

GOT HEALTH? ASSESSMENT TOOL

| Social and Physical Environment | Not Applicable | Rarely /No | Sometimes | Often | Always /Yes |
|--|----------------|------------|-----------|-------|-------------|
| We have a variety of physical activity options openly available to all students. | | | | | |
| We have extra clothing for students in need. | | | | | |
| We have extra food for hungry students. | | | | | |
| Our school offers healthy food choices. | | | | | |
| We have comfortable indoor spaces for eating lunch and snacks. | | | | | |
| We have plants and trees outside. | | | | | |
| We have places to sit and hang-out outside. | | | | | |
| We have a school garden. | | | | | |
| We have safe places for students to go when they need help. | | | | | |
| Our school feels clean. | | | | | |
| Our school feels safe. | | | | | |
| Our students stand up for each other. | | | | | |
| Our students are kind to each other. | | | | | |
| Our students respect each other's diversity. | | | | | |
| Our students feel like they belong in our school. | | | | | |
| Our student voice is valued. | | | | | |
| Our school is fun. | | | | | |
| Adults in our school believe in our abilities. | | | | | |
| Adults in our school care about the students. | | | | | |

| Teaching and Learning | Not Applicable | Rarely /No | Sometimes | Often | Always /Yes |
|--|----------------|------------|-----------|-------|-------------|
| We have a variety of choices for physical education classes (Phys-Ed). | | | | | |
| We learn strategies for promoting mental well-being. | | | | | |
| We learn strategies to reduce anxiety. | | | | | |
| We learn about the benefits of being physically active. | | | | | |
| We learn about the benefits of healthy eating. | | | | | |
| We learn how to make healthy foods. | | | | | |
| We learn about healthy relationships. | | | | | |
| We learn about cyber safety. | | | | | |
| We learn about kindness. | | | | | |
| We learn about celebrating diversity. | | | | | |

| Healthy School Policy | Not Applicable | Rarely | Sometimes | Often | Always |
|--|----------------|--------|-----------|-------|--------|
| We have healthy food and beverages in the vending machines. | | | | | |
| We have healthy food and beverages in the school store or cafeteria. | | | | | |
| We have a Healthy Schools Committee which includes students. | | | | | |
| Our school is tobacco free. | | | | | |
| Our school is drug free. | | | | | |

| Partnerships and Services | Not Applicable | Rarely | Sometimes | Often | Always |
|---|----------------|--------|-----------|-------|--------|
| We have community helpers in our school. | | | | | |
| We are connected with our feeder schools. | | | | | |
| We have community resources that support our school. | | | | | |
| We have community businesses that support our school. | | | | | |
| We feel welcomed by our community. | | | | | |
| We volunteer in our community. | | | | | |