

Lake Stevens School Building | Wellness Policy Assessment

You have received or been forwarded this survey because you have an important role in your building to ensure that our nutrition and fitness policy is being followed. Federal regulation requires we annually assess and evaluate whether the board policy and procedures are being implemented. We are required to compile the results of this assessment and make it available to the public.

Nutrition and Fitness Policy #3610, Revised 8/13/2014

For your reference:

<http://www.lkstevens.wednet.edu/cms/lib03/WA01001468/Centricity/Domain/23/3610%20%20Nutrition%20and%20Physical%20Fitness%20%20Board%20Approved%20Aug%2013%202014.pdf>

WHO SHOULD COMPLETE THIS SURVEY?

Each building principal or designee and any group that is fundraising/selling food or beverages on campus during the school day. Multiple response from one school are okay, as long as each response is representing the school or a fundraising group.

HOW WILL THE RESULTS BE SHARED WITH THE PUBLIC?

The results will be posted to the wellness section of our LSSD website. Results will also be communicated to the School Board during the Food & Nutrition Supervisors Annual Program Report. There will be no employee names or emails included in what is shared with the public. Each survey responder will receive an emailed copy of the report.

If you have any specific questions about this survey, please contact: Mollie Langum, 425-335-1561 or Teresa Main, 425-335-1503. Thank you for your time!

* Required

1. Pick Your School *

Mark only one oval.

- Lake Stevens High School
- Cavelero Mid-High School
- Lake Stevens Middle School
- North Lake Middle School
- Sunnycest Elementary
- Highland Elementary
- Glenwood Elementary
- Mt. Pilchuck Elementary
- Hillcrest Elementary
- Skyline Elementary
- Early Learning Center
- All Schools

2. **What is your email address? ***

(This information will NOT be included in the final report, but allows an opportunity for further communication with you if necessary. Thank you!

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3. **Do you represent a specific group? ***

Please select one that best describes your fundraising group. Mark only one oval.

- School Store
- Food & Nutrition Services
- ASB
- PTA
- School Club
- Other

4. **Please provide examples of programs or activities from this school year that integrated nutrition education or promoted wellness in your school. ***

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5. **How do you verify that the food or beverages sold meet the nutrition guidelines? ***

Note: The nutrition standards are included in our district policy and are the same as the national standards.

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6. **Do you use the Smart Snacks calculator to verify that food and beverage items served during the school day meet the nutritional guidelines of our district? ***

The nutrition standards are included in our district policy and are the same as the national standards. To view the Smart Snack Calculator, click here:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Mark only one oval.

Yes

No

7. **If you do NOT use the Smart Snack Calculator, how do you ensure that the products you sell comply with the nutrition standards?**

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8. **During a state audit, would you be able to show how your food and beverage items comply with the nutrition standards. ***

For example: A binder or list of products you are selling with nutrition fact labels.

Mark only one oval.

Yes

No

Other:

9. **What food or beverage items do you have concerns about?**

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10. **What opportunities are available for students to be physically active in addition to PE? ***

Check all that apply.
Check all that apply.

Recess

Before and after school activities

Stretch breaks throughout the day

Passing periods

Walking Club

Other:

11. **Are you aware that we have a dedicated webpage on the Lake Stevens site that has information and resources posted? ***

To check it out, click here: <http://www.lkstevens.wednet.edu/Page/3514>

Mark only one oval.

- Yes, I am familiar with this resource page.
- No, I had no idea this information was online

12. **What additional resources would be helpful to comply with our district wellness policy?**

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