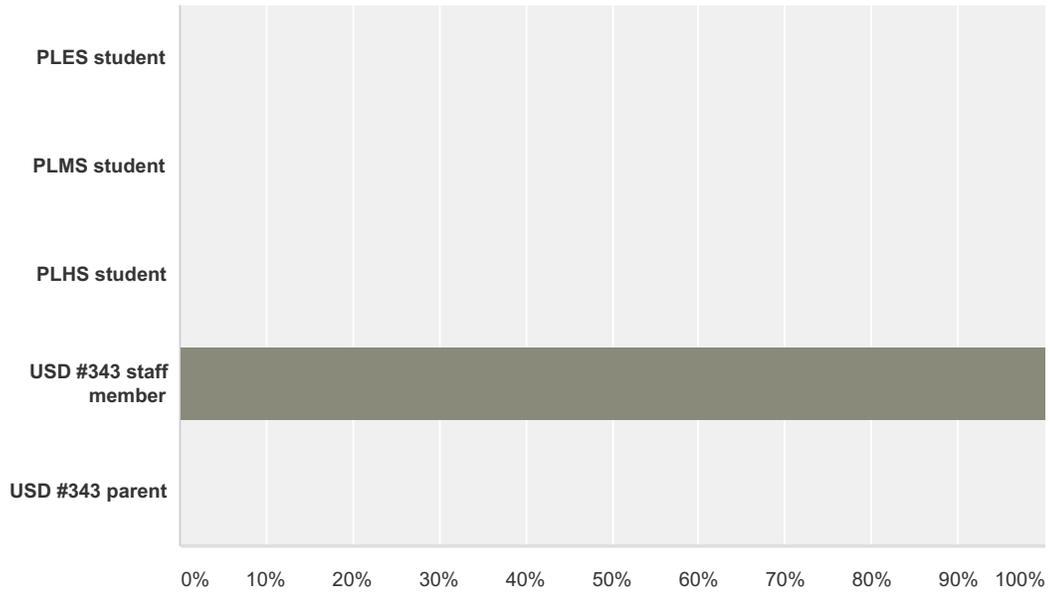


Kaw Wellness Survey 2014

Q1 I am a:

Answered: 43 Skipped: 0



| Answer Choices | Responses |
|-----------------------|------------|
| PLES student | 0.00% 0 |
| PLMS student | 0.00% 0 |
| PLHS student | 0.00% 0 |
| USD #343 staff member | 100.00% 43 |
| USD #343 parent | 0.00% 0 |
| Total | 43 |

Kaw Wellness Survey 2014

Q2 What breakfast foods (within economic reason) would you like to have served that currently are not?

Answered: 21 Skipped: 22

| # | Responses | Date |
|----|--|--------------------|
| 1 | Do not eat breakfast at school, no comment | 9/26/2014 2:04 PM |
| 2 | Boiled eggs | 9/26/2014 1:55 PM |
| 3 | Oatmeal?, good sources of protein other than sausage and bacon | 9/25/2014 2:09 PM |
| 4 | scrambled eggs, bagels or English muffins | 9/25/2014 11:05 AM |
| 5 | scrambled eggs fruit | 9/25/2014 10:12 AM |
| 6 | I don't know what is now served. | 9/25/2014 9:52 AM |
| 7 | I don't participate in the USD 343 school breakfast/lunch program. | 9/25/2014 8:09 AM |
| 8 | don't eat breakfast here | 9/25/2014 7:59 AM |
| 9 | NA | 9/18/2014 2:51 PM |
| 10 | They are fine | 9/17/2014 12:38 PM |
| 11 | n/a | 9/17/2014 10:57 AM |
| 12 | Egg, sausage sandwich's | 9/17/2014 7:53 AM |
| 13 | n/a | 9/17/2014 7:40 AM |
| 14 | None, I think they're great! | 9/17/2014 7:14 AM |
| 15 | Pancakes | 9/16/2014 6:06 PM |
| 16 | More protein, less carbohydrates for breakfast. | 9/16/2014 5:16 PM |
| 17 | smoothies yogurt | 9/16/2014 5:01 PM |
| 18 | yogurt? (It may be...I'm not that familiar with the program) | 9/16/2014 4:45 PM |
| 19 | Na | 9/16/2014 4:23 PM |
| 20 | less sugary items | 9/16/2014 4:06 PM |
| 21 | Egg/Sausage or egg/cheese burritos | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q3 What lunch foods (within economic reason) would you like to have served that currently are not?

Answered: 19 Skipped: 24

| # | Responses | Date |
|----|--|--------------------|
| 1 | Do not eat school lunch, not comment | 9/26/2014 2:04 PM |
| 2 | The choices seem very good for both students and staff. My biggest problem is cost vs. what you get. | 9/25/2014 2:09 PM |
| 3 | Shepherd's Pie, alfredo with chicken | 9/25/2014 11:05 AM |
| 4 | organic options | 9/25/2014 10:12 AM |
| 5 | There's a good variety now. | 9/25/2014 9:52 AM |
| 6 | I don't participate in the USD 343 school breakfast/lunch program | 9/25/2014 8:09 AM |
| 7 | I pack my lunch | 9/25/2014 7:59 AM |
| 8 | NA | 9/18/2014 2:51 PM |
| 9 | They are fine | 9/17/2014 12:38 PM |
| 10 | n/a | 9/17/2014 10:57 AM |
| 11 | Taco Salad | 9/17/2014 7:53 AM |
| 12 | n/a | 9/17/2014 7:40 AM |
| 13 | None, I think they're great! | 9/17/2014 7:14 AM |
| 14 | Sub sandwiches | 9/16/2014 6:06 PM |
| 15 | More salad and vegetable options | 9/16/2014 5:16 PM |
| 16 | wraps | 9/16/2014 5:01 PM |
| 17 | Na | 9/16/2014 4:23 PM |
| 18 | vegetarian option | 9/16/2014 4:06 PM |
| 19 | Chicken and Noodle over mashed potatoes | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q4 How could the school district encourage more students to eat a school lunch/breakfast?

Answered: 19 Skipped: 24

| # | Responses | Date |
|----|--|--------------------|
| 1 | Continue to try to create quality food options for students, and make sure meals are filling, particularly at the HS level, where athletes who have games and practice after school often need more food than is provided. | 9/26/2014 2:04 PM |
| 2 | It seems that the biggest thing I hear is that it is not enough food for the students. | 9/25/2014 2:09 PM |
| 3 | look at the combinations that are offered, sometimes the colors are all bland | 9/25/2014 11:05 AM |
| 4 | advertising | 9/25/2014 10:12 AM |
| 5 | Offer a greater amount of food per serving. The complaint I hear from students is there's not enough food to get full. | 9/25/2014 9:52 AM |
| 6 | I don't participate in the USD 343 school breakfast/lunch program | 9/25/2014 8:09 AM |
| 7 | give more time to eat lunch | 9/25/2014 7:59 AM |
| 8 | The choices this year have been great. | 9/18/2014 2:51 PM |
| 9 | I think most do (a few bring sack lunches). | 9/17/2014 12:38 PM |
| 10 | Student survey on what they see as lacking. | 9/17/2014 10:57 AM |
| 11 | Serve larger portions. | 9/17/2014 7:53 AM |
| 12 | keep up the good words about the new lunch/breakfast. | 9/17/2014 7:40 AM |
| 13 | I'm sure price is an issue for some families, but that's not something we can control too much. | 9/17/2014 7:14 AM |
| 14 | Have a separate spot for the breakfast eaters and the students who come and sit and talk. Encourages kids to come and eat and not come and play. | 9/16/2014 6:06 PM |
| 15 | Limit sell of snacks at high school breaks or offer healthy snacks. | 9/16/2014 5:16 PM |
| 16 | Would a "free lunch" day be at all economically possible? Some who have negative opinions but have not tried the 'new' menu might be pleasantly surprised. | 9/16/2014 4:45 PM |
| 17 | I think we are doing everything we can. | 9/16/2014 4:23 PM |
| 18 | not sure | 9/16/2014 4:06 PM |
| 19 | Hearing good things from students about new lunch program. Providing more home cooked meals might be the trick. | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q5 How could the school district best educate and encourage students to make healthy food choices?

Answered: 18 Skipped: 25

| # | Responses | Date |
|----|---|--------------------|
| 1 | Health units, in which we talk about what foods are healthy, and identify foods that students like which are high in nutrients and low in calories. | 9/26/2014 2:04 PM |
| 2 | We could have contest to plan a meal within the healthy food guidelines | 9/26/2014 1:55 PM |
| 3 | I know students learn to read food labels in a few clases at PLHS. This is a good life skill but I'm not sure any of them pay attention. | 9/25/2014 2:09 PM |
| 4 | samples of some of the new foods might convince students that foods they don't know or look different might be good | 9/25/2014 11:05 AM |
| 5 | more teachers as role models eating healthy foods, implement healthy eating into the curriculum...during the awards breakfast at PHLS don't serve donuts!!! A more protein based nutritious breakfast would be better | 9/25/2014 10:12 AM |
| 6 | I think we're already doing this in several classes;however, it's hard to compete with fast food and what may be served at home. | 9/25/2014 9:52 AM |
| 7 | I don't participate in the USD 343 school breakfast/lunch program | 9/25/2014 8:09 AM |
| 8 | show body parts that are changed by food. | 9/25/2014 7:59 AM |
| 9 | Possibly through Health class. | 9/18/2014 2:51 PM |
| 10 | Explanation of healthy food choices in health class (middle school) | 9/17/2014 12:38 PM |
| 11 | have a monthly(or more frequently) lesson that allows the students to create and eat a healthy snack. Trail mix, peanut butter on celery, etc... | 9/17/2014 10:57 AM |
| 12 | Knowledge is one thing but actually choosing the healthy food is another issue. | 9/17/2014 7:53 AM |
| 13 | Going over these healthy food choices in PE, Health, and nutrition classes. | 9/17/2014 7:40 AM |
| 14 | Through P.E. classes, and possibly requiring a health unit in each grade level. | 9/17/2014 7:14 AM |
| 15 | Give out rewards to students who make healthy food choices. | 9/16/2014 6:06 PM |
| 16 | Discontinue foods in vending machines that are processed or unhealthy, offer more healthy alternatives. | 9/16/2014 5:16 PM |
| 17 | not sure | 9/16/2014 4:06 PM |
| 18 | Thru health classes | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q6 What healthy concession stand alternative foods would you suggest we have for sale at games?

Answered: 20 Skipped: 23

| # | Responses | Date |
|----|--|--------------------|
| 1 | Hard question. Packages of lightly salted nuts, such as almonds or cashews, could be popular. | 9/26/2014 2:04 PM |
| 2 | veggies and dip | 9/26/2014 1:55 PM |
| 3 | Cheese and crackers, fruit | 9/25/2014 2:09 PM |
| 4 | carrot sticks with ranch, apples with caramel, | 9/25/2014 11:05 AM |
| 5 | No hotdogs or nachos! fruit and real cheese, healthy protein/nut bars...items without preservatives!!!! | 9/25/2014 10:12 AM |
| 6 | No offense--but I don't think of "healthy" when I think of concession stands; however, some concession stands I've eaten at include Philly steak sandwiches, barbecued brisket, and similar foods. | 9/25/2014 9:52 AM |
| 7 | I don't think a change in that direction will increase concession stand sales. | 9/25/2014 8:09 AM |
| 8 | Wraps, pita pockets with ham/turkey | 9/25/2014 7:59 AM |
| 9 | Baked chips. | 9/18/2014 2:51 PM |
| 10 | Fruit? | 9/17/2014 12:38 PM |
| 11 | hummus and veggies/ pretzels, lean meat and veggie roll-ups, whole fruits, packaged nuts/trail mix | 9/17/2014 10:57 AM |
| 12 | Baked pretzel. | 9/17/2014 7:53 AM |
| 13 | fruit nuts | 9/17/2014 7:52 AM |
| 14 | baked chips, if not there already. Turkey dogs instead of hot dogs. | 9/17/2014 7:40 AM |
| 15 | Any healthier options may not sell very well...but students generally enjoy fruit options. | 9/17/2014 7:14 AM |
| 16 | Fruit | 9/16/2014 6:06 PM |
| 17 | Veggie baskets with dip, chips/salsa, sandwich wraps? | 9/16/2014 5:16 PM |
| 18 | beef jerky wraps fruit nuts | 9/16/2014 5:01 PM |
| 19 | Snack bars/ granola bars, chips and salsa, cheese and cracker packets or pb and cracker packets, juice options or iced tea instead of pop, | 9/16/2014 4:06 PM |
| 20 | Yogurt and/or fruit for Saturday games. Maybe yogurt ice cream at home game. Does that meet the regulations? | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q7 What suggestions do you have for the school to help students to be more physically active during the school day and during PE?

Answered: 19 Skipped: 24

| # | Responses | Date |
|----|---|--------------------|
| 1 | During PE, minimize sitting time. Set up routines for students to come right in, start warming up and moving, and begin activities. Limit sitting and listening time in PE. | 9/26/2014 2:04 PM |
| 2 | Very short breaks during block periods. I know I need to get up and move after a certain amount of time. As for PE they should be graded according to their level of activity within the class. | 9/25/2014 2:09 PM |
| 3 | separating the girls and boys for PE so they aren't self-conscious around the others | 9/25/2014 11:05 AM |
| 4 | mandate PE for all students everyday | 9/25/2014 10:12 AM |
| 5 | See # 8-- perhaps some type of rewards/awards could be offered. | 9/25/2014 9:52 AM |
| 6 | I don't think that inactivity at school is the issue; rather, it is the inactivity at home, and we, as teachers/staff/faculty, don't/can't control this. | 9/25/2014 8:09 AM |
| 7 | I think this is going well. | 9/25/2014 7:59 AM |
| 8 | Student challenge. | 9/18/2014 2:51 PM |
| 9 | Perhaps for some grade levels (middle school) it could be arranged for all students to get a 15 minute recess in the middle of the afternoon. | 9/17/2014 12:38 PM |
| 10 | pedometers, replace chairs with exercise balls. | 9/17/2014 10:57 AM |
| 11 | PE everyday. Put Health in a wheel for science teachers to teach. | 9/17/2014 7:53 AM |
| 12 | always wearing tennis shoes | 9/17/2014 7:40 AM |
| 13 | Provide more outdoor classes and instead of offering other free time activities when they finish something early, offer a physical activity. | 9/17/2014 7:14 AM |
| 14 | Give students a 15 minute cool down period after lunch to walk the track | 9/16/2014 6:06 PM |
| 15 | Encourage students to get involved in a sport, even if it is just to get in shape. | 9/16/2014 5:16 PM |
| 16 | recess every day continue PE every day | 9/16/2014 5:01 PM |
| 17 | afterschool intramural sports offered | 9/16/2014 4:45 PM |
| 18 | not sure | 9/16/2014 4:06 PM |
| 19 | Continue scheduling PE every day. Larger weight/fitness room that can be utilized by more than the high school. | 9/16/2014 3:57 PM |

Kaw Wellness Survey 2014

Q8 What could USD #343 do to help our families become more physically active?

Answered: 19 Skipped: 24

| # | Responses | Date |
|----|--|--------------------|
| 1 | Educational opportunities, particularly at times when families are at school anyway, would be a great option. | 9/26/2014 2:04 PM |
| 2 | We could have wellness days at the schools. Organizing a way to allow families to check on their health might lead to better choices. | 9/25/2014 2:09 PM |
| 3 | Offer events like walks, trying out things like tennis and some of the games the kids learn in PE | 9/25/2014 11:05 AM |
| 4 | This is really a personal decision, but perhaps some kind of contest, challenge, with awards of some sort. | 9/25/2014 9:52 AM |
| 5 | Provide a community work out center or buy some cardio machines for teachers to use during their plan or after school/before school. | 9/25/2014 8:36 AM |
| 6 | We used to offer incentives for kids when they read books out of class. Maybe we need to offer incentives to participate in physical activities outside of class. | 9/25/2014 8:09 AM |
| 7 | I don't know what we can do without spending money and we are already broke. Maybe something like Walking Wednesdays and promote people coming to the track on wednesdays to walk? With sports that is hard to do. | 9/25/2014 7:59 AM |
| 8 | Open the gym/weight room to the public a few times throughout the week. | 9/25/2014 7:47 AM |
| 9 | Goal setting. Family challenges. | 9/18/2014 2:51 PM |
| 10 | I'm not sure | 9/17/2014 12:38 PM |
| 11 | running clubs, more school sponsored 5ks, activity day w/ families, send home info on surrounding areas outdoor activities: walking trails, lake, intramurals | 9/17/2014 10:57 AM |
| 12 | Being active is a choice. | 9/17/2014 7:53 AM |
| 13 | have family activity nights held at the different schools. | 9/17/2014 7:40 AM |
| 14 | Send out a newsletter offering physical fitness activity ideas | 9/17/2014 7:14 AM |
| 15 | Encourage family "fun" nights at the PLHS track/gym. | 9/16/2014 6:06 PM |
| 16 | Offer community activities such as a basketball night, school walk-a-thon, etc. | 9/16/2014 5:16 PM |
| 17 | walking/running clubs that meet after school | 9/16/2014 4:45 PM |
| 18 | events, fundraisers | 9/16/2014 4:06 PM |
| 19 | Community 5K or fitness night through PE department. Kids could show parents activities that are utilized within their fitness or PE classes. | 9/16/2014 3:57 PM |