

## Wellness School Assessment Tool – Interview to match WellSAT 3.0 Wellness Promotion and Marketing Section

<b>WPM1 - Principal / Teacher</b> Are school staff encouraged to model healthy eating and physical activity behaviors in front of students? If yes, how does the school encourage this behavior? [Examples include: Provides staff with opportunities to eat healthfully such as subsidized fruits, vegetables, and water in the cafeteria or lounge; Advises staff not to consume sugary drinks at school; Encourages teachers to be active with students.]	
0	School staff are not encouraged to model healthy nutritional behaviors.
1	The interviewee believes school staff are encouraged to model healthy eating and physical activity behaviors but cannot provide specific examples of how this is done.
(2)	The interviewee can describe ways school staff are encouraged to model healthy eating and physical activity behaviors in front of students. <i>FFVP, school emails are sent out every year encouraging teachers to eat &amp; work at 1 month / small dist</i>
<i>WPM1: Encourages staff to model healthy eating and physical activity behaviors.</i>	

  

<b>WPM2 – Principal / Teacher</b> Are there strategies used by the school to support employee wellness? Please describe. Examples: "Health and wellness classes are offered to staff." "School physical activity equipment is available for use by staff before or after school to support employee wellness." "Free water and healthy snacks are available in the staff break room."	
0	There are no employee wellness activities.
1	The interviewee believes the school supports employee wellness but cannot provide specific examples.
(2)	The interviewee can describe specific strategies used by the school to support employee wellness, <i>Free H2O, use of gym equipment</i>
<i>WPM2: Addresses strategies to support employee wellness.</i>	

  

<b>WPM3 – Principal / Teacher</b> Are teachers encouraged to use physical activity as a reward for students? For example, providing extra recess, taking a walk around the school, or playing an active game in the classroom.	
0	Physical activity is not used as a reward.
1	The interviewee reports that teachers can use physical activity as a reward but does not know whether or not it occurs.
(2)	The interviewee is confident that teachers use physical activity as a reward and can provide examples.
<i>WPM3: Addresses using physical activity as a reward.</i>	