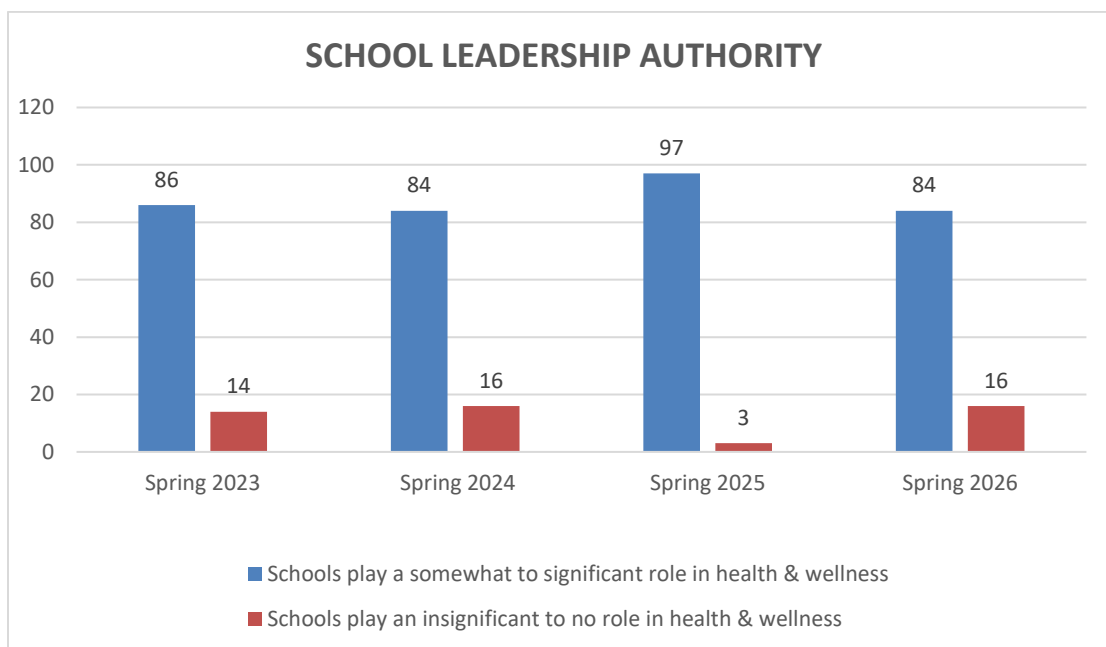


Nutrition & Wellness Principal Survey Results: Spring of 2023, 2024, 2025, 2026

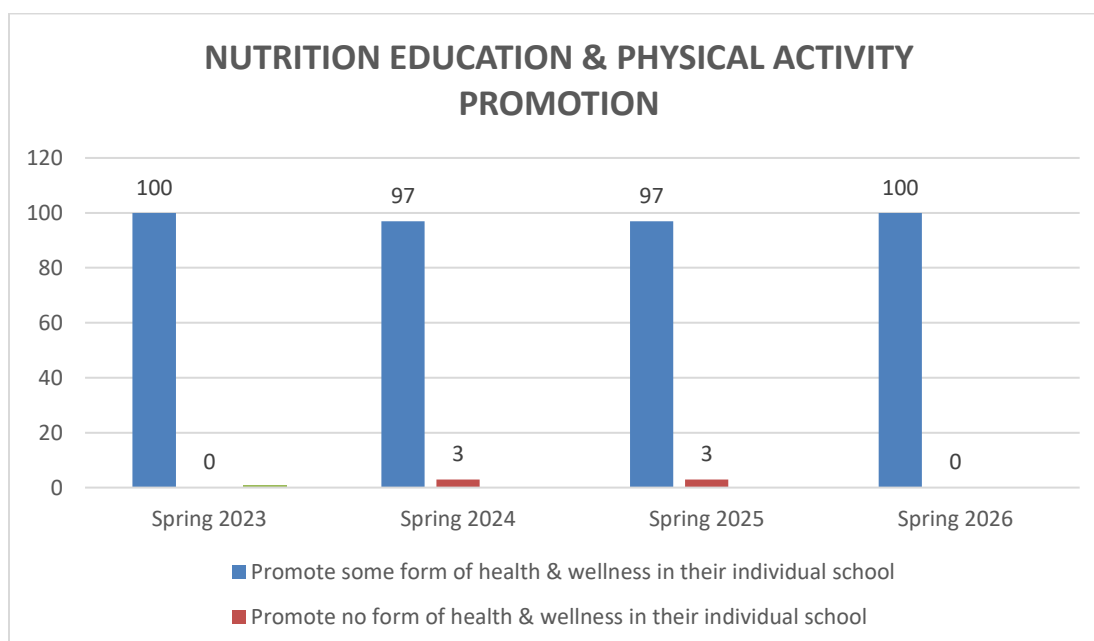
Question 1: Do you think schools play a significant role in the continued reinforcement of establishing healthy eating behaviors, proper nutrition, and physical activities of students? Please provide your thoughts.

Summary: Overall average resulted in 87.75% of principals believed schools play a significant role in the continued reinforcement of establishing health eating behaviors, proper nutrition, and physical activities of students.



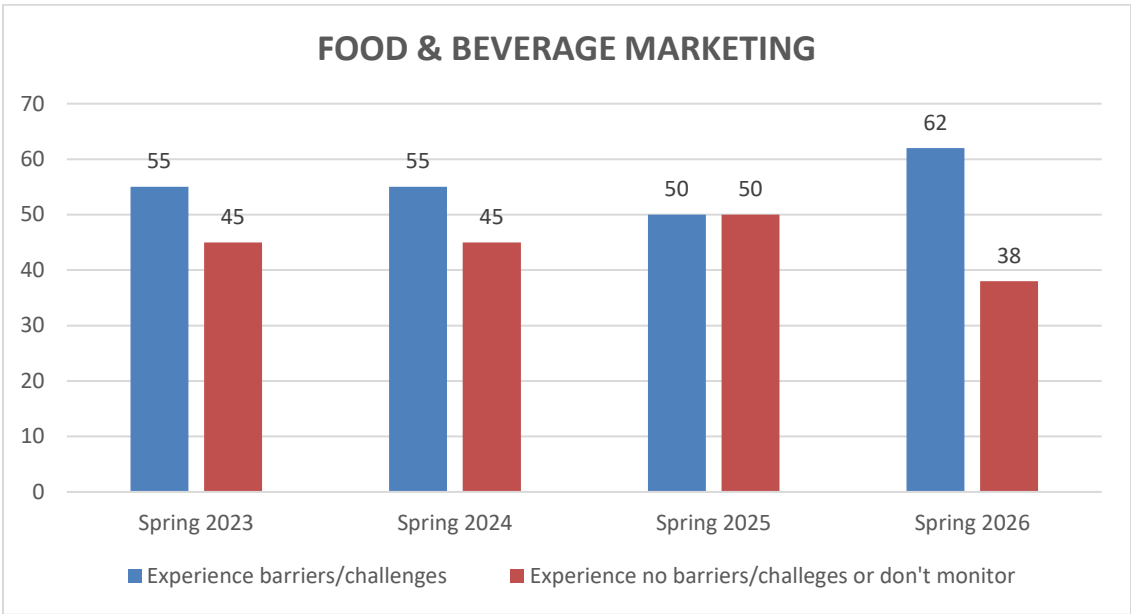
Question 2: Does your school promote student nutrition, student wellness, and physical activities in other school-based activities? Please describe what your school is doing to promote these activities.

Summary: Overall average resulted in 97% of principals promoting some form of health & wellness in their individual school.



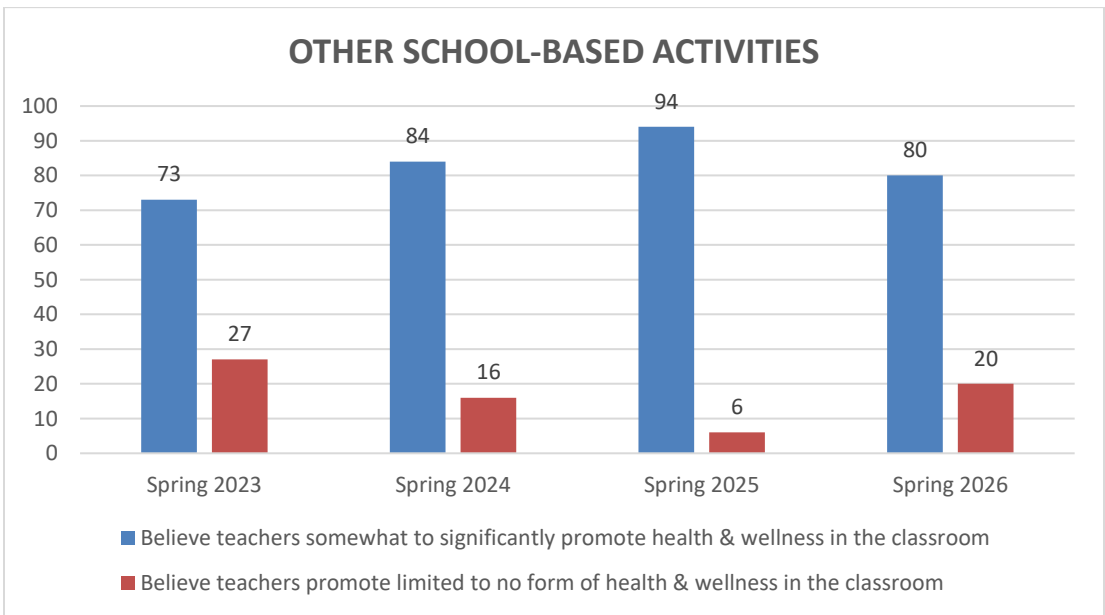
Question 3: Have you experienced barriers/challenges restricting non-healthy food choices offered outside school meal service? Please describe how you monitor these issues.

Summary: Overall average resulted in 55.5% of principals experiencing barriers/challenges restricting non-healthy food choices offered outside school meal service.



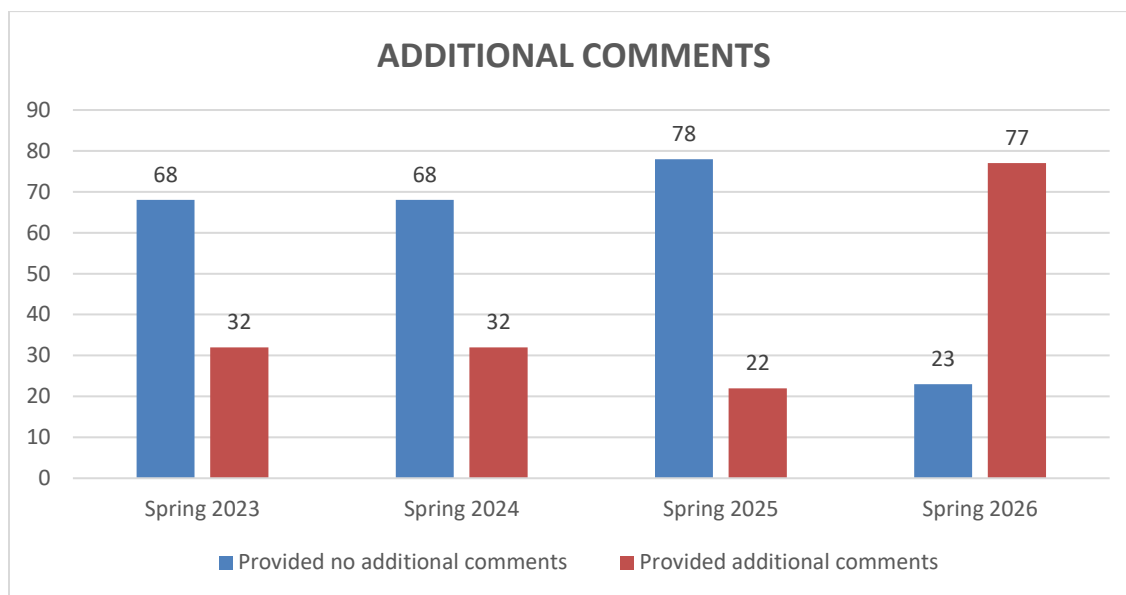
Question 4: Do classroom teachers serve as “healthy” role models, provide physical activity classroom breaks, and/or offer nutrition education curriculum at each grade level? Please describe what you are doing at your school.

Summary: Overall average resulted in 82.75% 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 59.25% 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

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: Pinnacle Peak ES, Quail Run, Copper Canyon, North Ranch, Hidden Hills ES, Sonoran Sky ES.
2. Per House Bill 2164 (HB 2164), all ultra processed foods as defined in the bill have been removed from N&W breakfast, lunch and ala carte offerings.
3. Students participated in food tastings for new breakfast items.
4. Future principal survey questions will feature multiple choice in addition to short answer format to increase participation and encourage accurate data collection for the next triennial assessment.