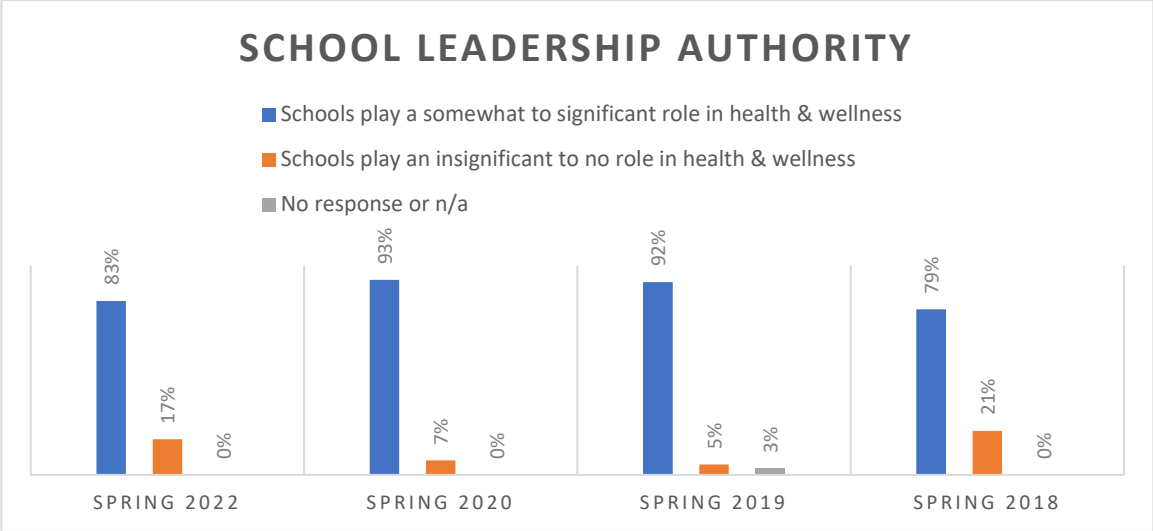


# Nutrition & Wellness Principal Survey Results: Spring of 2018, 2019, 2020, 2022\*

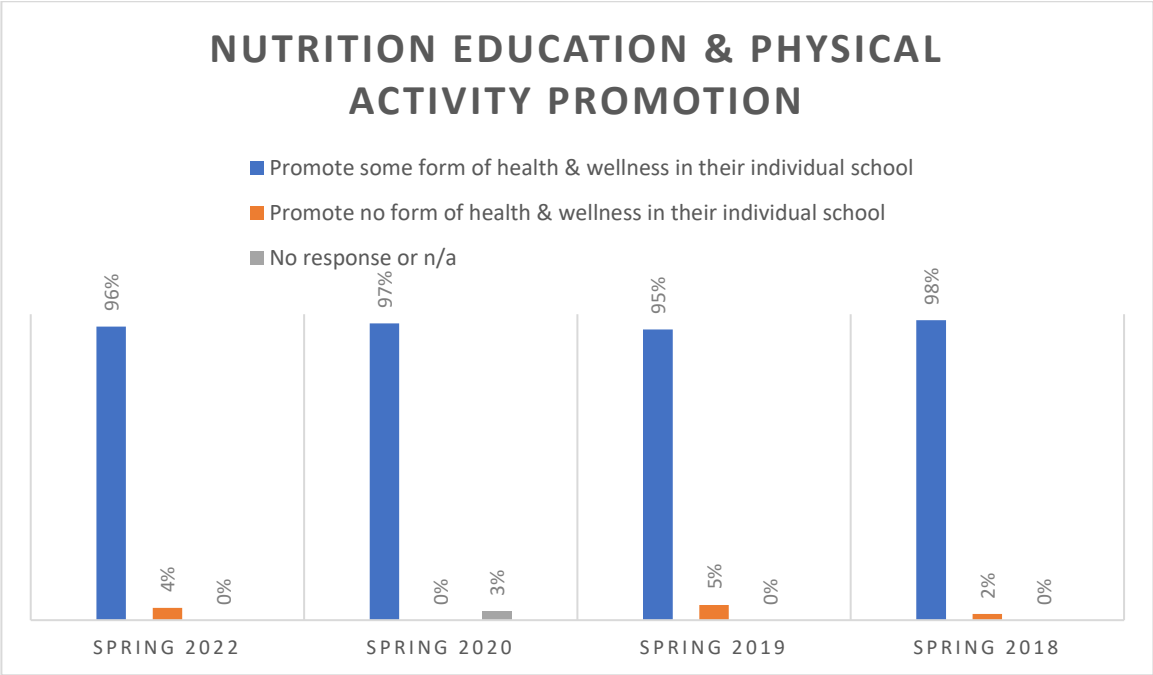
**Question 1:** Do you think schools play a significant role in the continued reinforcement of establishing healthy eating behaviors, proper nutrition, and physical activities of students? Please provide your thoughts

**Summary:** Overall average resulted in 86.75% of principals believed schools play a significant role in the continued reinforcement of establishing health eating behaviors, proper nutrition, and physical activities of students.



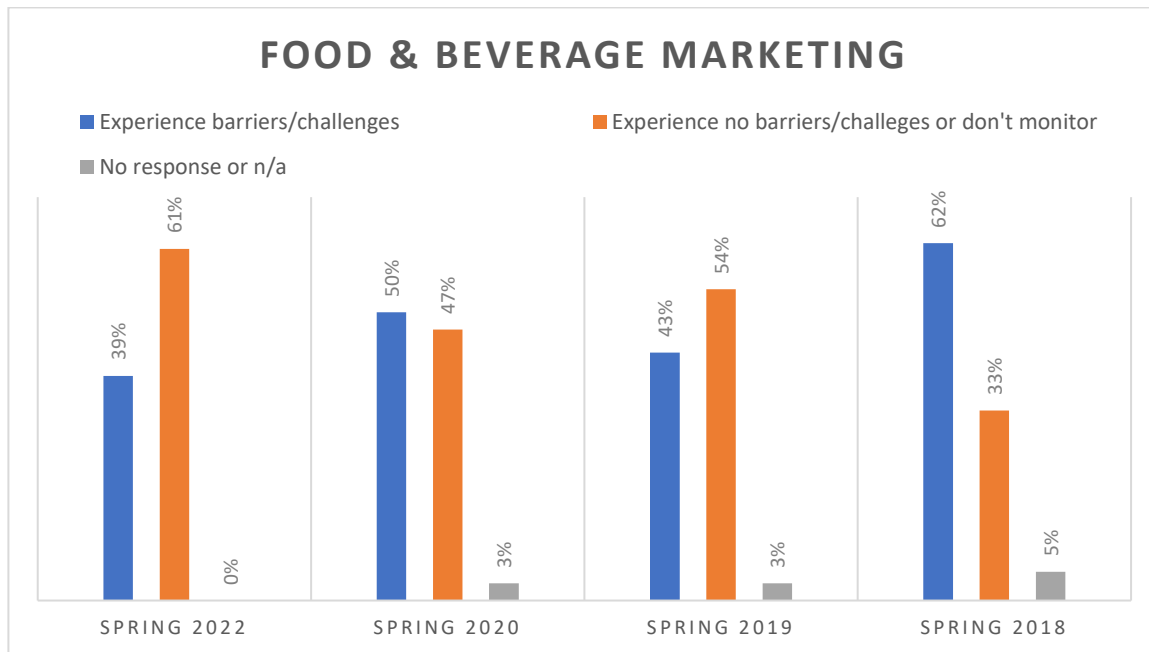
**Question 2:** Does your school promote student nutrition, student wellness, and physical activities in other school-based activities? Please describe what your school is doing to promote these activities

**Summary:** Overall average resulted in 96.5% of principals promoted some form of health & wellness in their individual school.



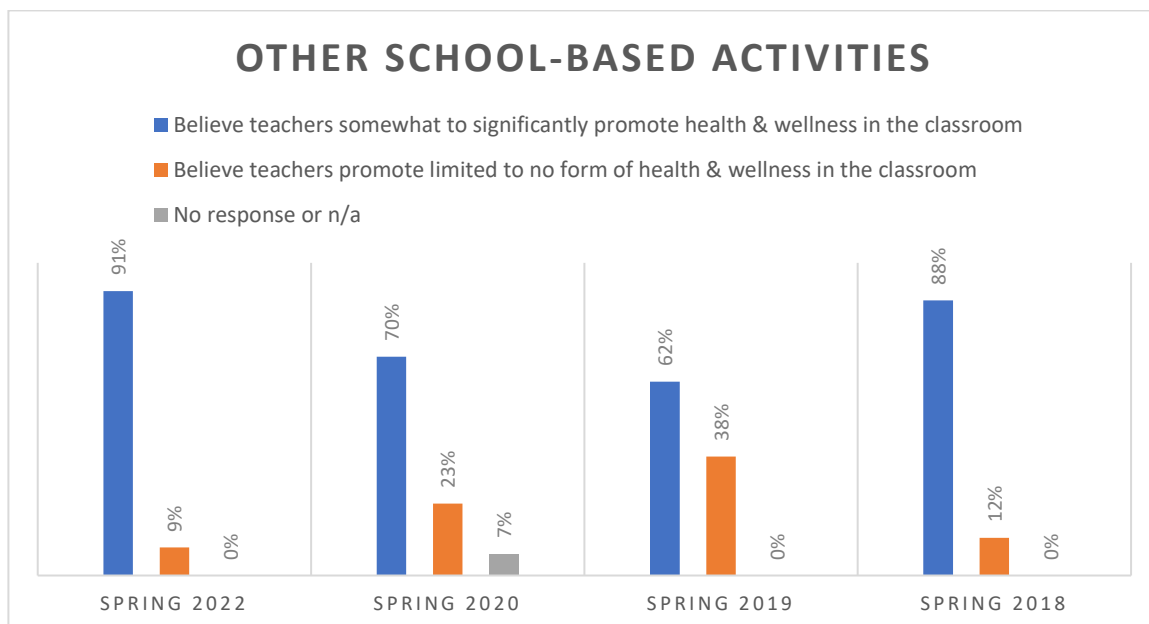
**Question 3:** Have you experience barriers/challenges restricting non-healthy food choices offered outside school meal service? Please describe how you monitor these issues

**Summary:** Overall average resulted in 48.5% of principals experienced barriers/challenges restricting non-healthy food choices offered outside school meal service.



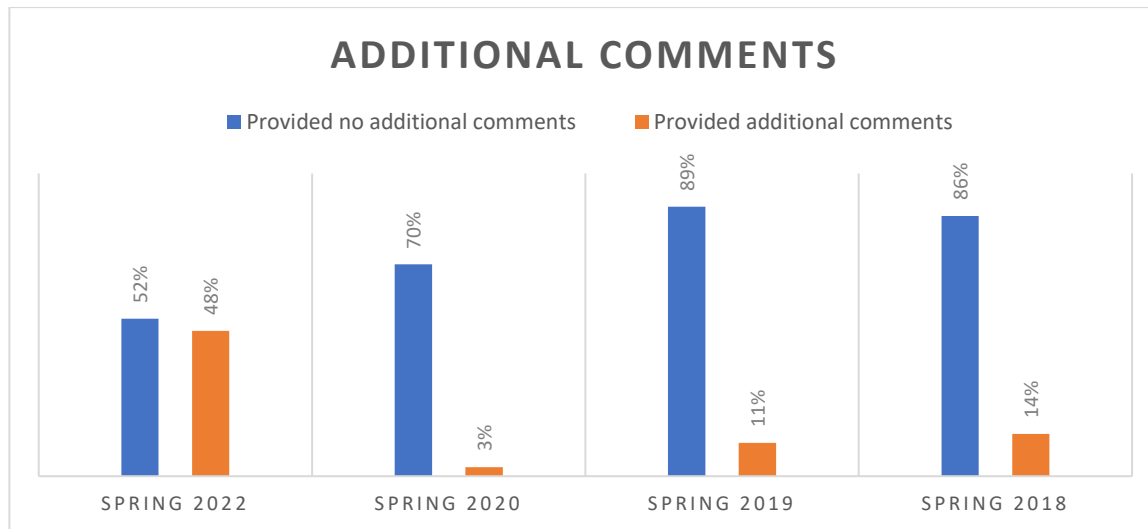
**Question 4:** Do classroom teachers serve as “healthy” role models, provide physical activity classroom breaks, and/or offer nutrition education curriculum at each grade level? Please describe what you are doing at your school

**Summary:** Overall average resulted in 77.75% of principals believed teachers somewhat to significantly promote health & wellness in the classroom



**Question 5:** Additional Comments: Please feel free to highlight additional activities

**Summary:** Overall average resulted in 74.25% of principals provided no additional comments



### **Continued Issues/Areas for Improvement/Key Barriers to Address**

1. Parental Authority
2. Health & wellness curriculum/information limited to physical education and science classes
3. Inconsistent school culture/reinforcement of healthy eating behaviors, proper nutrition, physical activities
4. Continued barriers/challenges in the areas of food & beverage marketing but has significantly decreased
5. Slight increase in school leadership authority believing schools play an insignificant to no role in health & wellness

### **Improved/Consistent Areas**

1. Some form of health & wellness consistently promoted in schools
2. Significant decrease of barriers/challenges restricting non-healthy food choices offered outside meal service
3. Schools continue to play a significant role in the continued reinforcement of establishing healthy eating behaviors, proper nutrition, and physical activities of students

### **Plan of Action/Recommendations**

1. Continue to encourage students, community, parents and staff to embrace a positive health & wellness culture
2. Continue to collaborate with additional departments for health & wellness support, incorporate more wellness curriculum/activities

### **Additional Highlights**

1. PVUSD highlighted school garden programs: Copper Canyon ES, Desert Shadows ES, Echo Mountain Primary School, Fireside ES, Hidden Hills ES, Mountain Trails MS, and North Ranch ES
2. N&W managers provided menu feedback
3. Students participated in entrée surveys and food tastings

\*No Spring 2021 Survey Results because of Covid-19 restrictions