



School Health Survey



2025-2026 AtlantiCare Healthy Schools, Healthy Children School Health Survey

The survey below **MUST** be submitted if your school is applying for a 2025-2026 AtlantiCare Healthy Schools, Healthy Children grant funding opportunity. Print out this [worksheet](#) and fill out with your School Wellness Committee or Team prior to filling out this online form.

Thank you in advance for collaborating with your peers and administration for the best answers to the questions. For clarification of any of the survey questions please contact a Healthy Schools team member at: healthyschools@atlanticare.org.

* 1. School/Contact Information:

| | |
|---|----------------------|
| School Name: | <input type="text"/> |
| School Address: | <input type="text"/> |
| Name of Person Completing Survey: | <input type="text"/> |
| Email of Person Completing Survey: | <input type="text"/> |
| Position/Role at School: | <input type="text"/> |

* 2. How did you complete this survey? Check all that apply.

- ☐ During a school wellness committee meeting
- ☐ Collaborating with another school staff member
- ☐ Collaborating with school administration
- ☐ Independently

School Wellness Policies

* 3. Does your school have its Wellness Policy easily accessible by staff & parents listed on your district's/school's website?

- ☐ Yes
- ☐ No

*** 4. Has your school ever used the Center for Disease Control's School Health Index to assess your school's health & wellness related policies, activities and programs?**

- ☐ Yes
☐ No

*** 5. Your School Wellness Team or Committee meets:**

- ☐ 4+ times per year
☐ 2-4 times per year
☐ Less than 2 times per year

*** 6. Is at least one parent/guardian an active member of your school's Wellness Committee/Team?**

- ☐ Yes
☐ No

*** 7. Is at least one student an active member of your school's Wellness Committee/Team?**

- ☐ Yes
☐ No

*** 8. During the past year, has any school health and wellness committee or team done any of the following activities? Check all that apply.**

- ☐ Identified student health needs based on a review of relevant data
☐ Recommended new or revised health and safety policies and activities to school administrators or a school improvement team
☐ Sought funding or leveraged resources to support health & safety priorities for students and staff
☐ Communicated the importance of health and safety policies and activities to district administrators, school administrators, parent groups or community members
☐ Reviewed health-related curricula or instructional materials
☐ Assessed the availability of physical activity opportunities for students

Physical Education & Physical Activity

*** 9. During the school year did Physical Education in your school incorporate the following topics? Check all that apply.**

- ☐ The components of fitness (cardiovascular, muscular endurance, flexibility)
☐ The importance of energy balance (calories consumed vs. expended)
☐ Injury prevention and workout phases (warm up, cool down)
☐ Health risks related to being inactive
☐ Encouragement to design and implement personal fitness plans/goals

*** 10. Outside of physical education, do students participate in physical activity breaks and/or is physical activity integrated into classroom instruction during the school day? (ex. structured recess; walking club; movement associated with academic lessons, brain breaks)**

☐ Yes

☐ No

11. MIDDLE AND HIGH SCHOOL ONLY

Does your school offer opportunities for students to participate in physical activity before the school day?

☐ Yes

☐ No

12. MIDDLE AND HIGH SCHOOL ONLY

Does your school offer after school sports or wellness related teams/clubs?

☐ Yes

☐ No

*** 13. A Joint Use Agreement is a formal agreement between a school/school district and another public or private entity to jointly use either school facilities or community facilities to share costs and responsibilities. Does your school, either directly or through the school district, have a Joint Use Agreement for shared use of school or community physical activity facilities (ex. township or municipal recreational programs, senior groups)**

☐ Yes

☐ No, we have resources/facilities on our school campus for students to access before/after school

Health Education

14. ELEMENTARY SCHOOL ONLY

During the school year has your staff tried to increase student knowledge on each of the following topics? Check all that apply.

☐ Food Allergies

☐ Mental Health/Self-Esteem

☐ Personal Safety/Injury Prevention: Bike helmets, seat belts, fire safety plans, etc.

☐ Bullying/Cyber Bullying

☐ Substance Use Prevention

☐ Mindfulness/Stress Management

☐ Emotion Regulation

15. MIDDLE & HIGH SCHOOL ONLY

During the school year has your staff tried to increase student knowledge on each of the following topics?

- ☐ Preventing Pregnancy, HIV, STD
- ☐ Violence Prevention/Abuse Neglect
- ☐ Bullying/Cyber Bullying
- ☐ Suicide Prevention
- ☐ Distracted Driving
- ☐ Vaping and Tobacco Use Prevention
- ☐ Alcohol and Substance Use Prevention

Nutrition - Environment & Services

*** 16. During the school year did staff in your school teach students on the following topics? Check all that apply.**

- ☐ Benefits of healthy eating/guidance using current Dietary Guidelines (ex. MyPlate)
- ☐ Reading food labels
- ☐ Differentiating between nutritious and non-nutritious beverages, including drinking water
- ☐ Choosing foods low in sodium, sugars and solid fats
- ☐ Food safety
- ☐ Preparing healthy meals and snacks

*** 17. During the school year has your school done any of the following?**

- ☐ Priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages
- ☐ Collected suggestions from students or families on the nutrition and caloric content of foods available
- ☐ Conducted taste tests to determine food preferences for nutritious items
- ☐ Provided opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition related topics
- ☐ Planted an edible school garden
- ☐ Placed fruits and vegetables near the cafeteria cashier where they are easy to access
- ☐ Encouraged students to drink plain water
- ☐ Prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance
- ☐ Prohibited less-nutritious foods and beverages (ex. candy, baked goods) from being sold for fundraising purposes
- ☐ The cafeteria displays positive messages (ex. healthy eating)

*** 18. Are students encouraged and permitted to have a drinking water bottle with them during the school day?**

☐ Yes

☐ No

*** 19. On average are 25% of eligible students eating school breakfast daily?**

☐ Yes

☐ Unknown

*** 20. Does your school have a policy regarding foods that can be provided for school/classroom celebrations?**

☐ Yes

☐ No

Health Services

*** 21. Is your school a designated Asthma Friendly School?**

☐ Yes

☐ Unknown

*** 22. Does your school and/or school nurse provide parents with information on pediatrics/primary care services and/or health care insurance to students and families?**

☐ Yes

☐ No

School Counseling, Psychology and Social Services

*** 23. Your school employs a full time:**

Check all that apply.

☐ Social Worker

☐ Psychologist

☐ School Counselor

☐ N/a

Family Engagement

*** 24. During the school year did your school provide parents/families with health information designed to increase parent/family knowledge of the following topics? Check all that apply.**

- ☐ Asthma
- ☐ Nutrition and healthy eating
- ☐ Suicide/mental health
- ☐ Benefits of physical activity
- ☐ Vaping & tobacco-use prevention
- ☐ Substance use prevention
- ☐ Stress management/resiliency
- ☐ Preventing student bullying, intimidation, and harassment
- ☐ Responsible sexual behaviors
- ☐ Other/Not Listed

*** 25. During the school year has your school done any of the following activities? Check all that apply.**

- ☐ Provided parents and families with information about how to communicate with their child about health and wellness related topics
- ☐ Encouraged and involved parent as school volunteers and committee members
- ☐ Linked parents and families to health services and programs in the community
- ☐ Hosted a family event promoting physical activity and/or mental health topics
- ☐ Hosted a family event promoting healthy eating & food preparation

*** 26. Have teachers given students homework assignments or health education activities to do at home with their parents/families?**

- ☐ Yes
- ☐ No

Collaboration and Community Involvement

*** 27. During the school year, has your Health/PE and/or School Nurse staff worked with any of the following groups within the school on health/wellness activities? Check all that apply.**

- ☐ Mental Health/Social Services Staff (school counselors, social workers, psychologists)
- ☐ Nutrition or Food Services Staff
- ☐ Classroom Teachers
- ☐ PTA/Parent group

*** 28. During the school year, has your school counselor, social worker and/or psychologist worked with any of the following groups within the school on health/wellness activities? Check all that apply.**

- ☐ Health/PE
- ☐ Health Services/School Nurse
- ☐ Nutrition or Food Services Staff
- ☐ Classroom Teachers
- ☐ PTA/Parent Group
- ☐ None of the above

School Employee Wellness

*** 29. Has staff conducted or participated in a culture & climate survey?**

- ☐ Yes
- ☐ No

*** 30. What wellness resources are available to school staff during the year?**

- ☐ Stress management programs/education
- ☐ Before/after school physical activity programs
- ☐ Nutrition programs/education
- ☐ Staff lounge