant(s)
	Para educators/paraprofessionals
	School Counselor
	School Psychologist
	School Social Worker
	School Nurse/Health Tech
	Food Service/School Nutrition
	Parent(s)
	Student(s)
	Community Organization(s)
	Local Health Department
	Custodian/Maintenance
	Other (please specify):
	Don't Know
	.6 How did your school system support your school-level wellness team during the 2016-2017
	hool year? Select all that apply:
	Provided training
	Provided a stipend for time
	Provided funding
	Provided technical assistance
	Collected data
	No system-level support
	Other (please specify):
	Don't Know

Q4.7 During the 2016-2017 school year, my school-level wellness team...

		Yes	No	Don't Know	Not Applicable
a)	conducted a needs assessment examples of commonly used needs assessments: School Health Index, Alliance for a Healthier Generation Healthy Schools Framework, Fuel Up to Play 60	•	0	•	O
b)	set specific goals for the 2016-2017 school year	0	O	O	O
c)	created a plan for meeting specific goals during the 2016-2017 school year	O	O	O	O
d)	submitted a plan to school leadership	O	O	O	O
e)	had a mechanism in place to track the progress of wellness goals/achievements	O	0	0	•
f)	reported wellness achievements from the 2016-2017 school year to the school-level administration/leadership	O	O	•	•
g)	reported wellness achievements from the 2016-2017 school year to the school system	O	O	•	0

Q4	.8 What needs assessment did your school-wellness team use? Select all that apply:
	School Health Index
	Alliance for a Healthier Generation Healthy Schools Framework
	Action for Healthy Kids Framework
	Fuel Up to Play 60
	Other (please specify):
Q4	9.9 Did the needs assessment inform the school-level wellness team goals?
O	Yes
\mathbf{C}	No
\bigcirc	Don't Know

Q4.10 What areas/components did the school-level wellness team goals cover? Hover over each answer choice for definition/examples. Select all that apply:

_	community members as volunteers to enrich school health and safety programs.
	Counseling, Psychological, and Social Services psychological, psychoeducational, and psychosocial
	assessments; direct and indirect interventions to address psychological, academic, and social barriers to
	learning, such as individual or group counseling and consultation; and referrals to school and community
_	support services as needed.
	Employee Wellness staff programs that support healthy eating, adopting active lifestyles, being tobacco free, managing stress, and avoiding injury and exposure to hazards.
	Family Engagement communicating with all families in a culturally and linguistically appropriate way using
	a variety of communication methods about school-sponsored activities and opportunities to participate in
	school health programs and other community-based health and safety programs.
	Health Education curricula and instruction for students that address a variety of topics such as alcohol and
	other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and
	wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence
	prevention.
	chronic conditions (such as asthma or diabetes). In addition, wellness promotion, preventive services and
	staff, student and parent education complement the provision of care coordination services.
	Nutrition Environment and Services promoting healthier foods and beverages, encouraging participation in
	the school meal programs, role-modeling healthy eating behaviors, and ensuring that students have access
	to free drinking water throughout the school day.
	Physical Education and Physical Activity Comprehensive School Physical Activity Program, physical
	activity breaks.
	Physical Environment address a school's physical condition during normal operation as well as during
	renovation (e.g., ventilation, moisture, temperature, noise, and natural and artificial lighting), and protect
	occupants from physical threats (e.g., crime, violence, traffic, and injuries) and biological and chemical
	agents in the air, water, or soil as well as those purposefully brought into the school (e.g., pollution, mold,
	hazardous materials, pesticides, and cleaning agents).
	Social and Emotional School Climate providing opportunities for students to develop and practice skills like
	empathy, compassion, and conflict resolution, conducting assessments of school values and climate.
	Other (please specify):

■ None of the areas/components

Q4	.11 How frequently did your school-level wellness team meet in the 2016-2017 school year?
	At least one time per month or more
O	Approximately once every other month/4 times per year
O	Approximately once per semester
\mathbf{C}	One time
	Never
\mathbf{O}	Other (please specify):
O	Don't Know
Q4	1.12 How were potential stakeholders (parents/families, students, community, etc.) made aware of
-	ur school-level wellness team, including goals, activities, and events? Select all that apply:
	Website
	Newsletters
	Bulletin board
	Word of mouth
	PTA/Community meetings
	Personal invitation
	Email
	School-wide announcements
	Phone calls/automated calling system
	Referenced in updated handbooks
	We do not have a mechanism in place for notifying potential stakeholders about our school health council
	Other (please specify):
	Don't Know
	1.13 Is your school-level wellness team integrated into your school's School Improvement Team
•	T)?
0	Yes, our wellness team and our SIT are the same
\mathbf{O}	Yes, our wellness team is a subcommittee of the SIT
O	Yes, a member of our wellness team sits on the SIT AND provides formal updates on wellness activities
O	No, our wellness team is not integrated into the SIT
O	Other (please specify):
O	Don't Know

Q4.14 During the 2016-2017 school year...

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Not Applicable
a)	the school-level wellness team made at least one sustainable change to the school environment/climate that will be continued into the next year	•	0	•	•	0	O
b)	school leadership supported the school-level wellness team	0	O	•	•	0	O

Q5.1 Thank you for completing the MWPPP survey! In addition to school nutrition and physical activity, the MWPPP team is aware of the importance of other components of school wellness (i.e. mental health, physical environments, social services, etc.). The next section contains questions related to such components.

- O Proceed to the next section
- O End survey

Q6.1 During the 2016-2017 school year...

		Fully in Place	Partially in Place	Under Development	Not in Place	Not Applicable	Don't Know
a)	school staff worked to identify and address barriers to involvement (such as differences of race, education, and culture) so that all family/community members felt welcomed	•	•	•	•	•	O
b)	school events were open and offered at convenient times and places	•	O	•	•	0	O
c)	family/community members were invited to participate on decision making teams like the school improvement team, school wellness team etc.	•	•	•	•	•	0
d)	food and nutrition services were utilized for family/community outreach/school events	•	O	•	•	O	O
e)	learning opportunities (family nights, school events, workshops, seminars, etc.) were offered around health and wellness	•	0	•	0	•	O

Q7.1 For the following survey question "good indoor quality" is defined as: clean, clear unpolluted air in enclosed spaces such as the school building.

Q7.2 During the 2016-2017 school year, my school promoted or supported good indoor quality by:

		· •	. •				
		Fully in Place	Partially in Place	Under Development	Not in Place	Don't Know	Not Applicable
a)	responding quickly to signs of moisture	O	O	•	O	O	O
b)	preventing exhaust fuels from entering the school (i.e. car/bus idling)	•	O	•	O	O	0
c)	scheduling regular maintenance of heating, ventilation, and air conditioning (HVAC) systems	0	•	0	0	0	O
d)	scheduling painting and major renovations when school is not in session	•	•	0	•	•	O

Q8.1 Does your school have a full-time, registered school nurse responsible for health services all day, every day? And an adequate number of full-time nurses provided, based on the recommended ratio of at least one nurse for every 750 students?

- Yes, we have a school nurse present all day every day, and the recommended ratio is present
- We have a school nurse present all day every day, but fewer than one for every 750 students
- We have a school nurse present some of the time each week, or we have an LPN or UAP (supervised by a school nurse) who is present at least some of the time each week
- O No, we do not have a school nurse, LPN, or UAP present in our school, or we have an unsupervised LPN or UAP in our school.
- O Don't Know

Q8.2 Does your school have a plan to address food allergy management and prevention (e.g. food
allergy management and prevention plan) which includes the following priorities needed to manage
food allergies in the school setting? Check all that apply:

- ☐ Ensure daily management of food allergies for individual children (e.g. identifying children with food allergies, a plan to manage and reduce risks of food allergy reactions)
- ☐ Prepare for food allergy emergencies (e.g. easy to use communication systems, easy access to epinephrine auto-injectors, plans for contacting emergency medical services, identification of staff roles in emergencies)
- □ Provide professional development on food allergies for staff (e.g. general training on food allergies for all staff, in-depth training for staff responsible for managing children with food allergies)
- ☐ Educate children and family members about food allergies (e.g. teach all children, all parents and families about food allergies)
- ☐ Create and maintain a healthy and safe educational environment (e.g. limit exposure to food allergens, develop food-handling policies to prevent unintentional contact, make outside groups aware of food allergy policies and rules when they use school facilities, create a positive psychosocial climate)
- None of the listed priorities
- Don't Know

Q9.1 During the 2016-2017 school year, did your school...

	≥1 Full-time	≥1 Part-time	No	Don't Know
a) have a counselor				
b) have a school psychologist				

Q10.1 Do your school-wide climate or reward (PBIS) programs support the wellness policy and promotion of nutrition and physical activity?

- O Yes
- O No
- O Don't Know

Q11.1 Thank you for taking the time to complete this survey. We will randomly select a small sample of respondents from each school system to discuss the strategies that your school has used to

successfully implement wellness practices and policies. This discussion will take place by phone and will take ~15 minutes of your time.

Q1	1.2 If you are selected, may we contact you?
\mathbf{O}	Yes (please provide name, email address, or phone number):
O	No

Q11.3 If you have any additional comments, please enter them below:

Q11.4 Thank you for your time, input, and participation! Interested in learning more about school wellness initiatives throughout Maryland or School Wellness Tools?

Visit: www.marylandschoolwellness.org