

## **THE YES OR NO HERE WE GO SURVEY: A PREVIEW TO THE SCHOOL HEALTH INDEX FOR STUDENTS TAKING CHARGE GROUPS**

Here are some questions about your school's wellness environment to get you thinking about topics that you and your Students Taking Charge group can explore with the School Health Index. Complete the survey and turn it into the person in your Students Taking Charge group who is responsible for adding up the results.

(Response Options: Yes/No)

### **WELLNESS POLICY AND PROMOTION**

Does your school have a local wellness policy?

Does your school promote and communicate this policy throughout the school?

Does your school have a wellness committee?

Does your school promote a healthy school environment?

### **NUTRITION SERVICES**

Does your school offer breakfast for students?

Does your school provide access to nutrient-rich foods (e.g., fruits, vegetables, whole grains, low fat/non fat dairy products) in a variety of settings (i.e., lunch line, a la carte, vending machines, etc)?

Does your school provide enough time for students to eat lunch?

Does your school offer non-food rewards and non-food fundraisers?

Does your school limit access to unhealthy foods (e.g., soda, chips, candy)?

### **PHYSICAL EDUCATION AND OTHER PHYSICAL ACTIVITY PROGRAMS**

Does your school offer students opportunities for daily physical education?

Do at least 50% of boys and 50% of girls participate in school-sponsored extracurricular physical activity programs (e.g., intramurals, physical activity clubs and interscholastic sports)?

Does your school use physical activity as punishment (e.g. extra laps for breaking a rule in gym class)?