

## PRINCIPAL SURVEY 2011

Thank you for your school's continued participation in the REAL Kids Alberta evaluation.

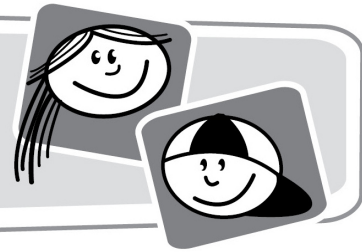
The Raising healthy Eating and Active Living Kids Alberta (REAL Kids Alberta) evaluation is a joint project of the School of Public Health, University of Alberta and Alberta Health and Wellness. The intent of this evaluation is to assess the impact of the Alberta Health and Wellness Healthy Weights Initiatives and to provide some measurable health outcomes for children in Alberta. For information on the Healthy Weights Initiatives, go to: [www.healthyalberta.com](http://www.healthyalberta.com).

This survey asks you questions about your school and takes about 15 minutes to complete. When appropriate, please discuss the answers to the survey questions with the staff members who are most knowledgeable in the various areas; e.g., physical education teacher or school health facilitator. This information helps us to develop a clear picture about the health of students in Alberta, in combination with the findings from the student and parent surveys.

All responses will be confidential and will only be seen by project staff in the School of Public Health at the University of Alberta. The findings will not reveal responses that identify individuals or schools. The Principal Investigator for this project is Dr. Paul Veugelers, and the Project Coordinator is Megan Purcell. If you wish to contact them, please call 780-492-5472.

**The evaluation assistants will collect this survey from your office on the day they visit your school to survey Grade 5 students.**

### Thank you for your participation



## SECTION 1: Your School

School Name \_\_\_\_\_

City/Town \_\_\_\_\_

## SECTION 2: Healthy Social Environment

1) Please check the appropriate column to indicate your school's activities in the chart below.

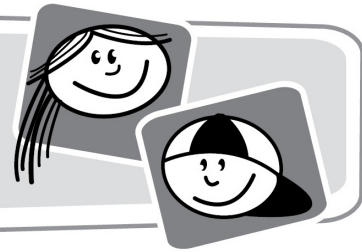
	Yes	No	Unsure
Is health, wellness, healthy eating, and/or active living included in the school's mission statement and/or strategic/business plan?			
Does your school have a specific committee or sub-committee formed to address healthy eating and/or active living in the school?			
Does your school communicate with staff regarding wellness/healthy living; e.g., wellness agenda items at staff meeting?			
Does your school communicate with parents and students regarding wellness; e.g., newsletters, announcements, bulletin board?			
Does your school access expertise from the health authority or other school health/active living professionals; e.g., school health nurse, health promotion coordinators?			
Does your school have policies or guidelines related to wellness and healthy living for your school?			

2) Did your school review and/or use the data presented in the 2008 REAL Kids Alberta School Report?

- Yes  
 No  
 Unsure  
 Not applicable, as we did not participate in 2008

3) Does your school use any other sources of evidence from school evaluations or assessments to inform healthy eating and active living priorities for the school?

- Yes, from which evaluations? \_\_\_\_\_  
 No  
 Unsure



4) Please describe any changes to your school's environment with regard to wellness in the past two years.

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5) What has influenced any behavioral or administrative change with regard to wellness initiatives in your school; e.g., nutrition policy?

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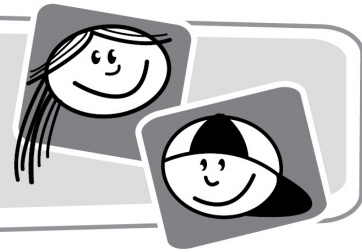


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**SECTION 3: Healthy Physical Environment**

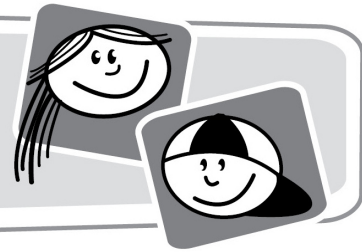
4) Please indicate whether any of the following are located in and around your school.

	Yes	No	Unsure
High traffic roadways			
Cross walk with flashing lights near school entrance			
Cross walk with no flashing lights near school entrance			
Sidewalks in school proximity			
Fast food or convenience stores within walking distance of school (approximately 5 block radius)			
Park or recreation facilities within walking distance (approximately 5 block radius)			
Bulletin boards with health information provided for students; e.g., nutrition, hand washing			



5) Do most students have regular access to any of the following *during school hours, including recess?*

	Yes, on grounds	Yes, off grounds only	Yes, both on & off grounds	No	Unsure
a. Grassy play area					
b. Playground equipment; e.g., climbing structures, swings					
c. Outdoor paved area; e.g., tarmac or basketball courts					
d. Gymnasium					
e. Other large room suitable for physical activity; e.g. library					
f. Running track					
g. Equipment for use at recess; e.g., balls, skipping ropes					
h. Adequate equipment for DPA and/or Physical Education					
i. Skating rink					
j. Indoor/outdoor swimming pool					
k. Change rooms to use before and after physical activity					
l. Bicycle racks					
m. Local recreational/activity facilities; e.g., bowling lanes, ski hills, recreation centre					
n. Other (please describe) _____					



## SECTION 4: Food at School

- 6) Do all students at your school have access to the following in or around the *student eating area(s)* (including classrooms)?

	Yes	No
a) Adequate number of tables and chairs or desks		
b) Tables and chairs or desks of appropriate height		
c) Drinking fountains		
d) Microwave		
e) Cafeteria		
f) Snack bar/canteen		
g) Vending machine(s) - If yes, how many? _____		

- 7) On a scale of 1 to 10, how pleasant and comfortable is the student eating environment (1 indicating the least pleasant and 10 indicating the most pleasant)? Please reflect on cleanliness, comfort, and atmosphere for student's eating meals.

\_\_\_\_/10

- 8) How is lunch organized in your school?

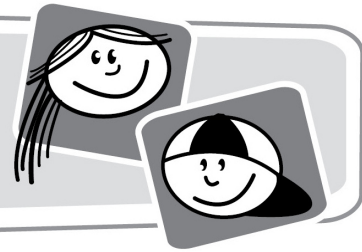
Eating, followed by recess  
 Recess, followed by eating; e.g., reverse lunch  
 Recess, eating, second recess  
 Other - please describe \_\_\_\_\_

- 9) Is student hand washing included in the daily routine before lunch/nutrition break?

No  
 Yes  
 Unsure

- 10) Please circle about how often your school usually offers *special food days*, which are days where the school provides lunch to students for free or for a small fee; e.g., pizza lunch?

Every day or almost every day	2-4 times per week	Once per week	1-2 times per month	Less than once per month	Never
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11) How do you rate the nutritional quality of the food and beverages that are served or available for sale in your school?

- All healthy choices
- Mainly healthy choices
- A few healthy choices
- Have not monitored the nutritional quality

Schools serve food to students on a regular basis through prepared meal programs, snack programs, treats and rewards, special events and fundraising. **Alberta Health and Wellness has developed and distributed to schools the *Alberta Nutrition Guidelines for Children and Youth*.**

These guidelines provide schools with the tools they need to provide children and youth with healthy food choices. To view Guidelines go to:  
[www.healthyalberta.com/Documents/AB\\_Nutri\\_Guidelines\\_2008\(1\).pdf](http://www.healthyalberta.com/Documents/AB_Nutri_Guidelines_2008(1).pdf)

12) Have you heard of the *Alberta Nutrition Guidelines for Children and Youth*?

- No
- Yes

13) Are you aware that the *Guidelines* group food and beverages into three categories of 1) “choose most often,” 2) “choose sometimes,” and 3) “choose least often”?

- No
- Yes

14) At your school the *Guidelines* are...

- Not yet followed
- Used to determine *some* healthier choices that are available to staff and students (“choose sometimes” and “choose most often”)
- Used to determine *primarily* healthy choices that are available to staff and students (“serve most often”)

Additional Comments – please indicate which aspects of food service do or do not follow the *Guidelines*:

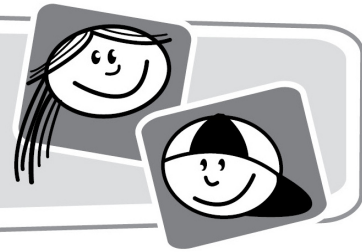
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15) If your school partially or fully follows the *Guidelines*, does your school or district have nutrition policies that are based on these *Guidelines*?

If so, please attach a copy of your school and/or district policy.

- No  
 Yes  
 In progress

If in progress, please explain the current status of the policy:

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## SECTION 5: Physical Activity in Your School

This section is about the physical education, daily physical activity and general physical activity opportunities at your school.

- *Physical education* refers to the activities that take place within physical education classes provided by teachers at your school.
- *Daily physical activity (DPA)* refers to activities used to fulfill the mandate implemented by Alberta Education requiring all grade 1 to 9 students to be physically active for 30 minutes each day through activities scheduled by the school.

16) Does your school offer physical education classes on a daily basis to all students attending your school?

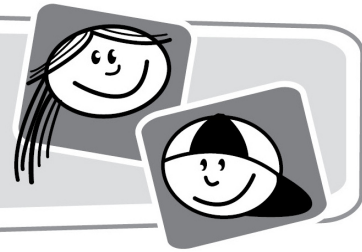
- No - At my school students receive an average of \_\_\_\_\_ minutes/week of physical education  
 Yes

17) Does your school have a teacher with physical activity/education training or specialized knowledge designated to deliver physical education?

- Yes  
 No  
 Unsure

18) On the days that students do not receive physical education classes are they receiving the required 30 minutes of Daily Physical Activity (DPA)?

- No  
 Yes  
 Some of the days - on average, DPA is provided \_\_\_\_\_ minutes/week



**19) Is the time for DPA tracked and/or documented at your school?**

- Yes, how? \_\_\_\_\_
- No
- Unsure

**20) Is DPA offered as a scheduled activity; e.g. as part of physical education class?**

- No
- Yes, the time scheduled for DPA, on average, is:  
 10 minutes     20 minutes     30 minutes     Other

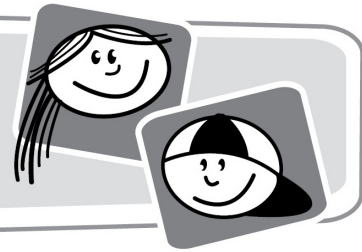
**21) Does your school offer any physical activity programs during non-instructional time? (E.g. before or after school)**

- No
- Yes – what types of physical activity programs are available? (e.g. running club)
- \_\_\_\_\_
- \_\_\_\_\_

## SECTION 6: Creating a Health Promoting School

**22) How strongly do you agree or disagree with the following statements?**

	Strongly disagree	Disagree	Agree	Strongly agree
Schools should adhere to the Alberta Nutrition Guidelines for Children and Youth, developed by Alberta Health and Wellness to guide schools in offering healthy food choices.				
Schools should adhere to the provincially mandated physical activity (DPA) initiative requiring students in grade 1-9 to be physically active for 30 minutes each day.				
Healthy eating supports student learning.				
Daily physical activity and physical education supports student learning.				
Focusing on healthy living strategies helps reduce the incidence of bullying and other misbehavior amongst students.				
Members of the school (e.g. teachers, students, administrators) should model healthy living.				
Parents should support student wellness by encouraging their children to eat healthy foods and participate in daily physical activity at home and at school.				



## SECTION 7: Alberta Health and Wellness Programs

Since 2007, Alberta Health and Wellness (AHW) developed a number of Healthy Weights Initiatives, including the *Alberta Nutrition Guidelines for Children and Youth*, Health Promotion Coordinators working across the province through Alberta Health Services, and the Alberta Healthy School Community Wellness Fund. The following questions relate to the Health Promotion Coordinators and the Wellness Fund only.

**23) The Health Promotion Coordinators or Healthy Weights Coordinators, employed by Alberta Health Services, work in communities across the province. They promote healthy eating and active living in the school and broader community.**

**Are you aware of the health promotion staff from Alberta Health Services in your area?**

- Yes
- No
- Unsure

**If yes, do they provide support to your school or community?**

- Yes
- No
- Unsure

**24) The Alberta Healthy School Community Wellness Fund is a program that supports schools in making innovative change to the school environment that promotes healthy eating and active living.**

**Are you aware of the Alberta Healthy School Community Wellness Fund?**

- Yes
- No
- Unsure

**If yes, have your school done any of the following? (Check all that are applicable)**

- Been involved in an application process
- Developed a formal partnership with community stakeholders to apply for the fund
- Received funding from the Wellness Fund
- Been motivated to improve physical activity and healthy eating in your school as a result receiving Wellness Funds
- Applied but did not receive funding from the Wellness Fund
- Been motivated to improve physical activity and healthy eating in your school as a result of applying for the Wellness Funds even though you did not receive funding
- Chosen not to apply for the fund

