

Wellness Assessment 2023- Response Due June 9th

14 responses

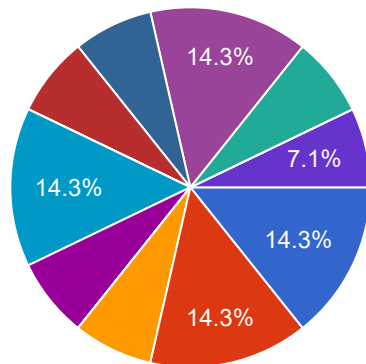
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School

School Name

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14 responses



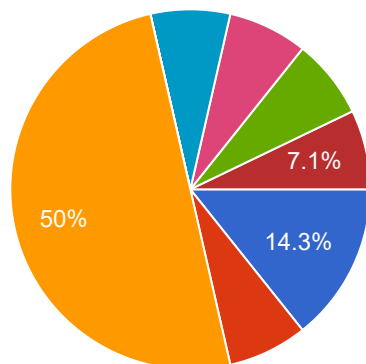
- Lake Stevens High School
- Cavelero Mid-High School
- Northlake Middle School
- Lake Stevens Middle School
- Early Learning Center
- Glenwood Elementary School
- Hillcrest Elementary School
- Highland Elementary School

▲ 1/2 ▼

Which specific group do you represent?

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14 responses



- School Store
- Food & Nutrition Services
- ASB
- PTA
- School Club
- Principal
- The school as a whole
- ECEAP and Developmental Preschool
- Skyline School



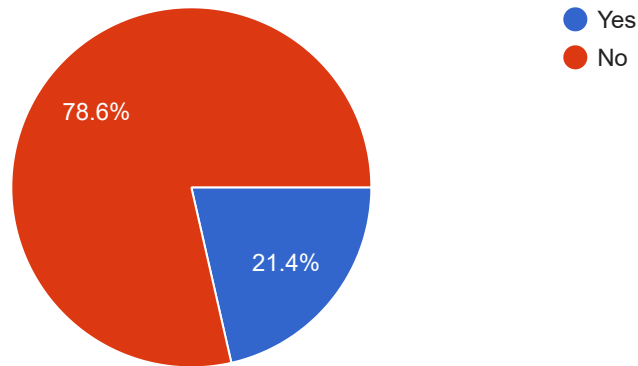
Smart Snack Calculator

Do you utilize the smart snack calculator to verify that food and beverage items sold on campus during the school day for fundraisers, in the student store, vending machines, snack bars, etc. meet the USDA Smart Snack nutrition guidelines?

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[Smart Snacks Product Calculator \(healthiergeneration.org\)](https://healthiergeneration.org)

14 responses



Yes, we use the Smart Snack calculator

If you do use the smart snack calculator, where do you keep your documentation?

3 responses

In a binder in the student store.

In a binder in our Cove office.

Electronic records in Google Drive

No, we do not use the Smart Snack calculator



If you are not using the smart snack calculator, how do you verify that food items meet the guidelines?

11 responses

Its our Vending Machine Company they are doing the checking

We don't typically sell food or beverages at school. That's why we haven't utilized this snack calculator.

We do not sell snacks during the school day

We do not sell food items during the school day.

We don't sell any food items during the school day

ASB does not have fundraisers that involve snacks during the school day.

N/A

We don't sell items to students.

We don't sell snacks at school.

We don't sell or give out food

Vending machines-company checks for compliance

Vending Machines



What item(s) in the vending machine to you have concerns about?

(enter N/A if your school site does not have vending machines)

14 responses

N/A

no concerns with the items in the vending machines

chips / cookies

None at this time (I reported some questionable items earlier in the year).

We have relied on our vending company to be following the smart snack rules

None

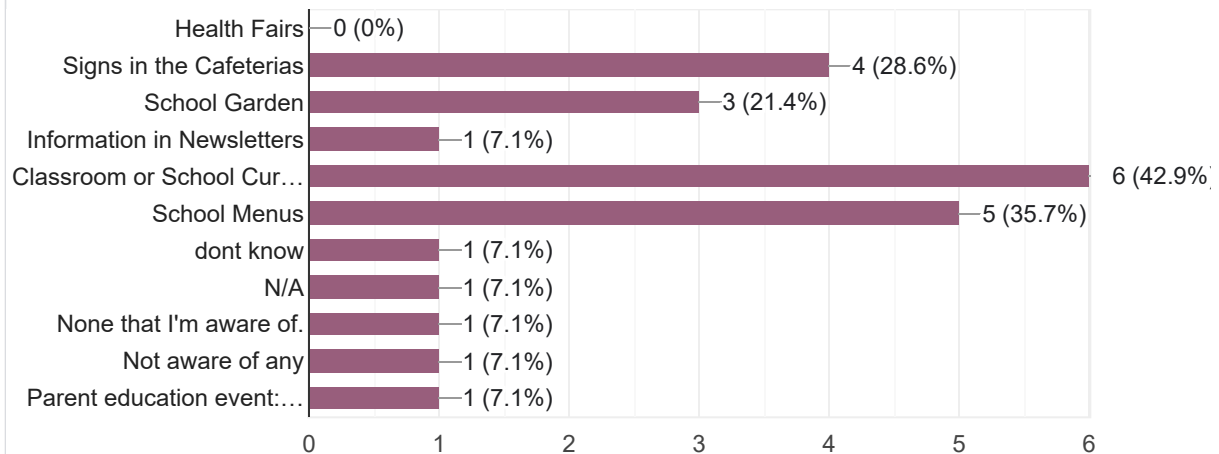
None, we review these for compliance & contact the vendor if there are any concerns

Nutrition Education

What nutrition education opportunities have been offered at your school?
(select all that apply)

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14 responses



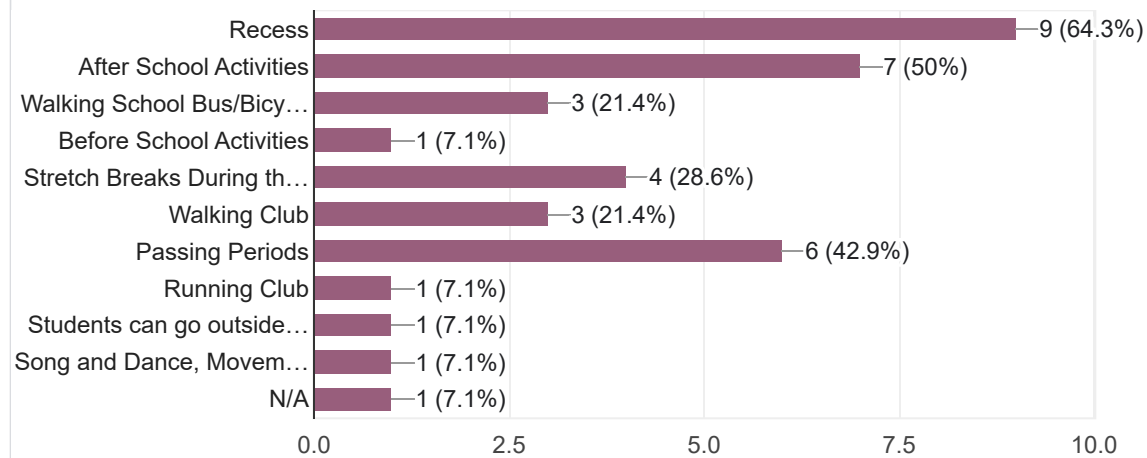
Physical Activity



What opportunities are available for students to be physically active outside of PE or Gym? (select all that apply)



14 responses

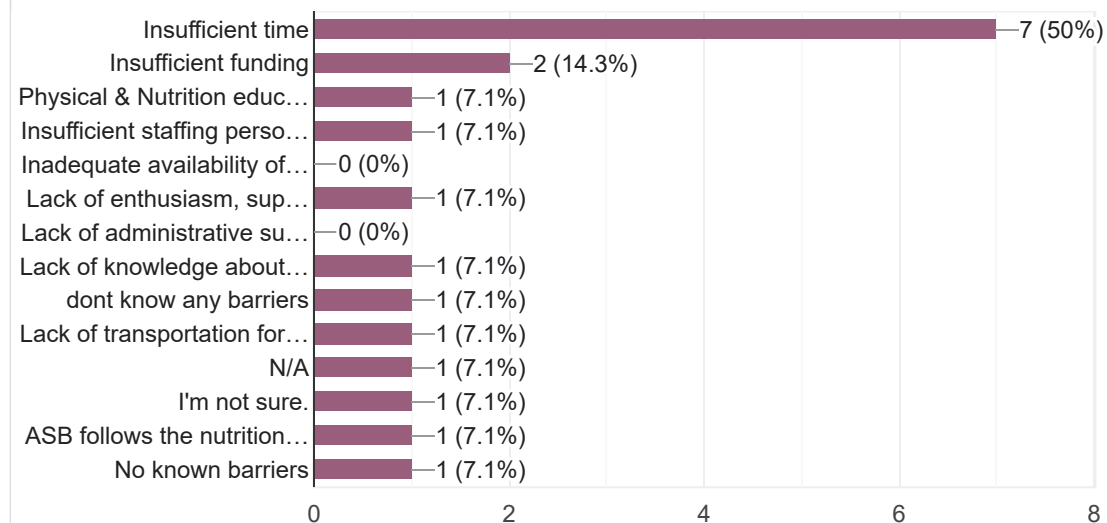


Wellness Initiative Barriers

What barriers interfere with dedicating time and resources to student wellness initiatives?



14 responses



Additional Resources



What additional resources would be helpful to comply with our district nutrition and fitness policy?

14 responses

None

dont know

We are revamping our birthday treat policy for next year.

We are in compliance to my understanding.

More vendors that supply middle school smart snack compliant options.

As far as the school store, we have what we need.

Yearly meetings in the Fall like the one scheduled for June 12.

Parent Education Opportunities

I'm not sure, but my PE teacher is planning to start doing some health and wellness curriculum with our 3rd, 4th, and 5th grade students as part of their PE programming.

None that I can think of

I think our policy is great and appreciate all the communication from the nutrition department!

A simple review would be great again post covid.

Additional time and/or staffing.

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