

# SCH Wellness Policy Evaluation Survey

The USDA requires that all school districts that participate in the National School Lunch Program have a Wellness Policy that meets specific criteria and that it is evaluated every three years. This survey will help us be in compliance with the USDA regulations and provide helpful feedback to continue improving our SCH Wellness Policy.

\* Required

**1. Please indicate your relationship with School City of Hammond: \***

*Mark only one oval.*

- Employee
- Parent or Guardian of one or more students
- Both an employee AND a parent/guardian
- SCH Student
- Hammond Resident (no children currently in the system & not an SCH employee)
- Other: \_\_\_\_\_

**2. Did you know that SCH has a Wellness Policy? \***

*Mark only one oval.*

- Yes
- No
- Other: \_\_\_\_\_

**If you would like to read the SCH Wellness Policy you can find it in Board Policies (8510) or on the Dept of Food & Nutrition website ([www.schlunch.com](http://www.schlunch.com)) and click on 'Wellness Policy' in the upper right hand corner.**

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**3. If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?**

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## SCH Nutrition Goals

Per USDA regulations SCH has established the following goals related to Nutrition:

1: Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.

2: Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

**4. Based on the established goals above - how well do you feel that SCH is meeting these goals?**

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*Mark only one oval.*

- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- Other: \_\_\_\_\_

**5. Are there any nutrition related goals that you would like to see SCH have?**

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**6. Do you have any suggestions on how we can better meet the goals we have?**

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## **SCH Physical Activity Goals**

Per USDA regulations SCH has established the following goals related to Physical Activity:

**PHYSICAL EDUCATION:**

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

**PHYSICAL ACTIVITY:**

1: Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

2: Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

**7. Based on the established goals above - how well do you feel that SCH is meeting these goals?**

\*

*Mark only one oval.*

- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- Other: \_\_\_\_\_

**8. Are there any physical activity related goals that you would like to see SCH have?**

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**9. Do you have any suggestions on how we can better meet the goals we have?**

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## **SCH Other School-Based Activity Goals**

And finally - per USDA regulations SCH has established the following goals related to "Other School-Based Activities":

- 1: The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 2: The school shall provide attractive, clean environments in which the students eat.
- 3: An organized wellness program shall be available to all staff.
- 4: Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

**10. Based on the established goals above - how well do you feel that SCH is meeting these goals?**

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*Mark only one oval.*

- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- Other: \_\_\_\_\_

11. Are there any other school-based activities related goals that you would like to see SCH have?

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12. Do you have any suggestions on how we can better meet the goals we have?

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### SCH Wellness Committee

Part of the USDA regulations require every school district participating in the National School Lunch Program to have a Wellness Committee that meets throughout the school year.

Information on the Wellness Committee can be found on the Department of Food & Nutrition's website - [www.schlunch.com](http://www.schlunch.com) - and then click on the 'Wellness Policy' tab towards the top right of the page.

13. Did you know that SCH had a Wellness committee? \*

Mark only one oval.

- Yes
- No
- Other: \_\_\_\_\_

14. If you were unaware that SCH had a Wellness Committee - what would be the best way to communicate to SCH students, parents, & staff that we have one?

Mark only one oval.

- I knew that SCH had a Wellness Committee
- Email
- Facebook Announcements (@SCHLunch)
- PTA Announcements
- School Newsletters
- SCH Homepage
- Other: \_\_\_\_\_

**Nourishing a Healthier Region All Year Long!**

15. Did you know that ALL SCH students receive breakfast & lunch at no cost (free)? \*

Mark only one oval.

- Yes
- No
- Other: \_\_\_\_\_

**SCH is able to provide free breakfast & lunch through a FEDERALLY funded program known as the Community Eligibility Provision (CEP) and will be in effect for at least 4 school years.**

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16. Did you know that the Department of Food & Nutrition provides FREE summer meals (to everyone 18 years and under - no paperwork required) at approximately 17 sites throughout Hammond every summer? \*

Mark only one oval.

- Yes
- No
- Other: \_\_\_\_\_

17. If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

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**MealViewer has a 'Summer Meals' tab during the summer that will tell you the closest summer meals site to you, give you step by step directions to it, and allow you to see the menu in advance and rate the items!**

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### **MealViewer Digital Suite**

SCH Department of Food & Nutrition wants to let you know that we have a new app that is school specific for all 22 of our schools! MealViewer lets you know all about our menus and food items! You can track nutrition information as well as allergens! Here is the district site - <https://schools.mealviewer.com/district/Hammond,IN>. Download on any smart device by searching for 'MealViewer To Go'.

18. Did you know you can rate our food items and provide immediate feedback on the items you love and the ones you don't love so much that will help us in making the menus for next year? \*

*Mark only one oval.*

- Yes  
 No  
 Maybe

19. Did you know MealViewer has a 'Nutrition Calculator' that allows you to track your carbohydrates (perfect for our diabetics), calories, and more? \*

*Mark only one oval.*

- Yes  
 No  
 Maybe

20. Did you know you can create a profile for yourself (if you are a student) or if you are a parent you can create profiles for all your children and track the 'Big 8' most common food allergies and print off menus that cross off menu items containing your/your children's allergies? \*

*Mark only one oval.*

- Yes  
 No  
 Maybe

**If you are the parent/guardian of an SCH student, or an SCH student who would like to learn more about MealViewer or get a demo please reach out to the Director of Food & Nutrition - Christine Clarahan - at [crclarahan@hammond.k12.in.us](mailto:crclarahan@hammond.k12.in.us) or at 219-933-2400.**

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**MealViewer**



**Thank you for your participation!**

**21. Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?**

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**22. If you would like to be more involved with the Wellness Advisory Council, please leave your name and email below.**

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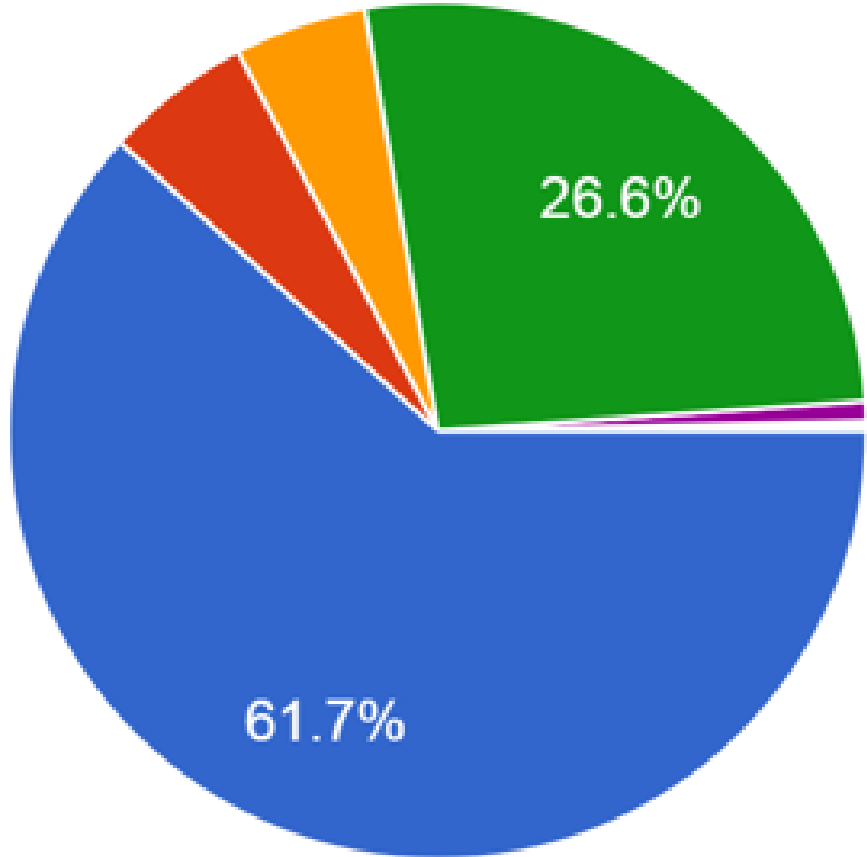
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# Please indicate your relationship with School City of Hammond:

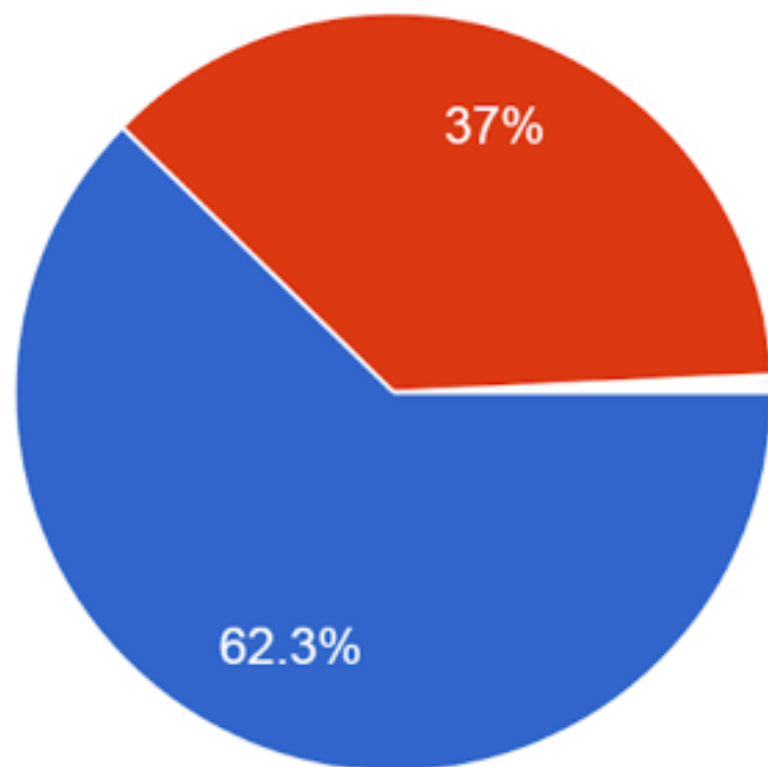
541 responses



- Employee
- Parent or Guardian of one or more students
- Both an employee AND a parent/guardian
- SCH Student
- Hammond Resident (no children currently in the system & not an SCH employee)
- Both an employee AND a Hammond
- Employee and Resident

## Did you know that SCH has a Wellness Policy?

541 responses



- Yes
- No
- I just found out today from the survey about the policy
- Yes I know but am not too familiar with the Wellness Policy
- I was aware of certain aspects, such as not selling candy during school hours, but not aware of full policy.
- I assumed we had one, but never heard anything about it.

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

254 responses

- Letter home.
- Email
- Email or mail
- Phone call. Text. Email.
- Letter
- Maybe just advertise it?????
- Social media
- Mail
- School Website and notices sent home.
- flyer
- Out call, put on our website, and during advisory.
- include the information in an email, newsletter or web page
- faculty meeting
- Facebook, newsletter
- Emails, having information at open houses
- Have classroom teachers share it during lessons on health and wellness. Have PE teachers share
- Posters, staff meetings, handouts
- Have classroom teachers share it during lessons on health and wellness. Have PE teachers share
- Email, Auto Phone Call, Attach to google classrooms, Website, School Marquees
- online and maybe through sending home info. alot of parents dont read things and if they have access via online or paper coming home maybe they will read it.
- All call. and note home
- Is it on our district website? Is it posted anywhere in schools?
- email
- Note go.e with student, email, facebook post. Please stop announcing everything in automated phone calls!!!
- SCH Homepage
- Website, Flyers
- Form or email
- email
- Include in monthly newsletter that goes home with students if not already doing so
- I am on the committee and aware of the Wellness Policy.
- facebook page
- Email all employees. Send letters home to parents.
- Staff meetings, hold community forums, talk during PTA meetings, come to back to school nights, go to the Mayor's Night Out
- Phone
- Come out to the building and do a presentation
- emails
- Email or text
- email
- newsletters with students

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

254 responses

- teacher emails and clasdojo for parents
- Phone calls, and a poster somewhere near the front office in every building
- Send an email
- Hand out copies to parents at the beginning of the school year and when we get new registrations.
- Google Classroom for students and robocall for parents.
- For, staff, email us at the start of the year. For parents, send a note home at the start of the year along with the start-of-year forms.
- It can be communicated during orientations, our daily announcements, open house, or posted on the home page for the STI
- New letters or emails
- website
- facebook or twitter
- Hold a meeting for parents where the Wellness Policy is introduced and explained.
- email
- On the Website with its own tab: SCH Wellness Policy
- social media
- Email and post on school website.
- Tell them about the website where they can read it.
- Via email or if parents give permission via text
- Ask my daughter's teacher
- Email or social media.
- send one to them via mail
- thorough the school
- i dont know
- Tell people there is a wellness policy
- we could tell them over the phone
- by giving out papers to the whole school
- use more computers
- Just talk to them I guess.
- the best way i think to let students be aware of the sch wellness policy would be maybe to send a letter home or post posters around the school about it.
- Copy the wellness policy on a poster . Then put the poster in the cafeteria .
- The best way to communicate to tell them that we have one and go check it out.
- To go through it with them and tell them what it is for.
- They might send a note home.
- Maybe email or when we have time speak to them about it.
- what is a wellness policy.
- email
- I don't know.
- Phone calls
- The best way to communicate to them is by using google classroom or maybe phone number.

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

*254 responses*

- Send a link to all clark parents or send the students home with a paper telling them to check out the link notifying that there is a SCH wellness policy.
- Send phone calls
- Assembly
- by sending home a letter
- tell the teacher send a letter or send a email .
- Emali
- Just say you have a wellness policy it is not that hard.
- The best way to communicate to SCH students, parents, and staff would be to have an assembly after or in school.
- Give them pamphlets.
- A paper to send home
- Through emai
- post it on the Internet
- idk
- Call them
- through email
- You can call the parents and just tell them about it.
- Email
- Post it on social medias
- E-mails to the parents or sending home papers with the info
- Ask questions.
- Going to each classroom and speaking to us because we can't hear the announcements all the time
- email
- The best way of communicating is buy telling a teacher or sending a letter
- Ask what it is then tell people about it
- Send out a voicemail/email to parents and say it on the announcements before or after school
- Send a mail to the staff, parents, and students to inform them to take time and read to the wellness policy.
- Through email and/or phone calls.
- The best was is to call homes to let people know what is going on with the Wellness Policy.
- flyers and spread the word get as many people together doing fun activities
- You can send the SCH an email asking them.
- Sending out pamphlets through the mail, robo calls, advertising it on the schools website and outdoor signs and emails
- Send a letter home with every student to give to their parents .
- email
- Communication through the phone, voice messages/clips, text messages.
- i would try to tell one what happen
- We can talk to them about it.
- Get straight to the point and don't sugar coat
- tell them or ask

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

254 responses

- email
- Ask someone what it means
- emails
- we can talk to them about it.
- Through E-Mail
- Internet and paperwork brochure/posters
- Go and ask the staff
- I would go to a teacher and ask
- I do not know.
- sending a link to all people that are part of the SCH
- If i was an unaware that SCH had a wellness policy the best way to communicate to SCH students , parents & staff by phone number or email.
- The best way to communicate to SCH students is
- To email the staff or people who know about it
- email or call
- The best way to communicate to SCH students and parents is a meeting
- You could have a assembly about it.
- advertise
- calling
- The phone or having a parent meeting once a month for each parent in the school.
- email
- To announce it more
- Board Policies
- ,
- awareness of what the kids are doing
- the announcements
- Send emails and notes home.
- have a meet in auditorium for students and call home for parents
- make more announcements
- By having the teachers tell us about it
- announce it.
- We should communicate about how we are going to fix the water fountains.
- have a parent, gaurdian, and student get together for those who were or are curious.
- to the office executives
- send an email
- Having a assemlly
- I dont know
- By handing out a flyer, saying it over the announcements, and calling home or telling a guardian
- Send an email to them
- calling all homes and having a meeting about it
- a note to take home.

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

254 responses

- post it on facebook
- bulletins home, on district website, on school websites, all calls home, visuals posted in schools/offices
- I think by requesting letters back to the students and parents ,staff .
- This survey works! Maybe include it in the GCN information?
- Email
- mail
- To be kind to everyone
- Parents phone number
- Keep talking
- go to the office
- Sending emails to all teachers and staff and parents that go to a SCH school.
- Honestly I would announce it on the inner com so the students can hear and some might be interested about the program
- putting up signs around schools
- email
- I memo
- Email or letters
- Talk with someone that works with it
- Have it posted on the individual schools' websites.
- A letter in the mail
- Website
- Website
- A note sent home
- Website
- To announce that they have one to both students and parents
- to talk about it more
- Send out a letter to this effect.
- Both a letter home and phone tree
- By putting information on the SCH main web site.
- Email
- The best way to inform parents of the SCH Wellness Policy is by e-mail or send home a flyer.
- I don't know, maybe send out emails in a newsletter or possibly a prominent link on the webpages.
- Email
- Email
- Google Classroom
- I knew
- newsletters, social media + robocalls
- Email
- letters to homes
- Email, phone call, paper copy

**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

*254 responses*

- All sources of media.
- Send an email with the link or include it into the suspended curriculum at the beginning of the school year.
- phone call
- Each school could post it on their webpage/social media as well as school newsletters
- meetings
- SCH News Letter or brochure
- email
- Send an informational flyer home with students or to parents in the mail.
- Email and flyer near employee sign-in
- Email
- By email, posting on the website(s), as well as on social media platforms
- Mail
- NA
- flyer or e-mail
- Text Messaging or e-mail
- maybe a phone call to each students home or a letter to each students in the mail
- website, email, social media
- letter in the mail or phone call
- no idea
- Robo calls
- A flyer
- Email and newsletters
- Email
- Email
- To have the school take one day to teach the policy to students and give papers with information about it to the parents
- Email a copy out at the beginning of every school year.
- phone call
- email
- not sure
- Hand-out
- Weekly advertisements on how different information can be found on the schlunch.com website.
- Public communication like a newsletter
- letter hone
- A jingle or song!
- Making Announcements, Sending home Letters, Actually Telling The Students And Parents
- Handout or a robocall reminder
- email
- The best way to communicate to SCH students, parents, & staff that there's a Wellness Policy is by making a call.
- Emails



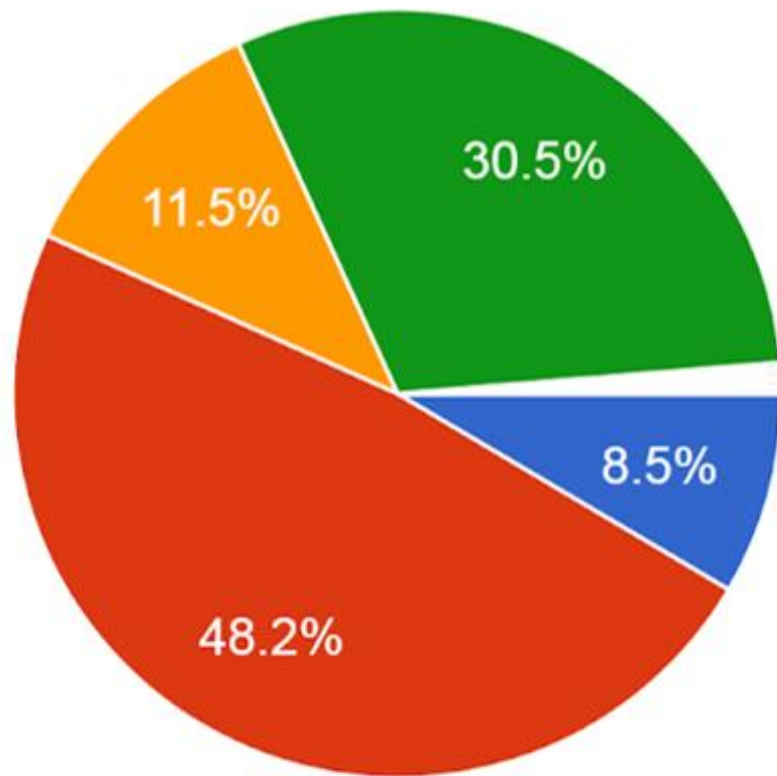
**Question #3:** If you were unaware that SCH had a Wellness Policy - what would be the best way to communicate to SCH students, parents, & staff that we have one?

254 responses

- website
- paper
- An assembly
- Facebook, phone system.
- Email
- Posters
- Email/ robocall
- Facebook, phone system.
- email or maybe a automated telephone call
- Just to really sit down and talk with someone.
- email
- Send a text or E-mail.
- email or flyer
- idk
- Flyers
- Send out a email.
- posters at the school. word of mouth during training
- flyer
- Such YEs parents have students would have police officers.
- I think that you should send a letter home and an email to the staff.
- Post the policy on Facebook and other social medias.

# Based on the established goals above - how well do you feel that SCH is meeting these goals?

541 responses



- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- Meeting goal in middle/high schools, but not elementary
- I believe it varies from school to school
- No idea--I don't work in the classroom.
- apparently there is led in the water and they have allowed me to drink
- Some stuff like our fruits are either expiered or look rotten sometimes
- Water not tested for lead. Claimed building built too young.
- havent been on job long so unsure if they are meeting goals

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- In class curriculum not just at lunch.
- More fruit and better food  
All kids should have a fruit snack toward the end of the day beside apples
- Better food choices
- No
- Better eating options for our children.
- ni
- Calories as energy--fat storage, over use of sugar and salt, benefits of daily exercise, eat 5 a day
- Yes. Less carb/starch meals.
- no
- N/A
- Maybe an explicit overview....not all students take health to be exposed to the goals....
- no
- Healthier less processed breakfast and lunch
- Nutrition education should not follow SAD. I do not know of many teachers that even mention nutrition. Teachers allow junk food and pop in their classrooms, this is disgraceful.
- More home cooked food and not pre-cooked and pre-packaged. Less carbs
- more fruits and veggies, plates should be more greens and less carbs
- Good health is not just about weight.
- Portion sizes for PreK-2nd should be smaller than portion sizes for 3-5 grades
- no
- I liked the trying fruit program
- No
- Awesome that the students are possibly being taken care of by providing the necessary nutrition, but I feel that as adults we need to feel that way as well. At the Administration settings either in the schools or Admin Building it would be appreciated to have the same treatment other than chips and soda vending machines. Maybe healthier foods to be offered for those adults that don't have to time to prepare breakfast or lunch and have to go out and opt for fast foods.
- Bring Back The Full Salad Bars, Soups, etc
- better choices
- more nutritious lunches
- Our vending machines are still not giving great options to students.
- School wide goals with motivations for participation and achievement. If it's your priority it will be theirs.
- No
- no
- no
- More organic and Fresher food options for staff and students
- no
- Healthy food
- Incorporating Urban Gardening and being an educated consumer.
- No outside food even with a nutrition label.
- A salad bar at the Administration Center(!) :-)
- no
- less sugar for breakfast
- More awareness of the dangers of processed foods.
- I don't feel the food we serve is nutritious. It's all processed.

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- None
- no
- none
- use more non processed foods, cook from scratch and use real dishes everything they touch in the cafe go to the dump. We are not recycling anything from the cafe bags and bags of garbage every day :(
- My sister refuses to eat the food here unless its something she likes so...
- no
- Cafeteria food has to be of better quality. Some food is inedible. The packaged carrots, for instance, have a chemical taste and smell to them.
- not sure
- More whole foods, less process foods and canned foods for student lunches
- No
- Snacks for the littles
- An opportunity for the less fortunate students to get some type of food or snack after school.
- Discuss calories more for food. Put them by the food like McDonald's.
- SCH should try to serve fewer processed high-sodium foods to the students.
- A better appreciation of the nutritional benefits of animal and unprocessed vegetable fats vs. synthetic ones such as margarine and hydrogenated oils. This would include occasionally having butter and fried food on the lunch menu, where appropriate to the dish.

A return to home ec cooking courses, with emphasis on cooking from scratch with unprocessed foods and minimalizing food cost and waste. (Seriously, food scarcity is an issue in our area. Being able to save money and still provide nutritious meals is a deeply-needed life skill.)

Adaptation of school menus for different nutritional needs, namely the increasing of available calories for those who are in sports or are going through growth spurts; and having more all-natural foods available, especially for our students who are expecting or having health issues.

The replacement of patties (except hamburgers) and nuggets with 'real' meat. Frankly, there are so many additives and fillers to the ones we're being served, they barely taste like meat anymore. Our vegetable/fruit game is strong, but the proteins lack a certain quality.

- More options for students/adults with diabetes.
- No
- health and nutrition department come to conduct presentations to students during the applied academics.
- no
- teachers get free meals
- Teachers need to be more aware of the goals.
- n/a
- no
- encourage an active lifestyle and proper nutrition
- Focus on providing students with healthy meals
- N/A
- No
- not at this time
- no

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- no i dont think so
- No
- i would like to see them give out small bags of takis at lunch!!!!!!!
- no i don't think so
- no
- No
- no
- no
- I have one goal that all schools in Indiana should have the same program.
- no
- I would like to see more things happen in sch
- Im not sure
- no
- no
- I would like the cafe to have juice in the afternoon.
- no
- no
- serve less greasy food.
- More food
- No, Thank you
- everyone to try to get A or B and C
- no
- No
- Not really.
- No.
- no
- no
- more vegetable related food
- More options so students can eat
- no
- No
- no
- Serve more healthier foods and fresher foods.
- healthy food.
- no
- no
- no
- no
- no i have non nurtrition related goals
- Better fruit
- I would like to have more healthy fun food. Like mac and cheese and some deserts but also healthy.
- NO
- I don't have any nutrition related goals that I would like to see SCH have.
- Be healthier overall.
- I would like to see more food that we are more likelhy to eat
- i don't have any in mind
- No

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- No
- More fruits instead of just having the same ones everyday .
- no
- As a plant based person, I would like to see more plant based education and/or options offered in schools for breakfast and lunch.
- N/A
- yes
- No
- no
- make better and less greasy food
- Push us harder to be successful
- No
- no there is not.
- I think they should provide healthier food
- No
- No
- I don't know.
- to have kids drink their milk or Beverage
- I don't have any nutrition related goals that I would like to see SCH have.
- Some related goals that I would like to see SCH have is what food are healthy and what foods are not healthy
- a better selection of light foods.
- no
- no
- No
- no
- no
- no
- no
- Unblocking shell shockers
- I would like SCH have an Friday when students can spend their time playing a game for the whole class about the subject like math and more.
- mango
- A change in everyday foods that we like to eat but are bad for us
- I'd like to see more sport options.
- Nothing much
- no
- better tasting food
- mango
- No I am fine of what they are doing.
- No
- The calories we are receiving
- no
- juice or water, no milk
- no
- no I don't
- I feel like they should make the food better
- more fruit?

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- no
- better looking foods, i feel like some of the foods i eat are maybe unhealthy or no cooked properly.
- No
- add in a salad bar instead of adding the vegetable to a pack cuz kids still think its unhealthy
- yes i do instead funnel cakes we should have something healthy
- have better food
- no
- No i don't think so.
- different chooses
- no
- i would improving the health choices
- They need to have good food the food they sever is nasty
- not sure
- Yes , beacause it's good for you and your body.
- More tasteful choices of fruit and vegetables served fresh.
- More fresh fruit during summer lunches
- serving more farm to table items
- To stop getting mad when I go in late and get lunch
- Better fruit
- No
- Not sure
- no
- Yes i think we should have a table where we can get salads
- I would like the school to have a better fruit supply if that's a goal we can hit.
- no
- Your doing well
- My kids have commented that the quality of food at Gavit has decreased. I would like to see it return to what it was, or better.
- No
- Non gmo foods . More fresh foods . Less processed foods. No added sugars
- Longer lunch periods
- no
- Maybe a better explanation of how a healthy meal should look besides posters.
- No.
- I would suggest that one of the goals be to serve less fried foods.
- No
- No
- I don't know
- The portions of food are very small in ES lunches. My children have an early lunch and they are starving by the end of the day because lunch portions are so small.
- Be able to set up a healthy diet plan for individuals.
- Nothing comes to mind at this time
- more healthy options
- no
- I would like to see all students and student athletes participating in some sort of nutrition class. Our students don't know what we aren't teaching.
- yes can we get stickers like tomatoes pork etc

**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- Yes
- no
- Diet for Losing Weight!
- less processed foods
- no
- Foods served in SCH buildings should be fresh and free of artificial additives.
- n/a
- I can't think of any
- none I can think of at this time.
- Bring the student-committees back so that students have a voice in the decisions that are made.
- More fruit variety
- healthy food and preparation education
- exercise teams to walk the halls or stairs before or after school
- A Nutrition Mascot specific to SCH that does outreach and goes into schools and classrooms to get the word out about good nutrition and healthy lifestyle choices. Thank you.
- No
- No
- Eliminate processed foods and focus more on daily freshly prepared meals. Statistics have proven that this increases students focus and elevation in test scores and academic studies.
- none
- Any drink option besides milk since there are people who are lactose intolerant.
- Stop serving spoiled milk and the salads are always brown
- Stop using soy in the food
- Talk about mental health
- Less sugar in food for children
- No
- No
- I think that the fundraisers that take place on school property should be limited to healthier choices (not pop, chips, cupcakes, or candy).
- Not have such fattening foods and make sure food hasn't expired or has mold.
- I loved when the cafeteria had a new fruit or veggie that they introduced our students to each month. I would like to see this practice continued.
- No
- Purdue has an extension program that is a nutrition class that was very informative and useful for the students. Interactive and FREE!
- allow more time for students to get in physical activity other than gym 2 times a week and recess for only 15 minutes. Example would be gym 3 times a week or have 2 recess at 30 mins each.
- not sure
- School lunch has lots of room for improvement
- Educating students on good food choices.
- no
- Actual nutritional foods.
- No.
- I would like to see students actively engaged in deciding food items offered in the cafeteria and participating in programs designed to develop healthier meal options in their community.
- More grains, less sugar
- better meal programs at the schools. fresher fruits and veggies,



**Question #5:** Are there any nutrition related goals that you would like to see SCH have?

272 responses

- Adults should get more food than the students get since we are paying!
- No
- Healthier foods
- none
- Healthier entrees and lower calorie options
- no
- No
- Yes, like make the food taste a bit better and hot not warm or nearly cold.
- Not having our food prepared the day before.
- I would like to see students receive healthy snacks /veggies in the afternoon.
- More fruit
- Nothing
- No
- Have more healthy foods, check to see if some foods are edible, and check the food quality.
- yes, why do we feed our kids 100 grams of sugar before they get into the classroom. The kids eat pop tarts, donuts, muffins, waffles and chocolate milk before they come to class. Why not focus on a low sugar diet. Studies show that kids think better when they have had a breakfast with protein, fresh fruit and veggies and white milk for breakfast.
- no
- to have all of sch kids make slime for the hard work we make!!!!
- Have real food
- no
- No
- Train Head start and all other pre-school programs on new meal standers. Please stop allowing the speical needs classroom to give sugary foods to the students in place of the meal provided by food service everyday.
- None at this time
- none
- Good grade passed in anything classroom
- I want to see something such as teaching kids about different types of food or food from different cultures.
- Teach the students about what bad nutrition can do to us in the future
- I would like to have less processed food items used for student meals, also provide foods items with less sugar.
- Remove fried foods from the menu.

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- Integrated lessons.
- Do a survey on the types of good parents would like to see
- Ask the local culinary school to get involved in sending students to come cook for the school for credit
- N/a
- ni
- cooking demonstrations, incentives to walk
- No
- no
- I have not seen/heard the nutrition goals explicitly expressed at any point during my employment...
- no
- Eliminate chocolate milk, cereals
- More home cooked food.
- Like the employment opportunity yard signs at the schools
- no
- Try to reach more students regarding healthy lifestyles
- Talk to the food manager at Jefferson Elementary School-Christy
- no
- Can't rely on teachers to do the training has to come from someplace else
- No
- Just as the survey here, request the input of administrators here in SCH
- See above
- a first grader should not get the same amount of food as a 5th grader.
- nachos and bosco sticks are not nutritious lunches; have more fresh-made options
- Ask the students to come up with fun or inventive ways to meet goals.
- No
- no
- Maybe you or cafe mgr can come to a morning PD to give teachers ideas on how to incorporate it into our current curriculum
- no
- Farm to table
- no
- Create the opportunity for students to be able to have an urban garden within their district
- None. I think food services does a wonderful job!
- See above.
- no
- Health curriculum or suggested ways to implement
- Integrating wellness into our curriculum with the help of the curriculum department.
- Maybe the cafeteria ladies need to present to the classrooms each week/month. Make it a special program for 6 weeks per year.
- None
- Maybe a 15 minute break in the day to just stand and stretch. Almost like recess for the elementary schools.
- none
- No idea cause she's also just a picky eater.
- no
- Bring in a better supplier with healthy high quality food for the students.
- not sure
- Bring the subject up more at parent teacher conferences

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- No
- It is a long, long, day and the children need something to eat late in the afternoon
- These surveys can be a great start to finding out the needs of students that are lacking
- Not sure. Kids are kids and will always eat what they want. Maybe put a tv up in cafeterias with a food channel. Show people cooking.
- Serve more foods that are cooked "from scratch", no more chicken nuggets or hot dogs unless they are minimally processed free from artificial colorings and preservatives.
- No.
- I do not.
- No
- no
- give teachers free meals. facebook and twitter
- Offering Health classes at all levels.
- n/a
- Having dialogue with Health teachers and the rest of the staff, or have PDs on this in Cluster meetings
- no
- work with the health department in the high school and middle schools
- present students with healthy choices.
- no
- N/A
- When the cafe staff brings the weekly snack to my classroom, it would be helpful if they included some basic facts about the food item they brought. For example, what it is, where it is found, how it grows, etc.
- no
- i dont know
- I don't know as of now
- could give out betterfoods
- you can probably take a vote on whatever it is that you want to add for the school district.
- for every one to work harder and don't skip school
- Not really
- no
- no
- My suggestion is to try your best to make that goal and don't take a break until you do it.
- No
- We can try our best.
- Yes maybe stop focusing on the drama and other stuff focus on school and im sure we will do better
- no
- no
- start a group that can help with little tasks that can make a lot of teachers have free time to think or have a break while students are at a different class.
- no
- yes i have a suggestion , maybe we can have students goon the school city of hammond more often.
- You can make your goals not TRY to make your goals
- More food to fill kids up
- By doing homework and paying attention
- get good grades
- no

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- No
- I don't have any suggestions in mind.
- You should have healthier options so if there were people who wanted to eat healthier, they could.
- no
- no
- dont know
- you dont have to change the whole menu but yiu can change some foods
- no
- No
- no
- Give the students the kind of food that they would actually like to eat.
- healthy food. REal food.
- no
- no
- no
- be more organized
- we can meet our goal by trying
- No
- We can clean the floors better so no one falls and we can keep the bathrooms clean.
- No
- I do not have any suggestions.
- Go through the policy and make sure students know and understand the policy.
- no
- maybe getting together doing a fundraiser and having a price a class can win for them to participate in
- No
- No
- Be nicer to the students .
- no
- Not off the top of my head.
- N/A
- by share this goal
- No
- no
- make polls for what students like best to pick from
- nope
- More privileges maybe
- yes, all we have to do is do our best on what ever it is we got to do.
- SCH could have better teaching of health and wellness instead of just giving out worksheets
- Maybe set up step by step goals throughout the year
- send out papers and ways to contact people
- No
- No.
- to put out more variety of drinks
- I don't have any .
- Have more Protein and also Grains.
- Go by whats necessary and not what is wanted
- no

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- No
- No
- no
- harder working students
- no
- By trying hard 2 meet them
- No
- fruit salad
- Having a wider selection of fruits and vegetables
  
- Some teachers need to be on students more and some teachers also need to respect students.
  
- Un block snapchat
- no
- get better cooks
- bring mangos and tajin
- No
- no
- menus
- no
- no
- no
- noo idc
- By making the food taste better
- no
- no
  
- maybe check whats they students are eating, temperatures, and what is beingput in food daily/ hourly
- No
- add in some more tutors and and maybe add in some meeting for the parents to also give out good advice on how they can help the kids more
- No i dont
- have a assemhlhy
- no
- By sending more flyers home.
- giving us more dress downs
- no
- keep on improving things
- Sever hood food
- help develop resources/lesson plans for teachers to use
- Yes,which is to study more and meet the goals you want to accomplish and not just mess around with .
  
- The food is often tasteless and younger kids are often not given soup or food that is on the menu. I was told they must ask for ex. tomato soup bc it is messy so it is saved for the older kids. a sandwich and fruit is not much of a lunch.
  
- I would prefer younger students receive a food tray with their fruit and vegetable included. So many of them don't request the extras on their tray. They are missing out on good, healthy food.
  
- Provide resources to share
- Offer fresh fruit during summer lunch
- having on site gardens

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- To stop getting mad
- No
- No
- Nope
- no
- Yes i feel that we should have the option of buy low fat chips for lunch
- I do not have any suggestions
- Are we attempting to meet the goals through our Health Education courses that students are required to take?
- They need to add flavor , more salt, cooked better!
- Nope
- Have kids vote on menu options before planning a menu. They are the ones eating the meals.
- No
- no
- Maybe a school presentation with realistic options. Some families can only afford certain kinds of food, so they should know how to be healthy even when they are limited to canned or TV dinners.
- No.
- Perhaps have a meeting led by the SCH Nutrition team.
- no
- no
- Make healthy foods fun, do contests or educational programs at lunch time.
- Allow the students to choose more than 2-3 options on their plate/tray.
- Fun fact on the daily announcements
- no
- Home economics & Cooking courses
- I haven't gone to the school in years I don't know the current state of the food
- not really I think Food service is doing a good job
- no
- Integrate a health unit in middle school
- no
- I think it could be integrated a little more to make sure the importance is known to all.
- noted improvements in recent years is wonderful
- no
- Explore alternate vendors, available grants for funding, and provide training options for the leaders in the food service department to gain ideas and resources for providing such.
- I'm sorry, but no.
- Have nutrition posters in the cafeteria and other areas of the building
- No
- Thanks for working so hard to prepare meals for everyone.
- Provide curriculum/lesson plans/ideas to health instructors.
- More programs or more literature
- Re institute cooking instruction
- Make the food more appealing
- The SCH Nutrition Mascot can be a spokesperson for our district and a trainer for our teachers and students and families. Thank you.
- No
- No

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- Have curriculum that the teachers can teach to their students. We use to have a health book, but we have not had one for many years. The health book would cover nutrition.
- As stated above.
- By letting us choose between bottle water or milk
- No
- Stop using food with soy in them and request for soy free products by vendor
- Incorporate them more into health class
- Big improvement over previous years in terms of healthy food.
- No
- We need to not be hypocritical regarding nutrition. For example, why are we hosting PTSA events at White Castle when the food there is a nutritional nightmare? We encourage students to make better choices, but we bribe them with food and encourage them with candy. If we don't care enough to promote better eating habits outside of the cafeteria, why do we even bother to push healthy choices and claim them to be part of the healthy diet we expect them to consume?
- Come up with a better food menu and check food to make sure it is right to eat.
- implement the program each year or something similar
- Extend the school day. Have school start at 8:00 am and end at 3:30 pm. This ensures more physical activity and teachers can get added time for extended lessons in ELA and Math.
- not sure
- I would love to see SCH have partnerships with the community for fresh produce provided in community gardens that are tended by residents and used in the cafeterias. Theresa Mince at Purdue Nutrition program would be helpful.
- Cafe should be advertising more and teaching kids about WHY certain foods are good for our bodies.
- no
- provide grade level appropriate materials.
- Real ingredients and seasonings.
- No.
- By Not Giving Out Molded Food
- Help students learn about gardening. Afford them opportunities to grow fruits and vegetables in various parts of the community and participate in food sharing programs or farmer's markets.
- Reduce sugar based cereals, include more oatmeal
- A suggestions could be to have more different kinds of food available to choose.
- No
- Less greasy foods
- none
- You do an excellent job!
- Nope
- make the food better and let us wear any hoodie we want.
- Better food, cleaner environment
- Having fresh good food with good seasoning
- More Variety of fruits/ vegetables
- Healthy clean veggies, less processed foods
- Season the food that's why i think the kids not eating some of the food it's to bland
- Nope
- No
- NO.

**Question #6:** Do you have any suggestions on how we can better meet the goals we have?

271 responses

- Yes, do some research. Processed foods are horrible for everyone. Why are we feeding them this? Sugar is highly addicting. Our school should set high standards and be role models. We should teach students how to eat healthy. If we truly want a great school system, then we really need to start with having an excellent nutritional program. I can't teach my students if they can't focus.

Studies show that good nutrition with lots of veggies helps fight off sicknesses - Our school district would have better attendance.

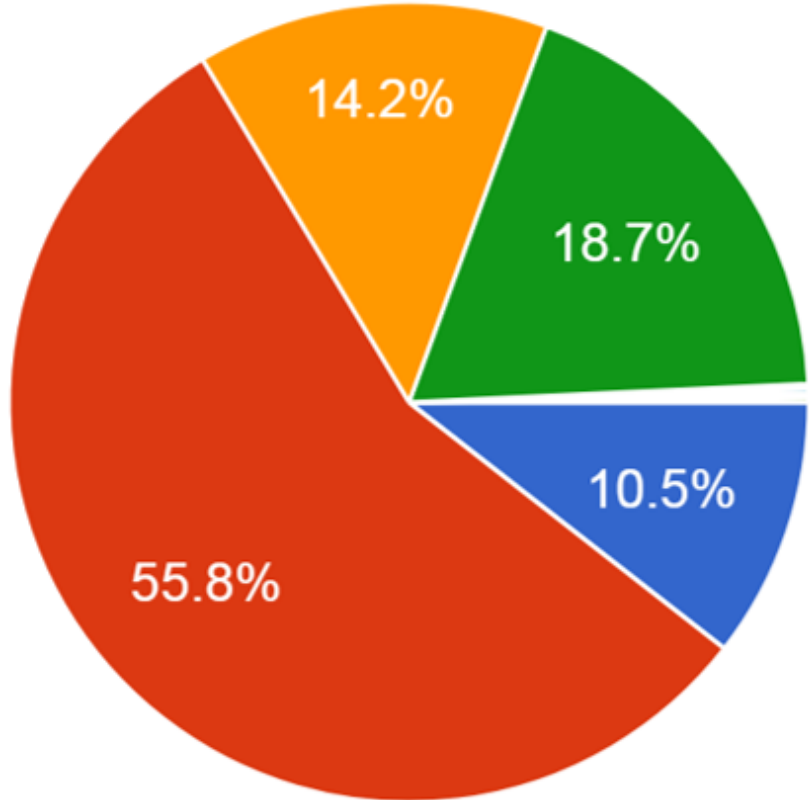
Let nutrition and exercise help keep our kids healthy and focused.

- no
- yes, start putting kids that want to learn in a different class.
- Stop wasting money on things we don't need and spend it on things we do need
- no
- Not at this time
- No
- invite the community to some kind of meeting or make a pamphlet to go home explaining the wellness policy, along with smart snacks at school and School lunch program.
- None at this time
- none
- Grade or ask teacher
- I think you should teach kids about other diets in your curriculum.
- Offer nutrition clubs and put up informative posters on the walls
- Not at this time.
- Serve fresh fruits/ fresh salads/fresh vegetables/non-animal protein.



# Based on the established goals above - how well do you feel that SCH is meeting these goals?

541 responses



- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- There are way too many students who would be considered morbidly obese.
- I think we are working towards meeting this goal
- Some people just refuse to get dressed for gym and they need to actually be forced to participate wether or not they have gym clothes, if they refuse to participate they should get sent down to the office.
- No all students are participating in gym. Some SPED kids are being removed from gym because of their behavior. I think they should stay in gym because they need to let out whatever energy they can so that they can focus better in their academic classes.

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- Stop taking recess away so students can be active. It is state law.
- More sports events for elementary school or after school zumba or aerobics class for all students and staff
- More for the special ed students
- There aren't really any exercise or physical activities outside of the school day except for GOTR and Basketball. How about letting these kids get recess??? Too many times there is indoor recess and not all schools have indoor recess on the same days.
- ni
- walking
- Yoga, dance, volleyball, swimming for middle school.
- no
- None
- In House equipment to use at schools Treadmill, Elliptical,
- more physical education for all students
- no
- swimming
- I would like to see more grant money allocated to the PE departments for better equipment to be able to implement fitness activities for each individual. (i.e. pedometers, heart rate monitors)
- more support with programs like girls on the run
- Bigger emphasis on physical activity--importance of PE classes
- All classes should have a "brain break" for kids to get up and move mid morning during the school day
- walking tracks
- While the recommendation for physical activity should be integrated into the curriculum it is difficult to achieve this with the rigor of academic instruction that is required with teaching
- no
- we have a great PE teacher
- no
- If students are receiving their share of physical activity, I believe added activity aside from sweating from running around would be a plus. Meditation and basic yoga could be a great implementation to curriculum.
- None
- walking/biking club
- More programs besides PE for kids
- Incorporate gymnastics and dance into gym curriculum
- Volunteer workouts after school with rewards for participation and achievement.
- NA
- Variety of movement/programs
- No
- no
- Emphasize the important of Physical Education!
- District needs to supply the PE classes with updated equipment without hurting the schools operating budget
- no
- recess time
- It's important for students to understand there's physical activity outside of basic competitive sports.
- none
- More fitness goals.
- May be teaching student how to cook , and healthy alternative snacks
- more gym

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- I would like to see something implemented at the elementary buildings to better help the employees stay healthy, such as workout equipment in the building like it is at the middle/high schools.
- A link between sports and health/wellness should be part of recruitment of students. That they are not only on the team to be the star of the team, but also to have better health.
- unsure
- 10 minute workouts - video or other - each day... learn360 had series of videos based on holidays
- None
- There needs to be 2 recesses for elementary.
- no
- I would like to see upperclass students get more physical activity. Freshman are required to take PE but the upperclass students do not. I think they all need some sort of break in the day to let off steam.
- Require it k-12
- none
- have before school walking group or offer an exercise class during lunch hours. The students in High School sit way to much!!!
- I don't really know.
- no
- organized intramurals.....give more students a chance to partake in sports/activities
- not sure
- Offer more courses besides PE that require movement such as dance class or martial arts
- No
- more outdoor recess.
- I have seen 5K walk info but I am not sure. I think you have bigger problems to worry about than this quite honestly.
- I think that students should have Phys. Ed. for every year they are in school.
- The addition of at least one recess per day where younger children can run around and play, preferably two. Ideally, there should be three recesses: one afternoon, one morning, and one lunch (if time permits a lunch recess.) Add a recess to middle school, if there is a place where it can be held. (Joint MS/HS would have trouble implementing this, I know.)
- No
- No
- no
- no
- non
- Swimming classes
- longer recess
- Longer recess or two recesses.
- Yes, for all students to integrate physical activities into their leisure time.
- work out 3 days a week
- N/A
- I would like to see physical education classes happen more than twice a week for only 30 minutes. I think the students could really benefit from more physical movement and physical education.
- have PE for all grades be required
- no
- yes
- no
- i would like them to not get any fights the whole month of December
- gymnastics would be fun to have.
- no
- No

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- no
- no
- I would put after school instead of during school.
- no
- I would like to see them have all of them they said.
- not that i really can think of
- golf
- no
- ice skating
- no
- no
- I think we should have more time to finish are physical activities because we never have the time to finish any physical activities.
- Boys volleyball team for high school and middle school
- Yes, because we'll be more focused
- no
- no
- No
- Not that I have in mind.
- no
- no
- no
- More things like dance, more sports and yoga or stretching
- no
- No
- no
- no
- NO
- no
- no
- no
- baseball
- i have noting in mind
- Basketball in 7th and 8th grade gym.
- I have no physical activity related goals that
- No
- I would like to see all gender being able to play volleyball.
- None that I can think of.
- Basketball
- No
- Gym class needs to be structured. There's no organization. Majority of students just sit in the gym and don't do anything at all.
- Water ballon fight
- no
- I work at Lincoln Elementary School and the P.E. teachers do an excellent job on getting the kids moving.
- physical activity during indoor recess
- Not really, physical activity is the amazing activity you have to have during school.
- yes

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- no
- dodge ball
- everyone participate in an after school activity at least one year or try
- no
- More active stuff during the day
- no there is not
- no
- No
- To have a better football field
- Not really.
- to have a bigger advance PE class
- i would like if they have another
- Add equipment like a bench press, weights, and other things that can help us get stronger.
- basketball in pe
- Students should have a meeting with teachers
- To maybe work people a little harder
- no
- no
- no
- Get more sports included in middle school
- No not really
- no
- I would like to see a wider option of sports opportunities
- Baseball
- no
- there pretty good
- no
- To see everybody move around more in the day when they do not have gym
- No
- no
- physical activity for indoor recess.
- no
- more volleyball
- no
- i rather see me dropping out
- no
- no
- no, i feel like the goals are being met greatly
- No
- once in a while add in some rope climbing and maybe even in winter let the kids bring sweatpants and a jacket and play outside in the snow
- No i don't
- some kids never got gym for a subject so make it a requirement
- no
- no
- more games like the doge ball
- that if u feel like playing sports u shouldnt have a doctors note stating ur good because only know ur bodys best
- make people have gym

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- No they are doing good.
- not sure
- Run a mile each day or even exercise in the mornings .
- Teach them to jump rope or do more physical activities at recess and gym.
- YOGA and Mindfulness in gym class
- recess or gym activities for all grades k-12
- No
- No
- No
- Nope
- baseball for middle school
- I feel that we should have more interactions with are staff and peers
- NO
- more clubs
- I was shocked that kids only need 1 semester of PE in HS here in Indiana. I came from Illinois where kids need 4 years.
- Running laps in gym
- Running program for boys in elementary
- no
- None at this time.
- Maybe some kind of a school wide initiative of some sort to expose students to healthy food.
- No.
- I would like to see P.E. as an option and or requirement for all school aged children.
- No
- No
- Yes more club programs or after school programs for kids and staff to participate in that aren't necessarily organized sports.
- 30 mins of physical activity during the school day to give the brain a break.
- We need more participation in extracurricular sports.
- no
- if a student doesn't have gym they don't have any activity
- no
- no
- Adaptive PE for CBE students
- Recess or recreational time at the middle school level.
- no
- I think it would be awesome if each teacher could start each morning with some fun easy physical movements
- no
- n/a
- I like the yoga and mindfulness programs that are in place in some buildings
- Yoga or mindfulness exercises should be integrated into the school day as a break and to facilitate focus.
- All high school students must move for a certain number of minutes per day.
- Zumba yoga after school exercise program more activities in elementary school get kids more active
- no
- stair walking encouragement

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- The Nutrition Mascot can also be an example of incorporating physical activity throughout the day. I am a secretary so I know I do not get enough physical activity in my day which I know is important. If we can just teach the youngsters so it becomes a normal and routine thing then our SCH students will be healthier. I am very concerned with the amount of time my grandchildren and nieces and nephews spend with their heads buried in their electronic devices getting no physical activity. I do not want them to struggle with obesity and poor health as I and my siblings have done so I am glad that this is being addressed in our district! Also the new Community Center built on Indianapolis and 167th will help give parents an affordable place to take their children for physical activities even when it is freezing out. If it is instilled young, it will be the norm. Thank you.
- No
- No
- Gymnastics
- none
- no clue
- Push me to do better in gym
- rope climbing, swimming
- No
- All students should have gym at least part of every year K-8
- We need more movement in the classroom. We need effective outlets for ADHD kids in our schools.
- No
- I would like to see schools make physical education (not classroom studies) to be a required class in at least 3 of the 4 high school years.
- n/a
- again add more time for recess and gym time
- not sure
- Longer recess times for kids to really get their exercise in - even if that's not your department pushing for it and talking about it would be so helpful
- no
- Each elementary class should have gym once each day. If we have indoor recess, the recess aides need to provide a movement activity- there are plenty online.
- A gym teacher that does more than side around doing nothing!
- No.
- Extended recess time or a second recess built into the schedule
- 2 semesters of PE isn't enough. Don't know how often the elementary and middle school students get PE.
- Nope
- encourage physical activity outside of school.
- no
- No
- Yes, i would like to see every SCH kid at a planned event like a 5k or something. Y
- Having more events
- Staff
- Running
- Everything sounds great
- Yoga for the kids for relaxation
- No
- Have more IN SCHOOL physical challenges and activity.
- Young kids need recess time- they need time to play. Or they could benefit from additional gym time. Many of our kids don't know how to play kickball- they don't have the skills and knowledge of the game.

**Question #8:** Are there any physical activity related goals that you would like to see SCH have?

268 responses

- no
- i would like to see us win trophies.
- Fix Morton's pool, basement, tennis courts, etc.
- no
- elementary schools should have a second short recess
- No
- more walking and running.
- No, because everyone should set their own goals
- none
- Sch have any homework but grade any pass
- I would like to see the SCH do more on offering kids more ways to exercise. You should give them waivers to participate at the Jean or the Plex, or go start a program where students can do exercise instead of doing a final or something like that.
- Have every student tryout a sport for school
- Not at this time.
- No



**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- Have them walk versus stand as punishment.
- Do more with special ed
- no
- Fit Bit
- No
- no
- None
- More signage in schools/buildings on physical fitness...maybe encourage teachers to participate more in physical fitness programs. Work with the city of Hammond on discounts for students/staff at the YMCA and the CIVIC CENTER
- no
- Encourage schools to put enough money in their budget for such equipment and information to teachers about grant opportunities.
- To have awards for those students that meet or exceed goals.
- provide after school healthy snack for these clubs
- Harsher discipline for those who refuse to participate in PE
- Look at Go Noodle online for teachers to incorporate daily activities
- no
- no
- Start with forming groups or a person that would enjoy taking this on
- Meeting Goals
- better advertisement
- Get the students involved!! get the captains of your athletic teams together to come up with campaigns to reach goals.
- NA
- Add new things to class
- No
- no
- Send informational flyers home
- It should be state wide. Children need 4 years of Physical education at the high school level. Students do not get enough physical activity. There are lethargic and have poor energy levels. There is a direct correlation between physical activity and test scores. Having students take Physical Education on Plato defeats the purpose of being active and participating in Physical Education. Schools need to find away to get students moving that refuse to participate.
- upgrade the schools that need a safe area to be able to meet the goals for track and field etc.
- no
- Incorporate intramural leagues for students like an after school program, fund programs for at risk students like girls on the run, create student discounts for sports and memberships in Hammond
- none
- SCH-sponsored 5K Run/Walk; create building teams and have friendly competition
- no
- Make sure students always have gym and recess incorporated in their day. Gym twice a week.
- More clubs related to diet and exercise.
- None
- More recess workers. Statistically, students do better with movement. This is not only for elementary. MS needs something.
- For gym teachers to be able to stay in one building and give the students the full physical education experience- by getting to know all their students.
- no

**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- Maybe a 15 minute break in the day to just stand and stretch. Almost like recess for the elementary schools.
- none
- Teach them on how to work on that stuff outside of the classroom as well since playing games isn't really an option since you'll be lucky to find one other person wanted to do it with you.
- After school intramural (field day activities) some exercise and learning sportsmanship, rules of organized sports, perhaps 1-2 times a week during the school year. Perhaps offer intramurals during the summer
- not sure
- making the community more aware of the goals, and requesting more support where needed
- No
- no
- More community involved activities; eg. bowling nights, open swim, or community Olympics?
- Have more physical activity related programs that are fun...bring back dodgeball, kickball and other activities other than running a mile.
- You need to boost family/student morale in general as no children want to attend school at all. You should have a SCH school-wide festival in a big lot or gym or at the Jean Shepard center where SCH can celebrate the entire student body so that students and parents can be more motivated and appreciate their education.
- I realize this is a problem at the state level, but we should provide opportunities for physical activity for upperclassmen, not just freshmen.
- No.
- Healthy living classes, not just health class.
- No
- no
- no
- no
- Give Professional Development to teachers
- Field Days with/without families in the spring  
Intramural sports
- more intramural opportunities, partnerships with YMCA, etc.
- maybe allow staff to work out during their prep 2 or 3 times during the week
- no
- N/A
- If possible, integrate more physical education classes into the school week. Scheduling may be a problem to do this, but I think it could really benefit our students and their well-being.
- no
- no
- i don't know
- we could meet them better by having security guards everywhere and when someone starts arguing we could just send them to the bizzzzz
- no not really because i think you have done a good job on exceeding goals.
- we can work harder .
- Just keep practicing
- no
- no
- My suggestion is that you should not make it on a school day were there is learning going on.
- no
- You just gotta keep trying.

**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- Just focus
- no
- no
- just do it
- no
- no
- Add boys vollyball
- By doing more physical activity's
- no
- make sure everyone has a physical education class at least once in middle school
- No
- No.
- You should have everybody take gym, because not everybody has the opportunity.
- no
- no
- no
- add more activities
- no
- No
- no
- no
- NO
- no
- no
- no
- add more goals
- no i do not
- No
- Make more people do gym so that they are in shape and healthy.
- No
- Being able to let the students play outside at least one time a day when it has become hot.
- Send emails to parents to explain the regulations and encourage healthy behavior in school and at home.
- no
- No
- Students should have gym class all 4 years of HS; there needs to be more structure (daily warm up routine, teach how to play other sports, etc).
- The students interact with the student more in gym class
- no
- No
- A little more fun to it, and not too much exercises.
- by share this
- no
- no
- accept more people
- nope
- No
- yes, all we have to do is do great on what ever it is.
- no

**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- I don't know if this happens already, but it would be a good idea that during the school day, the student's get up and move a little stretch or parade around the room. Maybe once in morning and once in afternoon.
- give ways to contact the wellness Department
- To update the football and baseball fields
- No
- nothing
- add more equipment
- no
- no
- discipline the people who don't want to do anything
- implement dogeball
- no
- no
- Get more sports included in middle school
- NO
- listen to the students opinion
- Get more sports opportunities
- no
- no
- nope
- listening to students
- No
- No
- more activities
- they could do some exercises or yoga in the indoor recess area.
- no
- no
- no
- no
- no
- no
- maybe push the students to be more active with fun activities during gym and pushing students harder in sports.
- No
- no
- No i don't
- no
- no
- extend some of the sports like volleyball
- no
- keep trying to make physical activity
- Nope
- not sure
- Yes, by looking more forward and getting into the spot you want to be.
- Get the parents involved in after school activity like walking around outside the school or something physical for both.
- Providing resources

**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- offer non competitive activities to all grades that don't want to be in sports such as football, baseball, soccer. Rope jumping, table tennis for example
- No
- No
- No
- Nope
- have people tryout for sports
- We can have teachers vs. students obstacle course
- Start telling the parents
- Can we make sure our PE teachers are aware of the goals and work with them to educate our students?
- Allow greater flexibility in extra compensation usage in programming; curriculum for PE that aligns to goals.
- Require more PE.
- No
- Do not expect parents to encourage activity
- Do not expect parents to encourage activity
- no
- none at this time.
- Check the expiration dates on all products. As a parent and employee I've come across and my children have come across expired food.
- No.
- Invite the parents to participate in physical activities with the children at school events.
- no
- no
- See above
- In ES, my children have PE 2x a week. On the other 3 days, the teacher should allow free time outside or in the gym. On days children need to be inside for recess, they should be allowed to run around the gym instead of sitting down and reading a book. They do much reading in class and at home every day.
- Offer sports as extra curriculars at elementary levels (many do not offer any).
- Offer gym credit for completing a season of a high school sport with 95% attendance.
- no
- Not sure what it would be, but the students need more movement during the day & fun after school activities. Elem students need more recess, no student should ever be punished by taking recess away.
- honestly the middle school needs to be weaned off recess cause they are a lot
- no
- no
- Certify all CBE teachers in Adaptive PE
- no
- during indoor recess, perhaps kids could do some guided activities/exercises/dance instead of sitting, watching a video
- no
- More options for after school sports activities in elementary schools. Provide designated times for all to engage in physical activity.
- n/a
- Be sure to keep recess in the elementary schools.

**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- Either before instruction time or after lunch have students practice yoga or mindfulness exercises.
- Incorporate a wellness period so students can just MOVE.
- Send surveys to parents on exercise programs
- no
- intensives to go visit the office or teachers lounge every day
- An additional class at the high school level should be allowed for credits if the student already have all necessary credits for graduation or are head for their credits
- The Mascot idea, someone like EXERNUT? He or she will be into exercising and nutrition and getting the word out about both through personal visits to locations, schools, libraries, events, etc. and through electronic training videos and brochures and e-books, written correspondence, etc. My mommy worked in many SCH school cafeterias when she was alive so I have a heart for SCH Food Services. I think you all do an amazing job and I have noticed the improved nutrition options throughout this last 5 to 10 years, and even before that. No more cake and yeast rolls and more fresh vegetables and fruit. Thank you all!
- Add more time for recess in elementary schools and quit over testing. Bring back recess in middle school. We can't tell children how important physical activity is and then sacrifice that time in school for test preparation.
- No
- Requirements should be based on students' grades and overall citizenship.
- no
- No
- not at this time
- No
- Build in more controlled movement in the classrooms.
- No
- Participate in the Presidential Physical Fitness Program that awards students who show improvement in several physical areas each year.
- Talk to the students about health and physical activity more
- Make sure PE teachers have functioning and updated equipment
- see answer above
- not sure
- Some help for students on the playground with appropriate play - guidance on games and rules- it's a lot for a recess aide to handle. Again maybe not your department but these are problems we deal with year after year
- Have a scholarship for local gyms, dojos, etc
- no
- see above
- New balls and an active FIT coach.
- No.
- See above
- provide better funding.
- I suggests for students to do more physical activities like play more sports and games during school for their well-being. This could also help them to not get stress from doing work.
- Reinstate the P.E. requirement and don't offer French fries every day at lunch.
- Nope
- Wellness fair.
- You already do an excellent job!

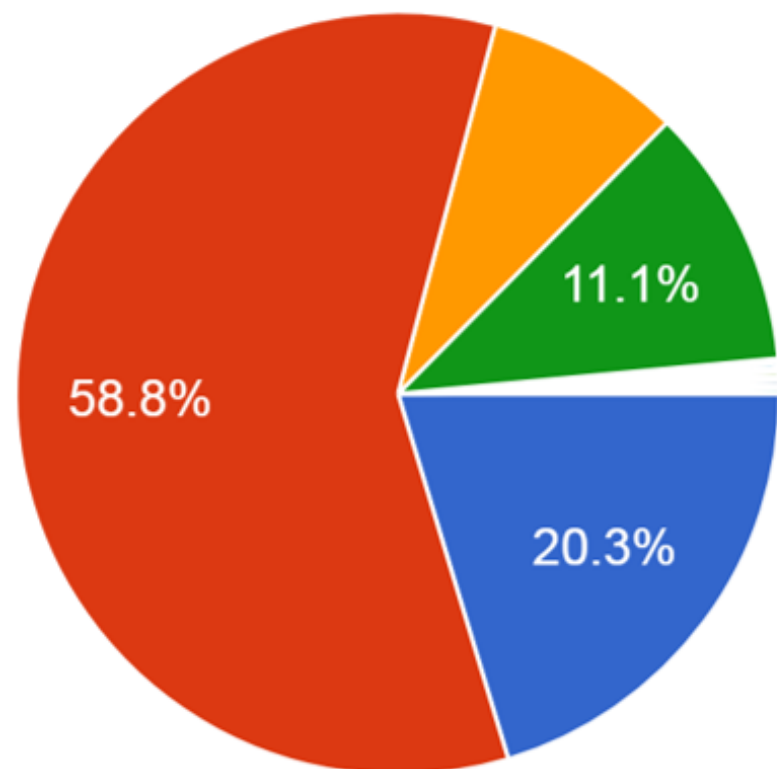
**Question #9:** Do you have any suggestions on how we can better meet the goals we have?

259 responses

- Yes i have suggestions, Can u get rid of the survive alive house and put a volleyball bet area in there.
- Clubs
- Involve more students than normal
- Cut time in gym to give them more time to eat lunch
- No
- NO.
- additional recess
- 3 gym classes a week.
- no
- participate and pay attenction
- Stop worrying about this new school when we could better the schools we already have
- no
- No
- just what I have already stated. Supply Cool Clean Drinking water. the water fountains gave cold water, now the students have to drink warm water because the school city will not let us plug in the water dispensers.
- None at this time.
- none
- They any more mad grade no
- I think the suggestions I provided above will suffice.
- Give every school a recess for all grades
- Not at this time.
- Elementary schools meet these goals easily. It seems the middle school and high schools students don't get enough mandatory physical activity. Too many students have excuses to avoid activity and sit idly on their phones.
- Provide the athletic director with more resources.

# Based on the established goals above - how well do you feel that SCH is meeting these goals?

541 responses



- Exceeding goals
- Meeting goals
- Not meeting goals
- I am unsure if they are meeting the goals
- The students have a scheduled 20 min lunch that included arriving on time, standing in line receiving the meal, eating, and being dismissed before the 20 mins is up to line up. These children need at least 15 minutes to actually eat.
- Highly disruptive atmosphere for middle schoolers.
- Awareness of #3 could be increased. Re #1: while there is a minimum disruption, the current lunch periods are very short, leaving little time for digestion and social contact.
- Some of them are being met.
- i feel as if they are not meeting all goals, some are half done and not necessarily cared for
- Dont care for students being rewarded for eating lunch quickly and then "helping sweep" the lunch room. They hurry to help the custodian who hovers in the cafeteria disturbing their lunch.
- They might be meeting goals, but the time between breakfast and lunch for middle school is too short.
- Goal #3, unaware of an organized wellness program for staff



**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

212 responses

- MORE TIME TO ACTUALLY EAT.
- No
- no
- None
- n/a
- We provide clean environments which many students don't respect.
- Have healthy eating discussed at every grade level
- no
- no
- Somehow creating building ownership and respect from the students/staff
- Encourage kids to be in at least one extra curricular activity
- NA
- No
- no
- no
- no
- After school student-athletes meal options
- no
- Possibly develop a relationship with teh city to utilize the Jean Shepard center, new sports complex, and the Hammond Civic Center to utilize for physical activities, whether it just be jogging or other sports activities. Our school sports dominate the gyms at the school buildings.
- healthy snack in afternoon; snacks for extra curricular activities
- None
- 8th graders wait until 12:30 to eat, that is too long. They need a snack.
- no
- none
- N/A
- no
- the cafeteria is not clean at times, smells, tables not sanitized after each group has eaten, mealtimes do not offer students enough time to get their food, eat, and relax. Food should be eaten slowly and this is not possible.
- not sure
- no
- No
- n/a
- We did a flash mob in lunches and that was great to boost some morale!!!! Theme them with holidays or whatever is going on in the school. Have teachers come out and participate
- no
- No.
- A school based (not during the school day) fitness center made available to students, staff, and the community.

**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

*212 responses*

- make students more accountable for cleanliness
- No
- no
- tired of no drinking water issues
- no
- Keep the cafeteria clean
- No
- no
- yes
- no
- that the cafe stays clean everyday
- maybe a dance competition cause its good for health.
- no
- No
- no
- no
- I would not have any goals because those goals are hard to relate.
- no
- I would like them to put lunch a little bit longer.
- I dont know
- holiday parties
- no
- idk
- no
- no
- no
- no
- no
- SCH has a mealtime at 10:38 but we don't have recess.
- no
- no
- No
- No.
- No.
- no
- no
- no
- no
- cleaner schools
- no
- No
- no
- no

**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

*212 responses*

- NO
- no
- no
- no
- boys to men club
- i honselty dont have noting in mind
- No
- I would like to have more dress down days.
- No
- No there aren't any school-based activities that I would like to see SCH have.
- No.
- Not at this moment
- More basketball
- No
- no
- No
- Clean areas!!
- yes
- no
- no
- have sprays or air fresheners in the bathroom
- why should do more outside activity
- More free time
- no there is not
- SCH could have more clean lunch areas
- Update the sports teams
- Update the football field
- Not really.
- cleaner school and replace every thing worn down
- chess
- no
- no
- No
- no
- no
- no
- no
- no
- I wish SCH schools will have snacks at lunch for others example( chips, ice cream slushies and more) to buy if they don't want that particular lunch
- no
- No

**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

*212 responses*

- Pep rallies.
- no
- no
- no
- NO
- I think they should extend lunch times.
- No
- no
- no musty kids
- no
- no
- no
- no
- no, there are not.
- No
- no
- no
- serve healthier foods
- no
- yes
- more dress downs days
- no
- girls on the run
- nope
- not sure
- None .
- Bring back Home Economics to grades 6-12, learn about growing a garden, using garden grown products in school's recipes
- No
- No
- No
- Nope
- let kids that are younger join older games
- Yes i would like to have more prep rallies
- no
- Both my children have voiced they do not have enough time to eat their lunch because of long lines, and over crowded lunchrooms. That by the time they get through, it's almost time to go and they have to rush and stuff their faces.
- No
- Less yelling in the eating area . Kids get punished and yelled at constantly for no reason. Stressful environment

**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

212 responses

- Snacks for children who do not get lunch until later in the day, and snacks for after if students receive lunch early.
- no
- none at this time
- I like the new system. It still has kinks that need to be fixed, but I'm okay with it overall
- No.
- I am not sure at this time.
- No
- No
- No
- no
- n/a
- no
- no
- It would be advised to do away with single use plastic sporks and return to using reusable metal utensils manufactured in the USA
- no
- No
- Honestly, it would be great for students to clean up after themselves. I know this doesn't fall under "nutrition" or "physical activity," but it is an important life skill that should be expected of students.
- No
- The school could donate all of the unused, unopened food the children WASTE such as milk, pre-packed breakfast foods, boxes of juice, condiment packet like marinara and salsa sauces. LITERALLY EVERYDAY STUDENTS THROW AWAY GALLONS OF UNOPENED CARTONS OF MILK BECAUSE THEY ARE FORCED TO TAKE A MILK AS PART OF THE MEAL.

Also, the school could do a better job of recycling plastic and paper goods like flatware.

- Elementary schools need more of a variety
- no
- get togethers
- Nutrition Mascot who is the face of the SCH Nutrition and Exercise Programs. SCH EXERNUT? Someone who is obsessed with Exercising and Eating Nutritiously and loves to share information about it everywhere.
- No
- No
- No
- Bully program that talks to student about "if you see something tell"
- No
- no
- Make sure that schools are actually clean instead of having it done a week or two later

**Question #11:** Are there any other school-based activities related goals that you would like to see SCH have?

212 responses

- n/a
- na
- not sure
- We would love organized exercise activity at school for the teachers outside of work hours.
- no
- Our cafeteria tables are not always cleaned at the end of the day. Change the policy on allowing outside food into school- that was a regular part of my motivation plan. Also, I love to bake and would do so regularly for the class and have their families into have lunch with us as recognition for their awards.
- None.
- No.
- No
- Good salads and veggies for staff.
- no
- No
- Yes i would like to see them add more time to our lunch because all we get is 40 minutes i believe that we should have a whole 1 hour and 30 minutes.
- Hiring more staff to get the job done and creating an environment students want to attend
- Variety of opportunities To explore
- Hand washing
- Nope
- No
- no
- i would like to see us grow a little more
- No
- no
- No
- None at this time.
- ya know senior prom sch have yes
- No
- No
- Not at this time.
- Reinstitution a teacher's cafeteria with a steam table with dishes and forks and knives.

**Question #12:** Do you have any suggestions on how we can better meet the goals we have?

215 responses

- Staggered arrival and dismissal time.
- N/a
- The card system for breakfast and lunch is severely outdated. My own child has missed breakfast because her card wasn't in the correct class and she thought no card, no breakfast.
- no
- None
- The food in the cafes does not appear to be healthy and students are NOT encouraged to get a salad or fruit.
- n/a
- Lunch periods are too short, for both students and teachers.
- Have those students who continually disrespect the environment to clean afterwards to better understand what it takes to give them the clean place they started in.
- no
- no
- see above
- NA
- No
- no
- no
- no
- Provide after school student-athletes meal options
- no
- Ask administrators to have an initiative focused on health and wellness if they dont already.
- more time for serving / eating lunches for younger students; more assistance by adults for younger students
- None
- no
- none
- N/A
- Develop a more efficient way to have food given to the children. More time to eat. high quality foods that are healthy and nutritional
- not sure
- no
- No
- n/a
- Treat your cafeteria staff better. They work hard.
- no
- No.
- No
- Cafeteria walls washed by garbage cans, they are a mess.
- No
- no
- better water
- sorry no
- Cafeteria personnel should reach out to the staff to get them eating the healthy food supplied.
- No, we're doing a great job with meals--above and beyond.
- no
- More supervision
- I think the goals are being met and I have no suggestions.

**Question #12:** Do you have any suggestions on how we can better meet the goals we have?

215 responses

- no
- no
- no
- not let anyone throw food or pencils papaer ids or anything else
- i don't think so.
- No
- no
- no
- I do not have any suggestions.
- no
- We can keep trying.
- No
- no
- no
- no
- no
- maybe if the school bus would come a bit more earlier because we are waiting outside in the morning in the cold for like 15 minutes.
- no
- no
- No, I don't have any suggestions
- kids should clean there locker
- no
- No
- No.
- No.
- no
- no
- no
- sweep the floor
- no
- No
- no
- no
- NO
- no
- no
- sweep more
- let students stay at school if they have activities instead of not doing it
- they can try working hard and trying their best to meet their goal
- No
- We can have one dress down each week since we wear school clothes all the time.
- No
- No I don't have any suggestions.
- I think the school is reaching their goal nicely, right now.
- N/A
- No
- No



**Question #12:** Do you have any suggestions on how we can better meet the goals we have?

215 responses

- no
- No
- N/A
- by spreading the word
- no
- no
- buy some better air conditioning
- make it happened
- NO
- yes, all we have to do is o great on what ever it is we have to do.
- SCH could have more clean lunch areas instead of janitors leaving food on the tables
- Update the School fields
- Update the football and baseball field
- I don't know.
- stop wasting money on the public and put in the school
- no
- no
- no
- No
- no
- no
- no
- trying hard
- No
- no
- Not any that i can think of at the moment
- no
- no
- no
- no
- No
- No
- CLEAN tables
- no
- no
- no
- no
- no
- no
- be more strict about the areas that need to be cleaned, and clean them more than needed.
- No
- no
- no
- better food
- no
- clean the bathrooms more detailed.
- more dress down days
- no
- no

**Question #12:** Do you have any suggestions on how we can better meet the goals we have?

215 responses

- nope
- not sure
- By getting the point we're you understand what you are doing in life.
- Inform other of the intentions and provide resources to meet the intentions.
- listen to the students who want to have good food, what they are used to, not fancy foods, packaged foods or fancy serving lines
- No
- No
- No
- Nope
- no
- Just keep working hard you gone meet your goals!
- start talking to the parents
- Add an additional lunch hour to accommodate.
- No
- no
- None at this time
- Maybe switch to a finger print system. That way students aren't accidentally putting in another students' number.
- No.
- I am unsure at this time.
- No
- No
- No
- ono
- n/a
- no
- Lunch times are ridiculous. Middle school students are expected to eat at 10 am and be ok for the rest of the school day.
- no
- Offer the special fruits and vegetable program to all the students, not just a select group of schools
- no
- To give students more time to eat properly and to not be rushed to eat so quickly or not finish their meals. It's not healthy to eat so quickly.
- n/a
- No
- Provide donation boxes and a storage refrigerator for unwanted, unopened food to be picked up by local soup kitchens or pantries (i.e. St. Joe's Catholic Church).
- Love that SCH provides all meals to all students free - why not the teachers too? That would be a great incentive to eat with the students in the cafeteria.
- Survey students on what meals they like from the menu
- no
- Top down, get everyone on board, SCH Board, Superintendent, HR and all the departments at the Admin Center. All the Principals at each school, the Title I Family Facilitators at each building, the counselors, school health service staff, PTA Presidents, Community advocates, teachers, students, the Mayor of Hammond, etc. This is a community wellness approach and can greatly improve many lives and lengthen our life spans. Put the phones down and get active! The activity can bring better socializing. Unite the community with this! SCH EXERNUT could be an example for other locations to follow. I can write a song about whatever mascot you choose. This is a global idea. Thank you for asking.

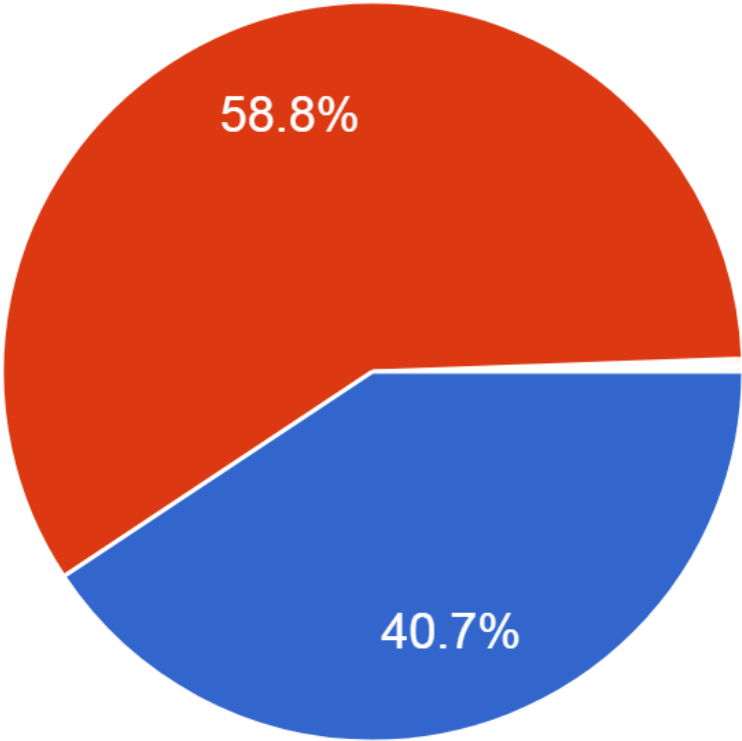
**Question #12:** Do you have any suggestions on how we can better meet the goals we have?

215 responses

- Attractive environments in which to eat don't matter when you see over-cooked vegetables and broccoli for the 27th day in a row. We've only had corn once this year and no peas.
- No
- No
- Partnering with the local police department to present this information to the kids
- The cafeteria updates have been great.
- No
- no
- Have staff and possibly students clean up
- n/a
- na
- not sure
- no
- see above
- None.
- No.
- Everything About These Schools & The Lunches are Horrible
- Longer time for students to eat
- Give staff members more food!
- Better food
- No
- Have rooms cleaned on Fruit and Veggie days. Too many days it's light cleaning and desks and dropped food doesn't get cleaned up/
- You already do an excellent job!
- No
- The online system is not allowing staff to put money into their account. We have to give the cashiers cash and it can be inconvenient.
- Handwashing before they eat lunch
- Control over more students
- No
- no
- we should do more activities
- no
- No
- None at this time.
- allow children more time to eat and stop yelling and screaming at them to be quiet and sit down. lunchtime is a social time and they shouldn't be screamed at or rushed to eat a meal. 12 min in some cases is ridiculous
- Passed yes grad school today listening your teacher she is college
- No
- No
- Not at this time.
- Hire sufficient staff.

# Did you know that SCH had a Wellness committee?

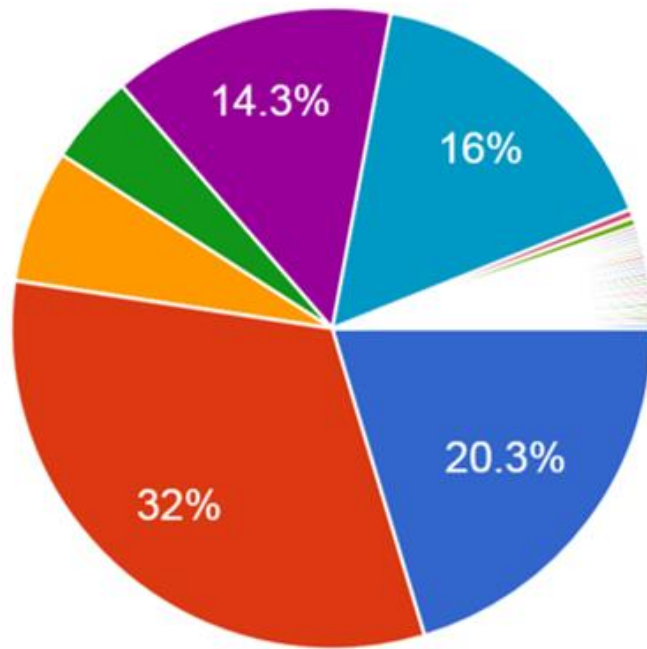
541 responses



- Yes
- No
- i didn't know they had one.
- I was told about it unaware of what it really meant.
- I probably knew but paid no attention because I personally was not on it or responsible for it. I am glad there is one though.

# If you were unaware that SCH had a Wellness Committee - what would be the best way to communicate to SCH students, parents, & staff that we have one?

462 responses

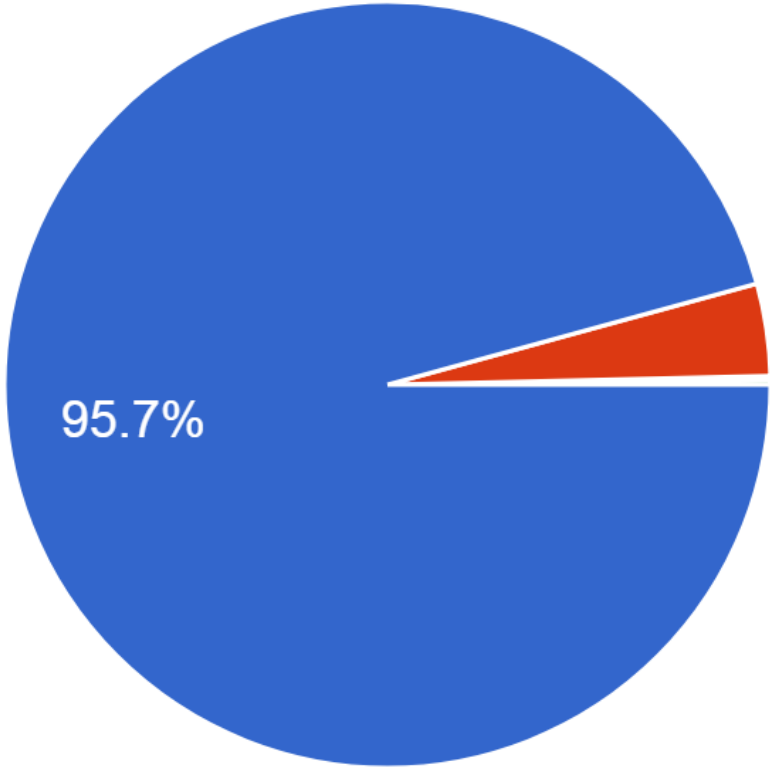


- I knew that SCH had a Wellness Committee
- Email
- Facebook Announcements (@SCHLunch)
- PTA Announcements
- School Newsletters
- SCH Homepage
- Mail
- mail
- Interactive surveys such as this
- Twitter announcements
- Present at the Schools
- Give out forms to parents when they sign, register the students... hand out at parent/teacher report card pickup conference
- Send out a voicemail
- Mentioned on previous question.
- texting
- robo call
- idk
- Talk to the students in the cafeteria or come to all the classes and talk to use about it
- I didn't know there was a Wellness Committee, but other than that all of the above
- Ask a teacher
- None
- paper and phone tree
- SCH Wellness Committee Google Classroom
- All of the above means of communication

- flyers posted in teachers' lounge
- A combination of email, Facebook, and SCH Homepage
- all of the above
- ALL OF THE ABOVE! Let's get the word out! It is like an advertising campaign. When you have something new you to have to "SELL" it.
- Robo calls
- phone call
- Posters, advertising
- Robo call and all of the above

# Did you know that ALL SCH students receive breakfast & lunch at no cost (free)?

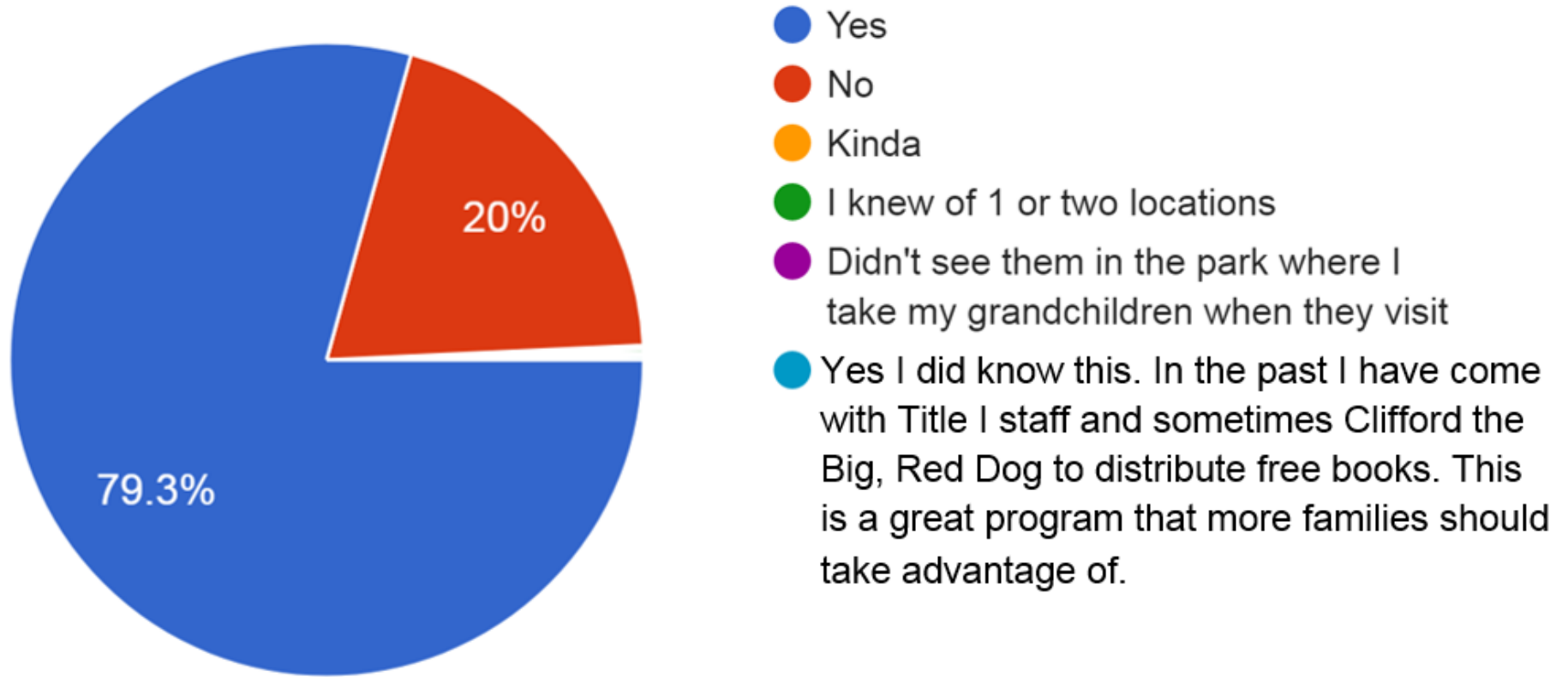
541 responses



- Yes
- No
- really ? no cost?
- Yes and for the record, I feel this is an awesome thing!!!

Did you know that the Department of Food & Nutrition provides FREE summer meals (to everyone 18 years and under - no paperwork required) at approximately 17 sites throughout Hammond every summer?

541 responses



**Question #17:** If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

*192 responses*

- No
- n/a
- Call homes, put on webpage, and facebook.
- n/a
- email
- Public media announcements signs at locations and utilizing the existing message boards at the schools
- Send out an email for staff and send home a flyer for students.  
Have the mayor of Hammond discuss it on his Friday radio show on WJOB to get information to the general public.
- no
- For those that did not know, social media is a great tool and asking for the posts to be shared so everyone can be aware.
- newsletters and online
- Website
- I knew
- Email
- School newsletter, school website, email
- social media, emails, texts
- robo call
- Website, letters home, text and email parents and students
- robo calls/news letters
- Inform families via school marquees
- Newsletters, robo calls, on the school websites
- Newspaper and phone calls to students' homes
- Put on the schools website and make announcements during the school year.
- Give flyers to students towards the end of the year and post on local newspaper
- voicemail
- I already knew that free meals were served, however I am not informed about the locations. This information should be e-mailed and also posted on the school website.
- billboards in English and Spanish. Also, place it in all communications starting in March 2018.
- facebook, newspaper, flyers, auto call
- facebook
- Send notes home with students.
- Billboards  
Ads in the NWITimes
- flyers during spring time a few times a month - constant and consistent communication
- newsletters
- I think is well communicated around the city of Hammond
- Announcing in social media, sending emails, mailing letters with times
- Email/ Social Media
- post it
- i dont know
- SCH website
- sch homepage or a letter at the end of the year
- email or sch home page.
- on google classroom or email
- At noon



**Question #17:** If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

*192 responses*

- you could do it like the last week of spring
- calling
- They don't server meals free sometimes.
- at the school
- I know but if I didn't they would say on the announcements.
- Most likely contacting my parents
- idk
- email
- By asking the lunc ladys .
- i knew about it
- Phone calls
- To say it in the announcements
- make a letter
- phone number
- Email, handing out papers
- Through the SCH home page.
- Email.
- mail
- through email
- sch home page
- no
- Call their mother
- email
- By school homepage or emailing.
- never!!!
- e-mail parents
- sch homepage
- email to our parents
- sch home page
- in the SCH home page
- School homepage
- To announce where what time and how to get it through the school morning and afternoon announcements. And to put posters up through to school.
- Letters to students' homes
- A message to the parents of the students.
- Through email and/or phone calls.
- Posters and putting them everywhere so people could notice them
- Let us know where you guys notify where this is
- Announcements
- email
- On the announcements!
- by calling someone in the sch were it is at
- Email
- Email
- the sch website
- Call our phones
- email
- sned me an email.

**Question #17:** If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

192 responses

- email
- Handout a paper to everyone and let them know
- Look on the sch website
- I don't know
- by the home page
- The best way would be by a app that tells the meals
- email sch
- no
- Emails
- Email
- posting them on twitter or facebook
- email
- Emailing all parents about it.
- School website or teacher gives out a paper
- Home page
- food
- i dont know
- email
- SCH school website
- pta announcements
- call
- paper announcements
- to them that dont know send a letter home before the school year ends reminding parents, guardians, and students.
- Email
- the school website
- By emailing and mailing home.
- idk
- I already knew
- email
- calls or letters home
- no
- By emailing the staffs and SCH students .
- Maybe put up flyers in front of school for all to see.
- I don't live in Hammond - so I am not aware of many things they do. However, if there were notes sent home about this to students - I think that is a good way to reach parents. Maybe the all call.
- School website
- By email which we could forward to parents by taking a photo and sending it through the class dojo app we use.
- Maybe through the paper or in the mayor's or township or Senior citizen flyer since have no family with school age children living in Hammond area
- None
- Phone number
- I dont know
- Nope
- email
- Post them on the website and send emails out
- Through email or the inner com

**Question #17:** If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

*192 responses*

- ads on sch homepage
- email
- Through Facebook page
- Newsletter
- Facebook
- say so on facebook
- Actual addresses would be great. I had to guess where some parks were because there were just names or just dots on a map. Also, the location is not convenient to everyone. Some people can't walk or get a ride to some of the locations. There use to be one at all parks, but it's changed now.
- E-mail
- E-mail
- Send home a school newsletter at the end of the school year with dates, locations, and times.
- Newsletter
- Newsletter
- I don't know probably text messages.
- robo calls
- email phone calls
- no
- Social media- ALL INdividual schools could post as well as the district. Newspaper and WJOB. Flyers sent home with all students at end of school year
- i knew
- Send home information pages with students, post in grocery stores, local news reports, newspapers, physician offices, gas stations, etc. where families can see the information.
- email and flyers posted in teacher copy rooms, lounges, etc ...
- Email if I had to choose just one method.
- Flyers in schools, on school marquees, mailings, phone calls, school websites, social media.
- NA
- flyers and e-mail and newspaper or facebook
- I knew however it is again a marketing campaign to get the word out. A mascot may help. A song that has a catchy tune and lyrics. Robocalling to SCH families. There are countless ways although usually word of mouth is the best advertisement but anything that can enhance that, like getting the Mayor on board, the City Council, top down works! Thank you for asking for participation in this survey. I am sorry my answers are long. Writing is my passion and this is a topic I am very interested in. Thank you again.
- a letter in the mail and phone call
- announcements.
- robo call
- Pta meeting
- Community billboards (the big sign at Wolf Lake), churches, the YMCA, and the Boys and Girls Club
- Telling people by email or having flyers put up
- Email
- email
- info on school marquees, large banner hung outside of feeding location
- Flyers the last week of schools and robocalls so parents know.
- Email.
- On All Platforms Possible
- Mailing Letters
- Through email, daily announcements, letters home via US postal mail
- put out to nwi times. or via school website. and on every schools homepage.

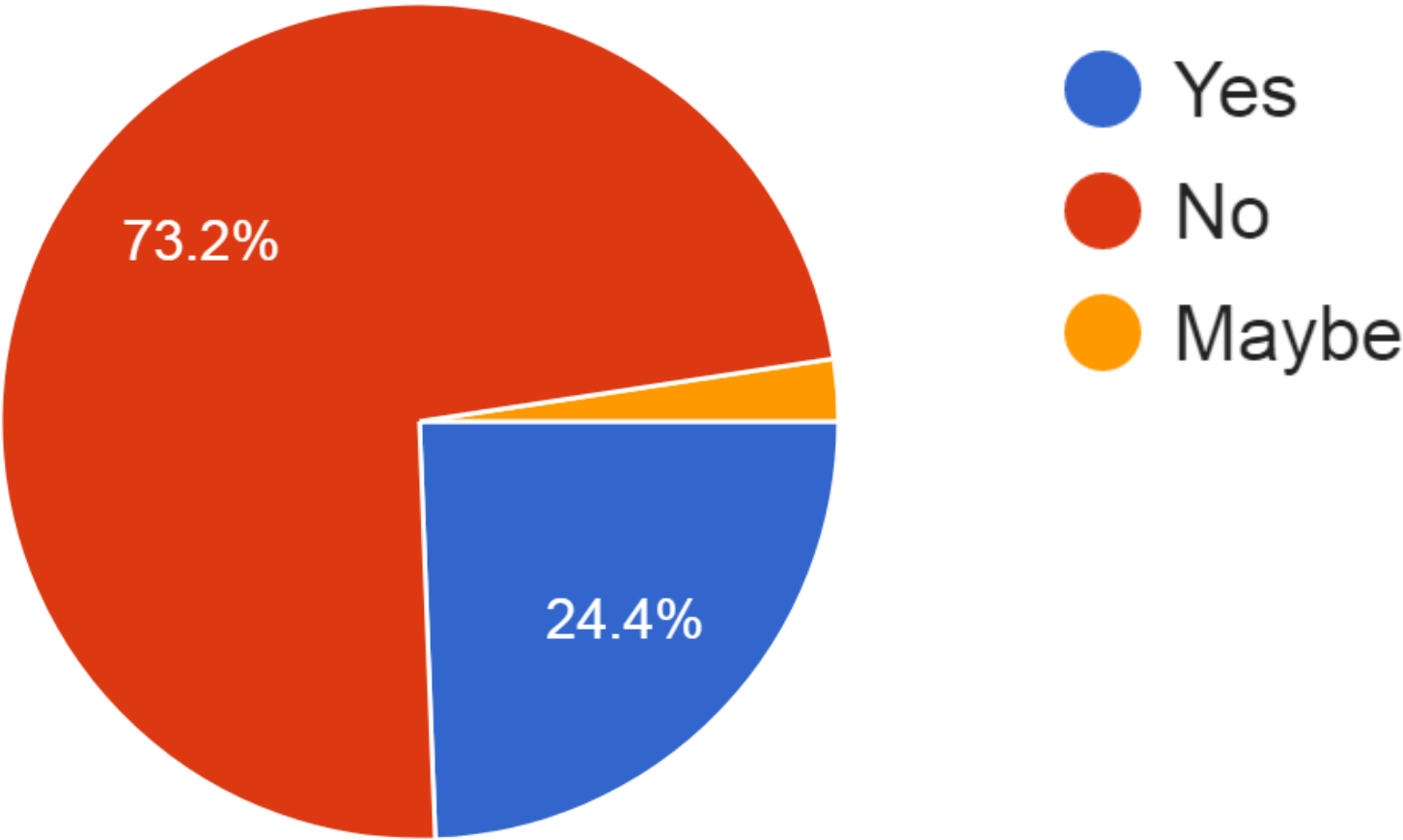
**Question #17:** If you didn't know we serve free summer meals - what would be the best way for us to let you know where and when we will be serving them?

*192 responses*

- school website
- Email
- A letter
- Phone system
- Advertising
- Phone system
- Letters to homes
- letter sent home at the end of the year or automated phone call throughout summer months
- I'm well aware
- proboly on email like hangouts
- sending information home with kids
- i knew
- Send out a email, send papers home with the kids and the end of the school year or place a ad in the local newspaper.
- Announcement on the school page and newsletter. Maybe during registration?
- sending information home throughout the year
- Yes serving very and school sch
- I think this should be posted on the gohammond website.
- Post on social media
- E-mail

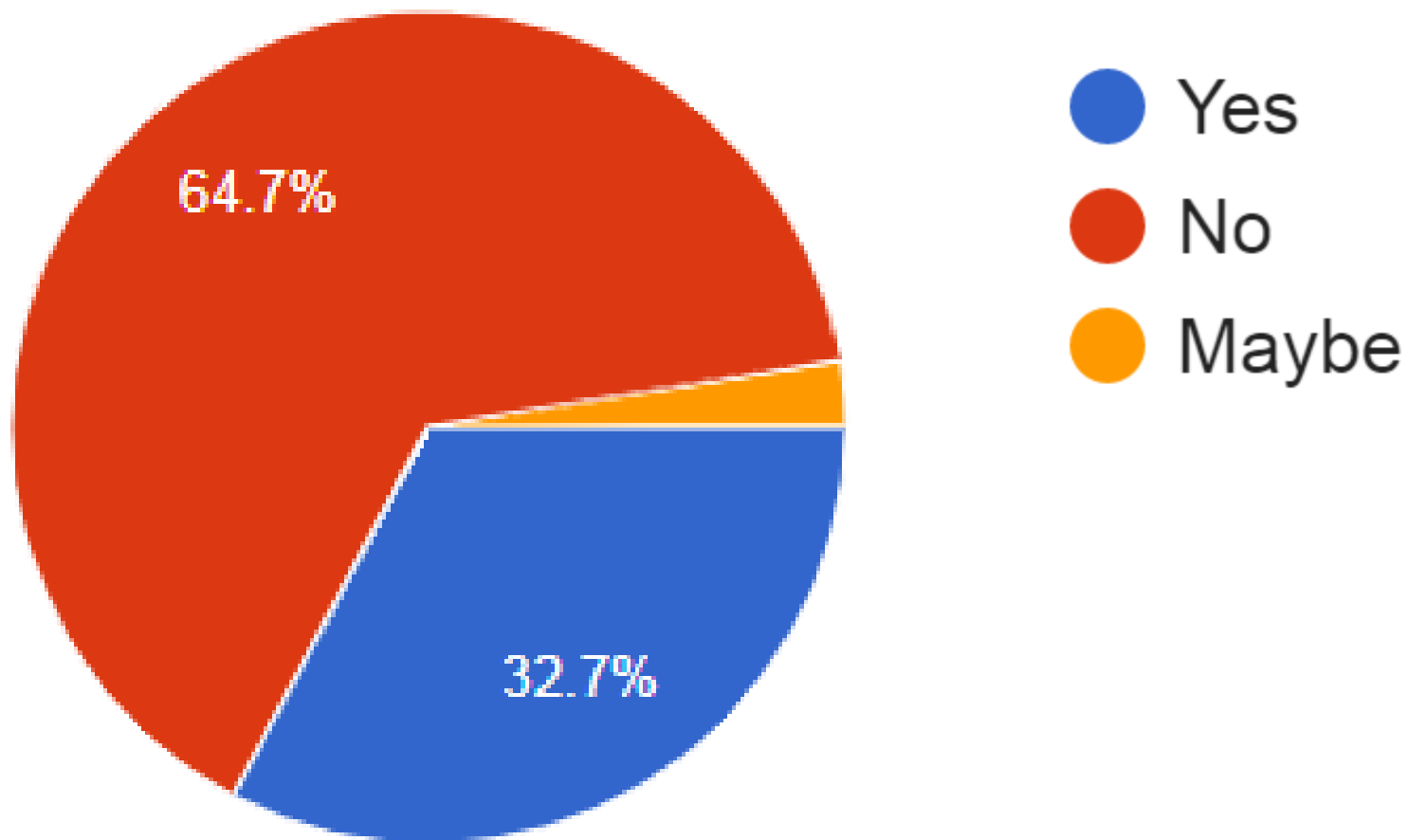
Did you know you can rate our food items and provide immediate feedback on the items you love and the ones you don't love so much that will help us in making the menus for next year?

541 responses



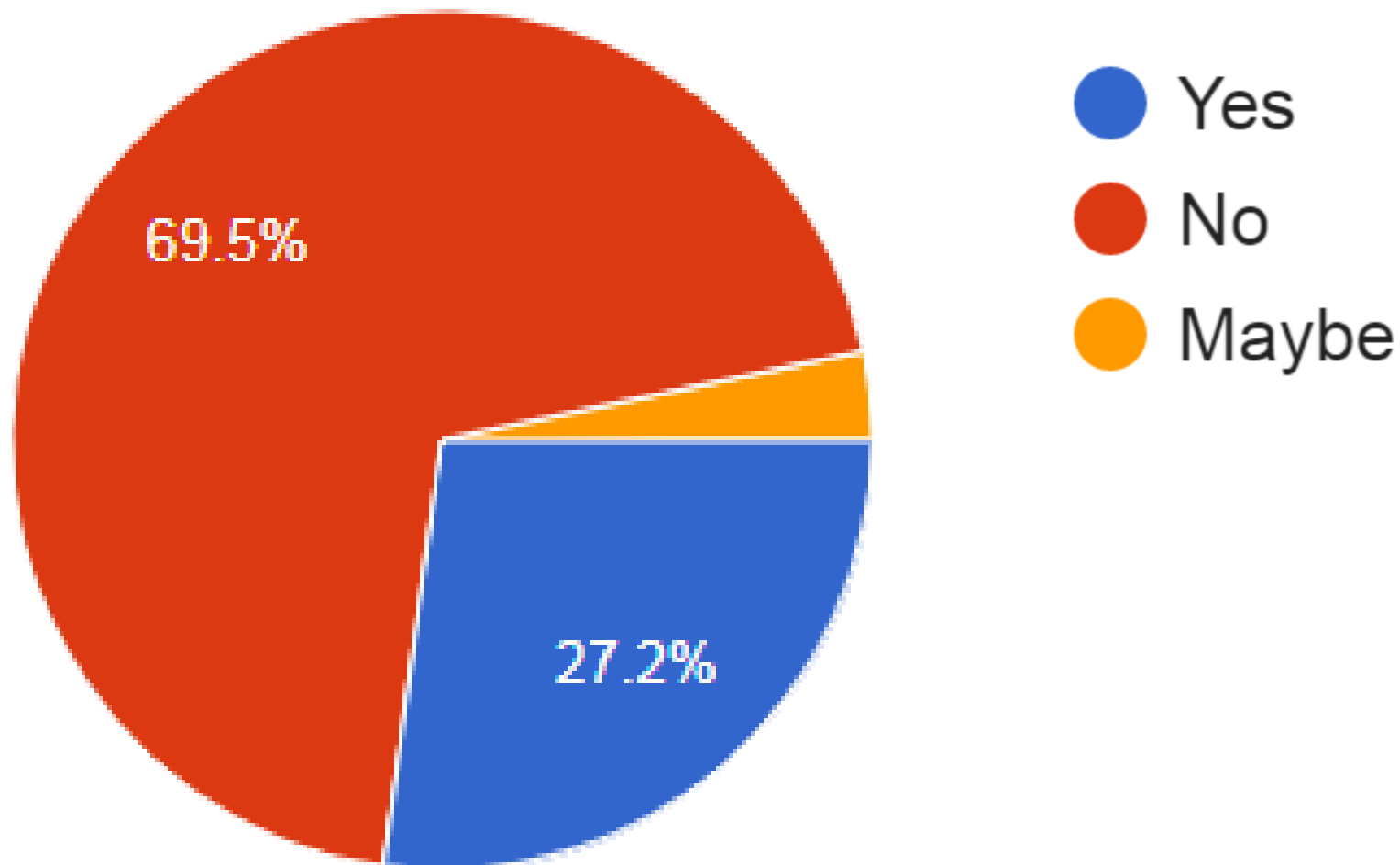
Did you know MealViewer has a 'Nutrition Calculator' that allows you to track your carbohydrates (perfect for our diabetics), calories, and more?

541 responses



Did you know you can create a profile for yourself (if you are a student) or if you are a parent you can create profiles for all your children and track the 'Big 8' most common food allergies and print off menus that cross off menu items containing your/your children's allergens?

541 responses



**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

*206 responses*

- Letters home please.
- Mo
- Better food in the cafeteria. Fully cooked food in the cafeteria instead of soggy food.
- incentives to quit smoking and exercise more
- It took too long to find the menu on the webpage. Sometimes I don't have that big calendar handy and I just want to quickly know what's for lunch! Maybe an easier /faster click. (Or maybe I missed it)
- NO
- n/a
- Doing a great job, continue to encourage wellness within our district!
- The Thomas Jefferson Elementary School cafeteria staff do an excellent job of meeting the students needs and providing delicious food.  
They go above and beyond what is required to make sure staff and students are well fed.
- no
- NO
- no
- No
- Please include more meatless options, especially at middle/high school level. Many students are now vegetarians and don't have many options.
- NA
- No
- no
- no
- no
- no
- Not at this time. You're doing a great job!
- I hope that grants can be explored to provide standing tables to schools for professional development opportunities.
- Again, I don't feel that the processed food we serve is healthy for the children. We know that many eat fast food several nights per week. When they eat the processed food here for breakfast and lunch it's just another fast food meal.
- None at this time
- no
- none
- N/A
- no
- no
- no
- n/a
- Why don't you have the kids create a meal on it? Have a cook-off event for kids. Top Chef--SCH.
- I would love to see yoga classes offered again.
- No



**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

*206 responses*

- NO
- No
- teachers get meals. students waste so much. why cant teachers get food
- no
- no
- Check the food, especially the milk that its not spoiled and the packaged bread not molded
- No
- offer more choices and amount
- no
- i don't know
- no
- naaaaaaaaa
- no i don't think so much
- no
- ldk
- no
- no
- I think you guys have those things I would put.
- no
- No
- No
- no
- no
- This survey is to long.
- no
- no
- no
- no
- No, thank you
- no
- no
- No
- No.
- No.
- no
- no
- no
- no
- no
- no
- No
- no

**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

*206 responses*

- no
- not really...
- no
- no
- no
- no
- nope
- No
- No
- No
- No I would not like to provide any additional information to the School City of Hammond.
- No.
- no
- work hard and have more students participate in activities after school or even anything fun to keep them going at it so they will feel better to do good in school and have the motivation to do all there work
- No
- Many students complain of food being spoiled or moldy, and it happens often.
- No
- No
- No, thank you! (;
- no
- no
- no
- no
- nope
- No
- no there is not
- no
- No
- No
- No.
- no
- To give food to other people that need it.
- no
- no
- No
- No
- no
- no
- no

**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

*206 responses*

- NO
- no
- No
- no
- I don't know
- NO
- no
- no
- No
- no
- no
- no
- noo
- no
- No
- keep unhealthy and fat foods away.
- No
- are students allowed to create a club
- no
- no
- no
- no
- No
- no
- no
- nope
- None.
- No
- No
- Nope
- no
- No im good keep up the good work
- No there is not
- No
- no
- Just make sure the food is not expired. I love the food you provide for our students. I have lost 6lbs since I started working here. Great, healthy food.
- No.
- No. Not at this time.
- No
- No

**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

206 responses

- I think that if we are able to offer all students free lunch then the staff meals should be free or greatly reduced. I bring my lunch daily so I wouldn't utilize it, but I know some people might need it.
- No
- Pay more attention to likes & dislikes of menus served.
- no
- Not at this time.
- no
- no
- no
- no
- Perhaps the new sports complex and local bowling alleys would offer discounts/coupons for students.
- no
- No additional information, but a question about how we can provide more clean foods, eliminate artificial additives, and provide the best possible fuel for our students' bodies and minds.
- n/a
- I can't think of anything
- There is not complete nutrition info for all food items on the menu -- at least the last time I checked.

Also, I am certain we can track who is getting a lunch and who isn't. I am 100% positive a large group of students simply do not eat or even get the meals available to them. Since that food is not being used, WHY NOT ALLOW STAFF MEMBERS TO EAT LUNCH FOR FREE AS WELL? It seems wasteful that food is available but our more picky students just decline for numerous, ridiculous reasons. "I'm fat! This food is nasty! I prefer to play on my phone instead of eating." Providing meals to staff would be a morale booster, keep staff on campus and help save them time and money. Educators are not paid enough and this could show a little appreciation and good faith.

- no
- I am very happy you all are doing this! I work at the Admin Center and I do miss school lunches which I enjoyed the entire 19 years I worked for Head Start in the school buildings. I have been here at Admin 6 years now. 5 years ago I went to have lunch with my grandson at Morton El and lunch options were quite different and much healthier. He had fresh carrots and celery, string cheese, and some other healthy thing on his tray that he chose instead of the regular hot lunch which I thought was wonderful. (He has moved to Hobart now.) Thank you for all you are doing!!!
- I know that deep-frying is a mortal health sin, but those skinny fries turn into concrete sticks in the warmers. What's the point of serving them if they're inedible? BRING BACK SALT.
- No
- No
- I think the wellness council has done a great job and continues to look at ways to improve.
- No
- no
- No

**Question #21:** Is there any other additional information you wish to provide the School City of Hammond with regards to the SCH Wellness Policy?

206 responses

- Salad bars for teachers would be nice :)
- no
- I would like to be able to order box lunches for my students. However, we did not get the food that I ordered in the box lunches. My students threw away the 2 salads we were given - I knew they would not like those and did not order those.
- No.
- Stop Serving Molded & Cold Food & Fruits & Vegetables That Are Old
- Bigger portions
- No
- No
- no
- No
- no
- Everyday I go to school and I see all the food that is being thrown away because the students don't like it or the students don't even grab a lunch. This is concerning because of how bad the food taste and if we do eat it's because we are hungry and it's our last option. It's amazing how I could walk into a 7/11 and still receive a better lunch than at school. I understand the regulations of having healthy foods for students to eat, but what I do not understand is the quality of food we are receiving. If in reality we the students are the future of this society and we deserve food that is poor, where have we turned to.
- No
- Nope
- No
- We don't want to be average and like everyone else. We don't want to say, "That's good enough." If we really care about the people we serve and the teachers and staff in our district, we do everything we can to work hard and be better. We don't want to be average- we want our kids to soar!!
- no im okay
- Stop wasting money and help us
- no
- No
- None at this time.
- just re address the time allowed for meal consumption and the way the children are spoken to
- ya know what you wanna see you later today sch
- No
- Please get the students to pick up for themselves
- Not at this time.
- No
- No