



WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

2019 Healthy Active Children Progress Report

We thank you for your time spent taking this survey.
Your response has been recorded.

Below is a summary of your responses

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Q2.

NC Healthy Schools, within the NC Department of Public Instruction, is in the process of administering the 2019 Healthy Active Children Policy Survey. All local education agencies (LEAs) are required to report their progress on meeting the NC State Board of Education's Healthy Active Children (HAC) Policy, SHLT-000. This survey is being conducted to address this reporting requirement.

The 2019 Healthy Active Children Policy Survey must be completed online by each LEA no later than September 15, 2019 and will take approximately 20 minutes to complete depending on your feedback. You may want to write your narrative, lists, and brief descriptions in Microsoft Word first and then paste them into the report form. If possible, we suggest working with colleagues to answer survey questions before completing the online survey. To assist with this effort, a pdf copy of the survey was included with your survey email invitation. Please note, if you exit the survey without finishing, you will not be able to return to the place in the survey where you stopped so please allow sufficient time to complete the survey. After

where you stopped so please allow sufficient time to complete the survey. After completing the survey, click “DONE” and you will be redirected to the NC Healthy Schools website.

Thank you for your participation in this survey. Your input is vitally important to this process. The results from this survey will continue to help inform state administrators about student health-related issues.

Also note the information at the end of the survey regarding principal and superintendent attestation forms.

If you have questions regarding this survey, please contact Les Spell, Data and Policy Consultant for NC Healthy Schools, at 919-807-3939 or Les.Spell@dpi.nc.gov. When all reports have been collected electronically, survey results will be submitted to the Department of Public Instruction leadership and the State Board of Education.

Please click the arrow to begin the survey.

Q4. Select the name of your LEA from the drop-down list.

LEA

Q5. Please indicate the LEA SHAC contact person as appointed by the Superintendent.

First Name

Last Name

Title

Address

City

State

Zip Code

Phone Number

Email Address

Q6. Please list the names and titles of your SHAC members.

Kimberly R Shelton RN, BSN, NCSN- Lead School Nurse Amy Adkins RN, BSN, NCSN- School Nurse Amy Harger Carter, RN, BSN, NCSN- School Nurse Nicole Hodges- Parent Angela Outzs- Middle School PE teacher Anna Isaacs-Elementary Guidance Counselor Beth Dearistizabel-Elementary Guidance Counselor Denzil Carter- Elementary PE teacher Dr Margaret Martin- Pediatrician at Caswell Family Medical Center Kim Journigan- County Dental Hygienist Kim Mimms- School Nutrition Director Nelson Showalter- School Director of Exceptional Children Ryan Moretz-Elementary PE Teacher Sonya Granado- Middle School Teacher Shannon Gammon- High School Assistant Principal Tabatha Miles-Elementary Teacher Leslie Zimmerman- Community Caswell Local Foods Marcie Williams- Caswell Health Department

Q7. Please indicate the number of members on your SHAC.

0 10 20 30 40 50 60 70 80 90 100

SHAC Members



Q8. Regarding the composition of your SHAC, please indicate if you have members that represent each of the coordinated school health components of the Whole School, Whole Community, Whole Child (WSCC) model listed below. (select all that apply)

- Health Education
- Physical Education & Physical Activity

- Physical Education & Physical Activity
- Nutrition Environment & Services
- Health Services
- Counseling, Psychological, & Social Services
- Social & Emotional Climate
- Physical Environment
- Employee Wellness
- Family Engagement
- Community Involvement

If other representatives are not listed, please specify:

Q9. How often did your SHAC meet in the past year?

- More than once a month
- Monthly
- Four times**
- Twice
- Once
- Other, please specify

Q10. Does your SHAC provide reports to any of the following? (Select all that apply.)

- Local Board of Education**
- LEA Superintendent**
- County Commissioners
- Local Board of Health
- Community/Public**
- Other

None of the above

Q11. Policy is defined as a definite course or method of action developed to guide and determine present and future decisions that will produce a specific outcome. Please list below the key Policy successes your SHAC achieved during the 2018-2019 school year.

In progress of helping schools county wide meet their goals regarding physical education and activity to meet policy requirements.

Q12. Program and practice is defined as the way(s) that a plan or system is implemented in order to reach a specific goal. Please list below the key Program and Practice successes your SHAC achieved during the 2018-2019 school year.

Poor Dental health in the community- Dental clinic conducted Substance abuse of parents/children in the community-Naloxone carried by SRO's Increased in mental health issues among youth-Youth Haven developed an in school program (treatment) to assist with mental health issues

Q13. Has your SHAC used any of the following assessment tools for your LEA?
(Select all that apply.)

- Alliance for a Healthier Generation Assessment
- NC SHAC Manual Assessment Tool
- School Health Index (CDC)
- Local Wellness Policy Checklist**
- WellSAT
- Other

None of the above

Q14. Which of the following does your SHAC use to inform their work? (Select all that apply.)

- Youth Risk Behavior Survey (YRBS)
- Healthy Active Children Policy Report**
- School Health Profiles Survey (Profiles)
- Other

None of the above

Q15. Please arrange the following list of focus areas to indicate the priorities of your SHAC's work over the course of the past year. (Your SHAC's highest priority should be #1 and the lowest priority should be #13.) Areas of focus include: Alcohol and Other Drugs; Family and Community Involvement; Health Education; Health Services; HIV/STD/Teen Pregnancy Prevention; Injury and Violence Prevention; Mental Health, Counseling, Social Work; Nutrition; Physical Activity; Physical Education; Safe School Environment; Staff Wellness; Tobacco

1 Mental Health, Counseling, Social Work

2 Family and Community Involvement

3 Physical Activity

4 Physical Education

5 Health Education

6 Health Services

7 Safe School Environment

8 Nutrition

9 Tobacco

10 Alcohol and Other Drugs

11 Injury and Violence Prevention

12 Staff Wellness

13 HIV/STD/Teen Pregnancy Prevention

Q17. Does your SHAC use an Action Plan to guide their work?

Yes

No

Q18. What resources and/or additional assistance do you need. (Select all that apply.)

- Capacity Building, i.e. team building, conflict resolution
- Evaluation
- Healthful Living Standard Course of Study
- Local Wellness Policy
- Needs Assessment
- Policy Development**
- Successful Fundraisers**
- Web-Based Resources**
- Content Based Training (please specify)

Other

Q19. In order to promote student health and reduce childhood obesity, does your Local Wellness Policy include:

Yes

NO

Appropriate, evidence-based goals for nutrition education.

Appropriate, evidence-based goals for nutrition promotion.

Appropriate, evidence-based goals for physical activity.

Appropriate,

evidence-based goals for other school-based activities designed to promote student wellness, reduce childhood obesity and address child hunger.

Yes



NO



Nutrition guidelines for all foods and beverages sold on each school campus during the school day that are consistent with Federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.



Nutrition guidelines for all foods and beverages provided but not sold on the school campus during the school day, such as foods and beverages brought into the classroom for parties and events.



Policies for food and beverage marketing that restrict marketing and advertising to only those foods and beverages that meet Federal regulations for school meals nutrition standards and Smart Snacks in Schools nutrition standards.



Involvement of families, students, representatives of

representatives of the school nutrition program, teachers of Physical Education, school health professionals, the school board, school administrators and the public in the development, implementation and periodic review and update of the Local Wellness Policy.

Yes



NO



Communication to the public about the content and implementation of the Local Wellness Policy.



A plan for measuring implementation of the Local Wellness Policy, including designation of an LEA official to maintain responsibility for Local Wellness Policy implementation, compliance and reporting to the public.



Periodic measurement and assessment, available to the public on Local Wellness Policy implementation, including the extent to which schools are in compliance with the Local Wellness Policy, the extent to which the Local Wellness Policy compares to statutory requirements, and a description of the



progress made in
attaining the goals of
the Local Wellness
Policy.

Yes

NO

Q20. Please estimate the percentage of schools in your LEA that provide staff wellness programs.

0 10 20 30 40 50 60 70 80 90 100

Percentage of schools in our LEA that provide staff wellness programs



Q21. Please describe the types of staff wellness activities that are offered in your LEA.

Biggest Loser (Weight loss competition) Dance Class (employees after school) Walking Groups Various team building activities thru staff meetings

Q19. Please estimate the percentage of elementary students in your LEA that currently receive 150 minutes per week of Physical Education taught by a licensed Physical Education teacher.

0 10 20 30 40 50 60 70 80 90 100

Click to write Choice 1



Q20. Please describe any challenges/barriers to providing all of your elementary students with

150 minutes of Physical Education per week.

Curriculum/ EOG's

Q21. Please estimate the percentage of middle school students in your LEA that currently receive 225 minutes per week of Healthful Living taught by licensed Health and Physical Education teachers.

0 10 20 30 40 50 60 70 80 90 100

Click to write Choice 1



Q22. Please describe any challenges/barriers to providing all of your middle school students with 225 minutes of Healthful Living per week.

No challenges- Goal met

Q23. What percentage of the middle school Healthful Living courses in your district are divided into 50% Physical Education and 50% Health Education?

0 10 20 30 40 50 60 70 80 90 100

Click to write Choice 1



Q24. Does your LEA require daily:

Yes

No

Physical Education classes for students in all elementary schools in your district?

Healthful Living classes for students in all middle schools in your district?

Q25. Within your LEA, did any teacher(s) withhold recess, intramurals, physical education, or other physical activity as a punishment? (This includes missing physical activity to make up work or to do extra work.)

- No, there have been no teachers that have withheld any physical activity as punishment.**
- Yes, there have been one or more teachers who have withheld physical activity as punishment.

Q27. ALL elementary schools in our LEA currently provide 30 minutes of daily moderate to vigorous physical activity.

- Yes
- No**

Q28. Which of the following resources are used in your LEA to meet the physical activity requirement at the elementary school level? (Select all that apply.)

- CATCH
- Classroom Energizers**
- Intramurals
- Jammin' Minutes
- Physical Education**
- Recess**
- Take 10!**

Take 10:

Other, please specify:

Q29. Which of the following is the Healthy Active Children Policy incorporated into in your LEA? (Select all that apply.)

Local Wellness Plan

Safe Schools Plan

School Improvement Plan

Other, please specify:

None of the above

Q30. Please indicate whether your LEA provides the following:

Yes

No

Offer a variety of healthful, appealing food and beverage options for students.

Demonstrate a commitment to utilizing non-food related strategies to recognize and reward students.

Offer nutrition education that aligns with national dietary guidelines.

Offer nutrition education that adheres to state academic standards.

Offer nutrition education that

utilizes integrated instruction.

Yes

No

Offer nutrition education that is grade-specific.

Offer nutrition education that is sequential in building skills for students to choose, prepare and consume healthy foods and beverages.

Offer nutrition education that connects the classroom, cafeteria and community with involvement from teachers, school staff, School Nutrition professionals, families, students and the community.

Q31. Does your LEA have a written community use of facilities policy that allows use of school athletic facilities or other school facilities by community members outside of school hours or when school is in not in session?

Yes, we have a written community use of facilities policy.

No, we do not have a written community use of facilities policy, but community members do use school facilities for physical activity.

No, we do not have a written community use of facilities policy.

Q32. You indicated that your LEA does have a written community use of facilities policy. Please select all of the methods that are used to publicize the policy.

Email

Signage

Website

Other (please specify)

None of the above

Q33. Please check the ways in which your LEA has received technical assistance in implementing Coordinated School Health Programs, the School Health Advisory Councils, and the Local Wellness Policy. (Select all that apply.)

	Coordinated School Health Programs	School Health Advisory Councils	Local Wellness Policy
Did not receive technical assistance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Phone conversation with DPI staff	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
E-mail correspondence with DPI staff	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Local site visit with DPI staff	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Meeting with DPI staff	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Attending professional development events provided by DPI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
DPI Teleconferences	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Attending professional development events provided by the NC Comprehensive School Health Training Center	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communications with state public health staff	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Communications with other state agencies	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Website for NC Healthy Schools (nchealthyschools.org)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Webinars	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Website for DPI School Nutrition Services	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Q34. Please share any barriers that your LEA has encountered implementing the Healthy Active Children Policy during the 2018-2019 school year.

Inconsistency noted between elementary schools regarding timing of physical Activity and/or Physical Education. Rewards offered in the forms of foods with poor nutritional values at elementary setting No programs routinely offered to assist employees in staff wellness

Q35. Please take this time to highlight any other successes regarding the Healthy Active Children Policy in your LEA that were not mentioned before.

SHAC has had a better diversified attendance consistently at all meetings this year Two members were able to attend to State SHAC meeting Development and implementation of New Medication Forms for use LEA wide

Q36. Do you have a local policy that reflects the Healthy Youth Act (Reproductive Health and Safety Education)?

Yes

No

Q39.

You indicated that your LEA has a local policy that reflects the Healthy Youth Act (Reproductive Health and Safety Education), when was the policy last updated?

	Month	Day	Year
Please Select:	July	29	2010

Q40. Do you have a local policy that reflects the School Violence Prevention Act (Bullying and Harassment)?

- Yes
- No

Q43. You indicated that your LEA has a local policy that reflects the School Violence Prevention Act (Bullying and Harassment), when was the policy last updated?

	Month	Day	Year
Please Select:	October	26	2009

Q41. Remember to ensure all principals in your LEA complete and sign the Healthy Active Children Policy Principal Attestation Form and keep those documents on file within your LEA. Please forward an electronic copy of the signed Healthy Active Children Policy Superintendent Attestation Form to the attention of Les Spell at Les.Spell@dpi.nc.gov by September 15, 2019.