

# Wellness Promotion Policy (2.035) - REQUIRED SCHOOL ASSESSMENT

Directions: This comprehensive assessment is intended to collect information about your school's implementation progress of the District's Wellness Promotion Policy (2.035).

This Policy strengthens a unified and collaborative effort of promoting and improving learning and health, and supports the principles of the "Whole School, Whole Community, Whole Child" (WSCC) model. This assessment tool incorporates questions from each of the ten WSCC components (refer to image below) that are vital for positive results in learning and health for our students and our staff of The School District of Palm Beach County.

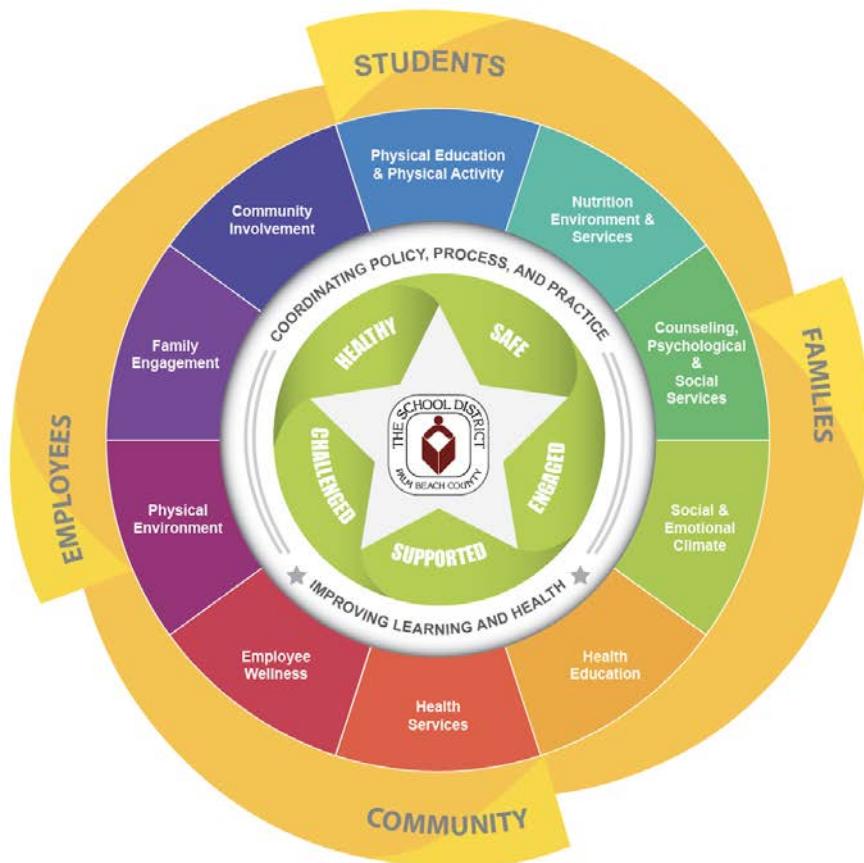
The following is a link to the current Wellness Promotion Policy (2.035) to use as reference when answering the assessment questions below:

<https://files.constantcontact.com/a39b8b0d501/cda30859-685c-4d26-bc6b-3de15e0b003f.pdf>

Thank you for your commitment and time on this task.

\* Required

## DISTRICT'S WSCC IMAGE:



**School Name \***

Mark only one oval.

- A.W. Dreyfoos High
- Academy for Positive Learning \*
- Acreage Pines Elementary
- Addison Mizner Elementary
- Allamanda Elementary
- Atlantic High
- Bak Middle School of the Arts
- Banyan Creek Elementary
- Barton Elementary
- Beacon Cove Intermediate
- Bear Lakes Middle
- Believers Academy \*
- Belle Glade Elementary
- Belvedere Elementary
- Ben Gamla Charter School \*
- Benoit Farms Elementary
- Berkshire Elementary
- Binks Forest Elementary
- Boca Raton Elementary
- Boca Raton High
- Boca Raton Middle
- Boynton Beach High
- BridgePrep Academy \*
- Bright Futures Academy \*
- C.O. Taylor/Kirklane Elementary
- Calusa Elementary
- Carver Middle
- Chancellor Charter \*
- Cholee Lake Elementary
- Christa McAuliffe Middle
- Citrus Cove Elementary
- Congress Middle
- Connections Education ctr of the Palm Beaches\*
- Conniston Middle
- Coral Reef Elementary
- Coral Sunset Elementary
- Crestwood Middle
- Crosspointe Elementary

- Crossroads Academy \*
- Crystal Lakes Elementary
- Cypress Trails Elementary
- D.D. Eisenhower Elementary
- Del Prado Elementary
- Diamond View Elementary
- Discovery Key Elementary
- Don Estridge Middle
- Dr. Mary McLeod Bethune Elementary
- Eagles Landing Middle
- Egret Lake Elementary
- Elbridge Gale Elementary
- Emerald Cove Middle School
- Equestrian Trails Elementary
- Everglades Elementary
- Everglades Preparatory Academy \*
- Forest Hill Elementary
- Forest Hill High
- Forest Park Elementary
- Freedom Shores Elementary
- Frontier Elementary
- Fulton Holland Educational Center - Bistro Cafe
- G - Star for Motion Pictures & Television \*
- Galaxy E3 Elementary
- Gardens School of Technology Arts \*
- Glade View Elementary
- Glades Academy Middle\*
- Glades Academy of Agricultural & Eco Studies \*
- Glades Central High
- Golden Grove Elementary
- Gove Elementary
- Grassy Waters Elementary
- Greenacres Elementary
- Grove Park Elementary
- Gulfstream Goodwill Trans. to Life Acad. \*
- H.L. Johnson Elementary
- Hagen Road Elementary
- Hammock Pointe Elementary
- Heritage Elementary
- Hidden Oaks Elementary

- Highland Elementary
- Hope-Centennial Elementary
- Howell Watkins Middle
- Independence Middle
- Indian Pines Elementary
- Indian Ridge School \*
- Inlet Grove High\*
- J.C. Mitchell Elementary
- Jeaga Middle
- Jerry Thomas Elementary
- John F. Kennedy Middle
- John I. Leonard High
- Jupiter Community High School
- Jupiter Elementary
- Jupiter Farms Elementary
- Jupiter Middle
- K.E. Cunningham/Canal Point Elementary
- L.C. Swain Middle
- Lake Park Elementary
- Lake Shore Middle
- Lake Worth High
- Lake Worth Middle
- Lantana Elementary
- Lantana Middle
- Liberty Park Elementary
- Lighthouse Elementary
- Limestone Creek Elementary
- Lincoln Elementary
- Loggers Run Middle
- Loxahatchee Groves Elementary
- Manatee Elementary
- Marsh Pointe Elementary
- Meadow Park Elementary
- Melaleuca Elementary
- Montessori Academy of Early Enrichment \*
- Morikami Park Elementary
- New Horizons Elementary
- North Grade Elementary
- North Palm Beach (The Conservatory School of North Palm Beach)
- Northboro Elementary

- Northmore Elementary
- Okeeheelee Middle
- Olympus International Academy \*
- Omni Middle
- Orchard View Elementary
- Osceola Creek Middle
- Pahokee Elementary
- Pahokee High
- Pahokee Middle
- Palm Beach Central High
- Palm Beach Gardens Elementary
- Palm Beach Gardens High
- Palm Beach Lakes High
- Palm Beach Maritime Academy \*
- Palm Beach Maritime High School\*
- Palm Beach Maritime Middle \*
- Palm Beach Preparatory Charter Academy \*
- Palm Beach Public
- Palm Beach School for Autism \*
- Palm Springs Elementary
- Palm Springs Middle
- Palmetto Elementary (East)
- Palmetto Elementary (West)
- Panther Run Elementary
- Park Vista High
- Pierce Hammock Elementary
- Pine Grove Elementary
- Pine Jog Elementary
- Pioneer Park Elementary
- Pleasant City Elementary
- Plumosa School of the Arts
- Poinciana Elementary
- Polo Park Middle
- Potentials\*
- Riviera Beach Prepatory and Achievement Academy \*
- Rolling Green Elementary
- Roosevelt Community Middle
- Roosevelt Elementary
- Rosenwald Elementary
- Royal Palm Beach Elementary

- Royal Palm Beach High
- Royal Palm School
- S.D. Spady Elementary
- Sandpiper Shores Elementary
- Santaluces High
- Seagull Academy \*
- Seminole Ridge High
- Seminole Trails Elementary
- Somerset Academy Boca (K-5) \*
- Somerset Academy Boca Middle (6-8) \*
- Somerset Academy Canyons High School (9-12) \*
- Somerset Academy Canyons Middle School (6-8) \*
- Somerset Academy JFK \*
- Somerset Academy Lakes \*
- Somerset Academy of the Arts \*
- South Grade Elementary
- South Intensive Transition \*
- South Olive Elementary
- South Tech High \*
- South Tech Preparatory Academy Middle \*
- South Tech Success Center, Inc \*
- Spanish River High
- Sports Leadership and Management (SLAM - WPB) \*
- Sports Leadership and Management (SLAM-Boca) \*
- Sports Leadership and Management High (SLAM - WPB) \*
- Starlight Cove Elementary
- Suncoast High
- Sunrise Park Elementary
- Sunset Palms Elementary
- Timber Trace Elementary
- Toussaint L'Ouverture High \*
- Tradewinds Middle
- Turning Points \*
- U.B. Kinsey/Palmview Elementary
- University Preparatory Academy \*
- Verde Elementary
- Village Academy
- Washington Elementary
- Waters Edge Elementary
- Watson B. Duncan Middle

- Wellington Elementary
- Wellington High
- Wellington Landings Middle
- West Boca Raton Community High
- West Gate Elementary
- West Riviera Elementary
- Western Academy \*
- Western Pines Middle
- Westward Elementary
- Whispering Pines Elementary
- William T. Dwyer High
- Woodlands Middle
- Wynnebrook Elementary

**School # \***

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**School Level: \***

*Mark only one oval.*

- Elementary
- Middle
- High School
- Combo: K-8
- Combo: K-12
- Charter

**Please provide us with your First and Last Name: \***

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**Position: \***

Mark only one oval.

- Principal
- Assistant Principal
- Confidential Secretary
- Data Processor
- Physical Education Teacher
- School Food Service Manager
- School Counselor
- Behavioral Health Professional
- School Psychologist
- Exceptional Student Education (ESE) Coordinator
- Other

**In addition to your position, are you the Designee for any of the below capacities: \***

Check all that apply.

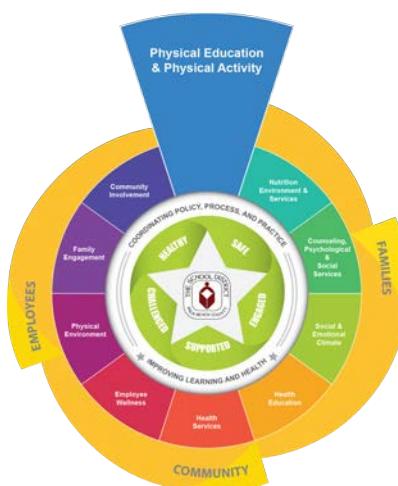
- School Wellness Champion
- School Green Champion
- Healthy School Team (HST) Lead
- School Based Team (SBT) Lead
- None of the Above

**1. Currently, does someone at your school oversee or coordinate the Healthy School Team (HST) and activities?**

Mark only one oval.

- Yes
- No

## PHYSICAL EDUCATION & PHYSICAL ACTIVITY:



**2. Do you know that under Florida Statute (1003.455) and through the District's Wellness Promotion Policy (2.035) that elementary physical education is required for 150 minutes per week and that recess is separately required for 100 minutes per school? \***

Mark only one oval.

Yes  
 No

**3. Do you know that the District's Department of Teaching and Learning offers professional development training for the K-12 Physical Education Teachers? \***

Mark only one oval.

Yes  
 No

**4. Do you know that the District's Department of Teaching and Learning has Resource Teachers that can model age appropriate standard based lessons at your school? \***

Mark only one oval.

Yes  
 No

## **NUTRITION ENVIRONMENT & SERVICES:**



**5. Do you believe the District supports your efforts to integrate nutrition education topics into the school day? \***

Mark only one oval.

Strongly Agree  
 Agree  
 Neutral  
 Disagree  
 Strongly Disagree

**6. Please indicate the nutrition education strategies being implemented in your dining room and serving line(s). Check all that apply: \***

*Check all that apply.*

- Posters
- Flyers
- Food Sampling
- Health Fair
- None
- Other: \_\_\_\_\_

**7. Select ways in which you share nutrition information with families and the community. \***

*Check all that apply.*

- Open House
- PTA Meetings
- Emails
- Phone Calls
- Text Messages
- Other: \_\_\_\_\_

**8. Do you believe the District supports the expansion of programs and initiatives that enhance nutrition education for students, staff, and/or families? \***

*Mark only one oval.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**9. Nutrition Information for products served in the cafeteria is readily available and easily accessible. \***

*Mark only one oval.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**10. Does your school use food as a reward? \***

*Mark only one oval.*

- Yes
- No

If yes, please explain why?

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If no, how do you reward your students?

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**11. Does your school use food as a punishment? \***

Mark only one oval.

Yes  
 No

**12. Does your school use strategies to maximize participation in the School Breakfast Program (SBP)? \***

Mark only one oval.

Our school offers breakfast after the bell, breakfast in the classroom, and/or grab and go to the classroom models.  
 Our school offers breakfast served and consumed in the cafeteria.  
 Other: \_\_\_\_\_

**13. For students that arrive on time to school, once they received their breakfast, how much time are they allowed to consume their meal? \***

Mark only one oval.

0 - 8 minutes  
 9 -14 minutes  
 15 minutes or more

**14. Once a student has received their lunch, how much time are they allowed to consume their meal? \***

Mark only one oval.

0 - 10 minutes  
 11 - 19 minutes  
 20 minutes or more

**15. When students arrive late to school, how is breakfast provided for parent drop off and walkers? \***

Mark only one oval.

- Students have the opportunity to get a school breakfast and eat in the cafeteria.
- Students have the opportunity to get a school breakfast and take it to the classroom.
- Students are instructed to go to classroom without a school breakfast.
- Other: \_\_\_\_\_

**16. When students arrive late to school, how is breakfast provided for bus riders? \***

Mark only one oval.

- Students have the opportunity to get a school breakfast and take it to the classroom.
- Students have the opportunity to get a school breakfast and eat in the cafeteria.
- Students are instructed to go to classroom without a school breakfast.
- Other: \_\_\_\_\_

## For Elementary Schools ONLY

Eating Environment

**17. What percentage of your classrooms have recess scheduled before lunch? \***

Mark only one oval.

- 0 - 25%
- 26% - 50%
- 51% - 75%
- 76% - 100%

## For Middle/High Schools ONLY

Eating Environment

**18. How many scheduled lunch periods you have for students? \***

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**19. On average how many students are scheduled in each lunch period? \***

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**20. How many seats are available in your cafeteria? \***

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**21. What is the capacity of your cafeteria? \***

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**22. Is your school registered with Team Nutrition? \***

*Mark only one oval.*

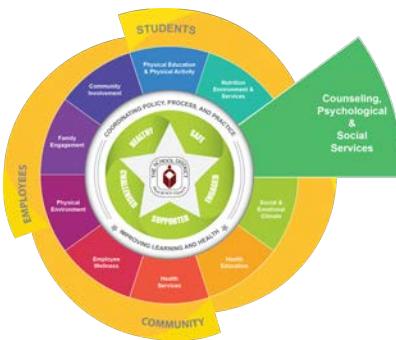
Yes  
 No

**23. The Smarter Lunchrooms Movement is a technique to help change behaviors and encourage students to make healthier choices. What is your Smarter Lunchrooms Scorecard Total? \***

*Mark only one oval.*

Bronze: 15 - 25  
 Silver: 26 - 45  
 Gold: 46 - 60

## COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES:



### **Universal Supports: Does my school have or is my school developing...**

Universal Behavioral and Mental Health Supports are core (Tier 1) supports that all students receive within schools.

**24. Social/emotional, mental health and wellness learning opportunities that are available to students (e.g. classroom lessons, school-wide approaches) delivered by classroom teachers and/or school based mental health professionals (e.g. School Counselors, School BHP's, School Psychologists) are: \***

*Mark only one oval.*

In Place  
 Somewhat in Place  
 Not in Place

**25. School-wide prevention practices that support the development of resiliency and positive relationships are: \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**26. School-based professionals (e.g. School Counselor, School Behavioral Health Professional, School Psychologist) and teams (e.g. Positive Behavior Support Team) that provide universal/core supports are: \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

## **Targeted/Selected Supports: Does my school have or is my school developing...**

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Targeted/Selected Behavioral and Mental Health Supports are Tier 2 supports that some students receive based on unmet needs or mental health challenges within schools.

**27. Social/emotional, mental health, and wellness interventions for students in need (e.g. small group counseling, check in / check out) are: \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**28. Programs and processes that provide opportunities for school staff to strategize social/emotional, mental and behavioral health interventions for students and families that are strength-based, solution focused, trauma informed, and focused on factors that school can impact are: \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**37. 29. School-based professionals (e.g. School Counselor, School Psychologist) provide and teams (e.g. School Based Team) coordinate targeted/supplemental supports (e.g. small group counseling) where needed are: \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

## **Intensive Supports - Does my school have or is my school developing...**

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Intensive Behavioral and Mental Health Supports are Tier 3 supports that few students experiencing mental health challenges, with a mental health diagnosis or are at risk of a mental health diagnosis receive within schools or in collaboration with community agency partners.

**38. 30. School staff are aware of and know how to access available mental and behavioral health services for their students and families. \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**39. 31. All students know where to go for resources and support when they or a friend are experiencing a mental health challenge. \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**40. 32. Staff have been trained in ways to appropriately respond to students who experience a mental health challenge or crisis. \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

**41. 33. The school has professionals available and plans in place for students during and after a mental health challenge or crisis. \***

*Mark only one oval.*

- In Place
- Somewhat in Place
- Not in Place

## **SOCIAL & EMOTIONAL CLIMATE:**



**42. 34. Does your school have a time and space to teach Social Emotional Learning (SEL) competencies and skills? \***

Mark only one oval.

Yes, my core academic subject area teachers teach SEL.  
 Yes, my school counselor teaches SEL.  
 No, not at this time.  
 Other: \_\_\_\_\_

## Non-Mental Health Trained Personnel

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Choose a number between 0 through 100.

**43. 35. \_\_\_\_% of non-mental health trained personnel at our school have been trained in Youth/Child Mental Health First Aid offered by the District. \***

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**44. 36. Does your school participate in the "We're ALL In" campaign supporting welcoming and inclusive school campuses by staff wearing "We're ALL In" Badges or displaying posters? \***

Mark only one oval.

Yes  
 No

**45. If no, please explain why?**

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**46. 37. Does your school have a Gay Straight Alliance or Genders and Sexualities Alliance (GSA) Club to support LGBTQ students? \***

Mark only one oval.

Yes  
 No

**47. If no, please explain why?**

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**48. 38. Does your school have a Safe School Ambassadors Program? \****Mark only one oval.*

Yes  
 No

**49. If no, please explain why.**


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**50. 39. Does your school have a "We Dine Together" program? \****Mark only one oval.*

Yes  
 No

**51. If no, please explain why.**


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**HEALTH EDUCATION:**

**52. 40. Identify one way in which the District promotes and communicates information regarding sun-safety practices during school and at school-sponsored activities. \***

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**53. 41. Does your school teach the Human Growth and Development curriculum (as required by components of Florida Statutes Section 1003.42(n) and the Science Scopes and Sequence)? \***  
Mark only one oval.

Yes  
 No

## HEALTH SERVICES:



**54. 42. The District provides safe and adequate health services and resources to promote student wellness and readiness to learn: \***

Mark only one oval.

Strongly Agree  
 Agree  
 Neutral  
 Disagree  
 Strongly Disagree

**55. 43. The School Health Services Plan is required by Florida Statute and identifies services and health screening that promote student health. Which community partners does your school collaborate with to accomplish these goals? \***

Mark only one oval.

- The Health Care District of Palm Beach County.
- The Florida Department of Health/Palm Beach County.
- The Health Care District of Palm Beach County and The Florida Department of Health/Palm Beach County.
- The Florida Department of Health/Palm Beach County and the Florida Department of Education.

## EMPLOYEE WELLNESS:



**56. 44. Please choose the answer that BEST describes your school/location in regards to food options for EMPLOYEES: \***

Mark only one oval.

- Healthy food options are available at most or all staff meetings and celebrations, and in staff vending machines.
- Healthy food options are NOT available at most or all staff meetings and celebrations, or in staff vending machines. We would like assistance to improve in this area in order to comply with the Wellness Promotion Policy (2.035).
- We are in the process of improving our healthy food options on campus for employees in staff meetings, celebrations, and vending machines.
- Other: \_\_\_\_\_

**57. 45. Please check ALL that apply in regards to physical activity for EMPLOYEES on your school campus: \***

*Check all that apply.*

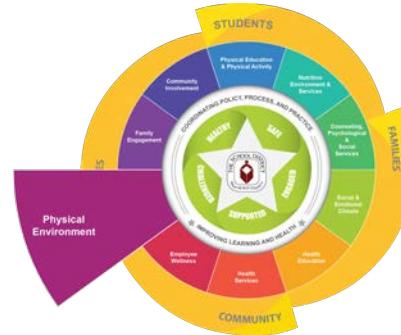
- Physical activity is encouraged on breaks or before/after work hours.
- An Employee Waiver Form (PBSD 2319) is required each year for participation for onsite activities including walking paths, student gyms where staff is allowed, and/or exercise clubs (workout groups, exercise videos, etc).
- Exercise equipment is NOT used onsite, except for in student gyms where employees may participate.
- None of the above.
- Other: \_\_\_\_\_

**58. 46. Please check ALL that apply in regards to a lactation room for EMPLOYEES on your school campus/department: \***

*Check all that apply.*

- A room has been established according to Public Law, that is NOT a restroom, has a lock on the door, and has a comfortable chair.
- Employees are given time during normal breaks and meal times to express milk if they wish.
- We are currently in the process of creating an approved lactation room that complies with Public Law.
- Other: \_\_\_\_\_

## PHYSICAL ENVIRONMENT:



## Asbestos:

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**59. 47. Where is your school's Asbestos Management Plan located? \***

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**60. 48. Are you aware that your custodians need to complete an annual Asbestos Awareness training? \***

*Mark only one oval.*

- Yes
- No

## Indoor Air Quality (IAQ):

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61. 49. Does your school have a designated employee who is responsible for Indoor Air Quality (IAQ) issues? This person is also responsible for walking the campus during breaks to identify & report IAQ issues. \*

Mark only one oval.

Yes  
 No

62. If yes, what is their name and position title?

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63. 50. Have you shared "Indoor Air Quality (IAQ) Tips for Teachers" with your employees? \*

Mark only one oval.

Yes  
 No

64. 51. Here is a link to the "IAQ Tips for Teachers" <https://bit.ly/389iTsx>. Please check below when you have read the document. \*

Mark only one oval.

Yes, I have read Tips for Teachers  
 I need more time to read Tips for Teachers and would like to request a followup reminder.

65. 52. Are you aware that your mechanical rooms cannot be used for storage? \*

Mark only one oval.

Yes  
 No

## Sustainability:

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66. 53. Does your school have a designated Green Champion? Green Champions serve as the point of contact for sustainability related communication with Environmental Conservation Services (ECS). \*

Mark only one oval.

Yes  
 No

67. If yes, what is their name and position title?

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**68. 54. What percentage of your teachers incorporate the outdoors as a learning space for students? \***

Mark only one oval.

- 0% - 25%
- 26% - 50%
- 51% - 75%
- 76% - 100%

**69. 55. Please explain how your teachers incorporate the outdoors as a learning space for students. For example: gardening, creating native habitats, preserving space for protected species etc. \***

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**70. 56. Do you believe the District supports your effort to incorporate schools gardens on your campus? \***

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**71. 57. Are you aware that the District has a School Garden Development Guide? \***

Mark only one oval.

- Yes
- No

**72. 58. Have your faculty and staff reviewed the District's Recycling Bulletin PD 20-159 COO?  
<https://bit.ly/2OXsCuD> \***

Mark only one oval.

- Yes
- No

**HazCom:**

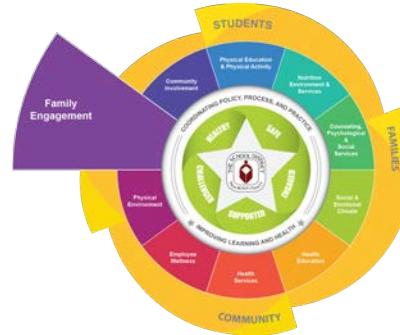
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**73. 59. Has your school completed and submitted the annual chemical inventory in compliance with bulletin # PD 16-077 COO? \***

Mark only one oval.

Yes  
 No

## FAMILY ENGAGEMENT:

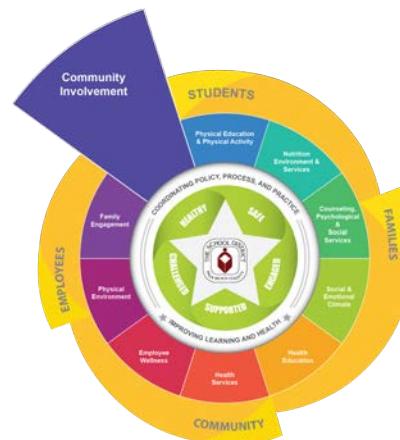


**74. 60. Does your school communicate with all families regarding their children at all levels of academic, social-emotional, and health-related concerns, using a variety of communication methods? \***

Mark only one oval.

Yes, all families are communicated with regarding their children at all levels of academic, social-emotional, and health related concerns using a variety of communication methods.  
 All families are communicated with using a variety of communication methods, but not at all levels of academic, social-emotional, and health related concerns.  
 Our school only uses very few methods to communicate about social-emotional and health related concerns.  
 Our school does not communicate with families, or families receive communications solely about academic subjects but not about social-emotional and health related concerns

## COMMUNITY INVOLVEMENT:



**75. 61. Does your school collaborate with local community organizations or businesses to engage students and their families in health promotion activities? \***

Mark only one oval.

Yes, our school collaborate with local community organizations or businesses to promote and engage students and their families in health promotion activities, for all school health initiatives.

Our school collaborate with local community organizations or businesses to promote and engage students and their families in health promotion activities, for most school health initiatives.

Our school collaborate with local community organizations or businesses to promote and engage students and their families in health promotion activities, for some school health initiatives.

No, our school does not collaborate with local community organizations or businesses to promote and engage students and their families in health promotion activities for school health initiatives.

A copy of your responses will be emailed to paula.triana@palmbeachschools.org

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