



## School Site-Level Assessment Questionnaire

*Developed by the  
University of California Nutrition Policy Institute for the  
California Department of Public Health*

**FFY 2026**

**Here is some basic information about the School Site-Level Assessment Questionnaire (SLAQ)**

- **WHAT does it include?** Questions that assess current healthy eating and physical activity practices at a school site. Do NOT include practices that are planned but not yet implemented.
- **WHO should complete it?** One or more individuals that are familiar with the policies and practices in place at this school.
- **WHEN should this be completed?** Annually, before interventions begin for the school year at this site.
- **WHY?** To understand a school's need for healthy eating and physical activity supports, and to measure change and improvements over time.
- **HOW?** It can be completed on paper or on-line. If you complete it on paper, you will need to enter your data into Survey 123 in order to submit your responses:  
[https://ucanr.edu/sites/slaq/SLAQ\\_Questionnaires/](https://ucanr.edu/sites/slaq/SLAQ_Questionnaires/)

### **Tips and additional information:**

- Review the questionnaire before beginning to decide who should be involved in completing each section and gather any materials/documents you may need.
- Do your best to estimate the current situation so that change over time can accurately be assessed. Do NOT include practices that are planned but not yet implemented.
- Current practices may be impacted by health or safety emergencies. It is important that you report practices in place at the time you complete the questionnaire, even though they may differ from the usual practices. There is a question at the end of each section to comment on these impacts. These questions are not included when computing scores.

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# School Site Information

School name \_\_\_\_\_

School address \_\_\_\_\_

School district name \_\_\_\_\_

This school's Local Health Department (LHD) partner \_\_\_\_\_

PEARS Site ID \_\_\_\_\_

*The PEARs Site ID can be found using the [NPI PEARs Site Search Tool](#). Watch this [video tutorial](#) on how to use this tool to search for a PEARs Site ID.*

Date of current assessment (MM/DD/YYYY) \_\_\_\_\_

Date of last assessment (MM/YYYY) \_\_\_\_\_ ☐ N/A (this is the first assessment)

Students generally attend full days on campus Monday-Friday:

☐ Yes

☐ No

Which grade levels are present at this school? *Mark all that apply.*

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> TK              | <input type="checkbox"/> 4 <sup>th</sup> | <input type="checkbox"/> 9 <sup>th</sup>  |
| <input type="checkbox"/> K               | <input type="checkbox"/> 5 <sup>th</sup> | <input type="checkbox"/> 10 <sup>th</sup> |
| <input type="checkbox"/> 1 <sup>st</sup> | <input type="checkbox"/> 6 <sup>th</sup> | <input type="checkbox"/> 11 <sup>th</sup> |
| <input type="checkbox"/> 2 <sup>nd</sup> | <input type="checkbox"/> 7 <sup>th</sup> | <input type="checkbox"/> 12 <sup>th</sup> |
| <input type="checkbox"/> 3 <sup>rd</sup> | <input type="checkbox"/> 8 <sup>th</sup> |   |

This SLAQ assesses the food and physical activity environment of which grades:

*Mark all that apply.*

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> TK              | <input type="checkbox"/> 4 <sup>th</sup> | <input type="checkbox"/> 9 <sup>th</sup>  |
| <input type="checkbox"/> K               | <input type="checkbox"/> 5 <sup>th</sup> | <input type="checkbox"/> 10 <sup>th</sup> |
| <input type="checkbox"/> 1 <sup>st</sup> | <input type="checkbox"/> 6 <sup>th</sup> | <input type="checkbox"/> 11 <sup>th</sup> |
| <input type="checkbox"/> 2 <sup>nd</sup> | <input type="checkbox"/> 7 <sup>th</sup> | <input type="checkbox"/> 12 <sup>th</sup> |
| <input type="checkbox"/> 3 <sup>rd</sup> | <input type="checkbox"/> 8 <sup>th</sup> |   |

# Section 1: Wellness Policies and Meal Program Participation

*When completing this section, refer to policies about student wellness, NOT employee wellness. Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

## 1.1 During the past year, has anyone at your school done any of the following activities?

*Mark all that apply.*

- ☐ Reviewed your district's or school's wellness policy
- ☐ Helped revise your district's or school's wellness policy
- ☐ Provided training on your district's or school's wellness policy to school staff
- ☐ Distributed your district's or school's wellness policy to parents and families
- ☐ None of these

## 1.2 Is there an official who is responsible for implementation and compliance with wellness policy at the school (not district) level?

- ☐ Yes, a school employee
- ☐ Yes, a district employee
- ☐ No

## 1.3 Is there an active school-level wellness committee (an action-oriented advisory group of two or more people that focuses on the health and well-being of students)? IF SO, how often did it meet during the last 12 months?

- ☐ Committee did not meet
  - ☐ 1-2 times
  - ☐ 3-4 times
  - ☐ 5-6 times
  - ☐ 7+ times
  - ☐ No school-level committee *skip to Q1.5*
- } *go to Q1.4*

## 1.4 Families from this school are active members of a school or district level wellness committee.

*Mark all that apply.*

- ☐ District level committee
- ☐ School level committee
- ☐ Neither
- ☐ Don't know

1.5 School participates in the National School Lunch Program. ☐ Yes ☐ No

1.6 School participates in the School Breakfast Program. ☐ Yes ☐ No

- 1.7 School participates in the Fresh Fruit & Vegetable Program.** ☐ Yes ☐ No  
☐ N/A (middle/high school)

*The Fresh Fruit and Vegetable Program (FFVP), administered by CDE, provides schools with funding to offer students a free fresh fruit or vegetable snack during the school day.*

**1.8 Does the school use any strategies that reduce or recover waste from food or beverages that are not consumed by students?** *Select all practices in use, even when reduction of food waste is not the primary motivation. Mark all that apply.*

☐ **Accommodating and broadening student preferences and familiarity with menu items**

Examples:

- Use available data sources (e.g. daily attendance, food waste) to forecast food needs when ordering and/or preparing meals
- Offer (versus serve) food so students may take what they want; provide more choices
- Obtain feedback on new menu items; use kid-tested menus; serve familiar flavors
- Serve ready-to-eat fruit; offer items self-serve
- During mealtimes, teachers or staff role model trying new foods with students
- During mealtimes, teachers or staff encourage students to try unfamiliar foods

☐ **Helping students deal with early meal schedules and insufficient time to eat**

Examples:

- Schedule recess before lunch
- Allow students to save food items to eat later
- Offer grab-and-go items; serve Breakfast in the Classroom

☐ **Redistributing uneaten, intact items to school community**

Examples:

- Offer a “share table” for students to leave unopened and uneaten items
- Repurpose unserved kitchen leftovers (e.g., incorporate into other recipes, serve at a later time, etc.)
- Offer food to families to take home

☐ **Donate to a charitable agency or community organization**

Examples:

- Donate intact items to eligible local food banks or charitable organizations
- Donate to farm or range for animal feeding

☐ **Composting or bio-gas generation**

Examples:

- On-site composting or biogas generation
- Self-transport or contract out for composting or biogas generation

☐ **Provide education to students about food waste**

☐ **Other *Please list:* \_\_\_\_\_**

☐ **N/A: this school currently has no food waste reduction efforts in place**

**1.9 Have any of the policies or practices in Section 1 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

**1.10 Comments on Section 1: Wellness Policies and Meal Program Participation**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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**1.11 Please indicate who completed Section 1:**

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## section 2: Meals and School Meal Environment

*When completing this section, please refer to a weekly or monthly school meal menu.*

*Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

### 2.1 Which breakfast programs are offered at this school when students attend in-person?

*Mark all that apply.*

- ☐ Breakfast in the classroom
- ☐ "Grab and go" breakfast options (packaged, carry-away, reimbursable meal)
- ☐ "Second chance" breakfast (breakfast after homeroom or first period)
- ☐ This school offers breakfast but none of the above specific programs
- ☐ This school does not offer a breakfast program

### 2.2 The school participates in one or more programs that promote locally or regionally sourced food for meals. *Mark all that apply.*

- ☐ California Food for California Kids (formerly California Thursdays)
- ☐ Farm to School
- ☐ Farmers to Families (USDA)
- ☐ DoD Fresh
- ☐ FoodCorps
- ☐ Fresh Fruit and Vegetable Program (USDA)
- ☐ Harvest of the Month
- ☐ Other *Please list:* \_\_\_\_\_

### 2.3 All foods and beverages provided in school meals meet [nutritional requirements](#) of the National School Lunch Act.

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

### 2.4 Students receive at least one fruit or vegetable with each meal.

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.5 Sliced or cut fruit is offered with meals.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.6 Fruit and vegetables are prominently displayed in attractive containers on all service lines.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.7 More than one fruit choice (not including juice) is offered *at each lunch*.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.8 More than one vegetable choice is offered *at each lunch*.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.9 Pre-packaged salads or a salad bar are available to all students *at lunch*.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.10 The only beverages available to students at *breakfast* are milk and water.**

*"Milk" includes dairy milks and nutritionally equivalent, plant-based alternatives.*

- ☐ N/A: no breakfast
- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.11 The only beverages available to students at *lunch* are milk and water.**

*“Milk” includes dairy milks and [nutritionally equivalent](#), plant-based alternatives.*

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.12 Milk served with meals is limited to unsweetened and 1% fat or less.**

*“Milk” includes dairy milks and [nutritionally equivalent](#), plant-based alternatives.*

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.13 Unsweetened milk is placed for easier access than sweetened milk.**

*“Milk” includes dairy milks and [nutritionally equivalent](#), plant-based alternatives.*

- ☐ N/A: no sweetened milk offered
- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.14 This school provides access to free, palatable drinking water during meal times in the food service areas.**

- ☐ Yes
- ☐ No

**2.15 Students have at least 30 minutes for eating lunch, including 20 minutes of “seat time” after getting their food. *Do not include time spent for recess during the lunch period.***

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**2.16 Lunch (on campus) is served no earlier than 11:00 am and no later than 1:00 pm for:**

- ☐ All students (true for more than 90% of students)
- ☐ Most students (true for 61-90% of students)
- ☐ Some students (true for 41-60% of students)
- ☐ Few students (true for 11-40% of students)
- ☐ No students (true for 10% or fewer students)



**2.17 Classroom nutrition education is reinforced in the cafeteria with promotion such as posters, displays, taste testing, etc.**

- ☐ N/A: not familiar with classroom nutrition education
- ☐ More than once per month
- ☐ About once per month
- ☐ A few times per year
- ☐ 1 time per year
- ☐ Never

**2.18 Students help promote the meal program. For example, students might make menu announcements or help develop materials promoting meals.**

- ☐ More than once per month
- ☐ About once per month
- ☐ A few times per year
- ☐ 1 time per year
- ☐ Never

**2.19 Students take part in taste tests, surveys, or other methods to determine preferences for menu items.**

- ☐ More than once per month
- ☐ About once per month
- ☐ A few times per year
- ☐ 1 time per year
- ☐ Never

**2.20 Students have adequate space to sit down and eat at a table most of the time.**

- ☐ Yes, plenty of tables and extra space
- ☐ Yes, but tables are crowded
- ☐ No, not enough seating with tables

**2.21 Dining facilities can be described as:**

- ☐ Pleasant (very clean, well-lit, not too chaotic or noisy, and inviting)
- ☐ Acceptable (adequately clean, well-kept, but sparse)
- ☐ Some areas of concern (dirty, dingy, needs repairs, etc.)

**2.22 Have any of the policies or practices in Section 2 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

## 2.23 Comments on Section 2: Meals and School Meal Environment

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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## 2.24 Please indicate who completed Section 2:

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## Section 3: Food and Drink around the School

*Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

**3.1 Food and beverage advertising is limited to foods that meet the [state and federal competitive food requirements](#).**

- ☐ N/A: no food and beverage advertising on campus
- ☐ Yes
- ☐ No
- ☐ Don't Know

**3.2 Items sold as part of fundraisers include:**

- ☐ Only items that meet the state and federal competitive food [criteria](#) (or include non-food items)
- ☐ Some items that meet the state and federal competitive food [criteria](#) and some that do not
- ☐ Only items that DO NOT meet the state and federal competitive food [criteria](#)

**3.3 All foods and beverages *served* at school events and celebrations also meet [state and federal competitive food standards](#).**

- ☐ N/A: no foods or beverages served at school events and celebrations
- ☐ Yes
- ☐ No

**3.4 During this school year, less nutritious foods and beverages are intentionally priced at a higher cost relative to more nutritious foods and beverages.**

- ☐ N/A: no foods or beverages sold during the school day
- ☐ Yes
- ☐ No
- ☐ Don't Know

**3.5 All foods and beverages sold *during the school day* meet [state and federal competitive food requirements](#). *Do not include reimbursable school meals or fundraisers.***

- ☐ N/A: no foods or beverages sold during the school day
- ☐ Yes
- ☐ No

**3.6 All foods and beverages sold on campus at *any time after school* meet [state and federal competitive food standards](#). *Include sales that are on-going; do not include events/fundraisers that are once a year.***

- ☐ N/A: no foods or beverages sold after school
- ☐ Yes
- ☐ No

**3.7 During the school day, how many separate venues sell foods and beverages other than school meals?** *Count each vending machine and all other points of sale on campus.*

- ☐ N/A, this school serves elementary school students only
- ☐ None
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4 or more

**3.8 Beverages sold to students on campus, not as part of meals, during the school day include:**

*Mark all that apply.*

- ☐ N/A: no foods or beverages sold during the school day
- ☐ Plain, unflavored water (carbonated or uncarbonated)
- ☐ Flavored water, no added sweeteners or caffeine (carbonated or uncarbonated)
- ☐ Unflavored low-fat (1%) or non-fat milk
- ☐ Unflavored whole or reduced fat (2%) milk
- ☐ Flavored non-fat milk
- ☐ Flavored whole, low-fat, or reduced fat milk
- ☐ Unsweetened non-dairy milk alternatives (e.g. plant-based milks) that meet [nutrient standards](#) for fluid milk substitutes
- ☐ Sweetened non-dairy milk alternatives (e.g. plant-based milks) that meet [nutrient standards](#) for fluid milk substitutes
- ☐ Sweetened or unsweetened non-dairy milk alternatives (e.g. plant-based milks) that do NOT meet [nutrient standards](#) for fluid milk substitutes
- ☐ 100% fruit or vegetable juices (full strength or diluted with water to include at least 50% juice)
- ☐ Calorie-free beverages with caffeine (e.g. unsweetened coffee, tea, or flavored waters with caffeine; excluding diet beverages and plain water)
- ☐ Low or no calorie electrolyte replacement beverages (< 5 calories per ounce such as low-calorie sports drinks)
- ☐ Regular, non-diet soda
- ☐ Diet drinks (including diet soda, light tea, artificially sweetened juice)
- ☐ Other sweetened drinks (including Capri Sun, fruit punch, lemonade, aguas frescas, sweet tea)
- ☐ Other (specify):

**3.9 Are sugar-sweetened beverages served at school events?**

*Sugar-sweetened beverages include any drinks with added sugar, including corn syrup, like non-diet sodas, energy drinks, sports drinks, fruit drinks, and sweetened coffee or tea.*

- ☐ Yes
- ☐ No

**3.10 Are teachers discouraged from serving sugar-sweetened beverages at classroom celebrations?**

*Sugar-sweetened beverages include any drinks with added sugar, including corn syrup, like non-diet sodas, energy drinks, sports drinks, fruit drinks, and sweetened coffee or tea.*

- ☐ Yes
- ☐ No

**3.11 Drinking water is available at no charge to students.**

- ☐ At all times and locations
- ☐ At only some times or locations
- ☐ No student access to drinking water

**3.12 Students are allowed to carry refillable water bottles.**

- ☐ At all times and locations
- ☐ At only some times or locations
- ☐ Never

**3.13 Students have access to water bottle fillers.**

*Do not count traditional drinking fountains, unless they have a water bottle filler feature.*

- ☐ No
- ☐ Yes, students can access one water bottle filler
- ☐ Yes, students can access two or more water bottle fillers

**3.14 Have any of the policies or practices in Section 3 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

**3.15 Comments on Section 3: Food and Drink around the School**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.* \_\_\_\_\_

\_\_\_\_\_

**3.16 Please indicate who completed Section 3:**

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## Section 4: Gardens

*Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

**4.1 During the last school year, did your school have access to an onsite or (offsite) community garden, used and maintained for growing fruits and vegetables? *Select the best option.***

- ☐ Yes, we had access to an edible garden or planter that was in use and maintained for growing fruits or vegetables *Go to Q4.2*
- ☐ No, the garden (or planter) was not being used to grow fruits or vegetables last year
- ☐ No garden access

*Skip to Q4.8*

**4.2 During the last school year, in which months was the garden actively growing fruits and/or vegetables? *Mark all that apply.***

- |                                   |                                   |                                    |                                   |
|-----------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> July     | <input type="checkbox"/> August   | <input type="checkbox"/> September | <input type="checkbox"/> October  |
| <input type="checkbox"/> November | <input type="checkbox"/> December | <input type="checkbox"/> January   | <input type="checkbox"/> February |
| <input type="checkbox"/> March    | <input type="checkbox"/> April    | <input type="checkbox"/> May       | <input type="checkbox"/> June     |

*When answering 4.3 to 4.7, think about the months the garden was actively growing fruits and/or vegetables in the last school year.*

**4.3 When nutrition education is offered the garden is incorporated:**

*Nutrition education refers to formal curriculum-based lessons.*

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**4.4 What proportion of students tend to the garden?**

*"Tend to the garden" includes preparation for planting, weeding, watering, harvesting, etc.*

- ☐ All students (true for more than 90% of students)
- ☐ Most students (true for 61-90% of students)
- ☐ Some students (true for 41-60% of students)
- ☐ Few students (true for 11-40% of students)
- ☐ No students (true for 10% or fewer students)

**4.5 How often do students tend to the garden?**

*"Tend to the garden" includes preparation for planting, weeding, watering, harvesting, etc.*

- ☐ 1 time per week or more
- ☐ 2-3 times per month
- ☐ 1 time per month
- ☐ Less than 1 time per month
- ☐ Never

**4.6 Produce from the garden is distributed to families:**

- ☐ 1 time per week or more
- ☐ 2-3 times per month
- ☐ 1 time per month
- ☐ Less than 1 time per month
- ☐ Never

**4.7 Produce from the garden is used in meals or snacks:**

- ☐ 1 time per week or more
- ☐ 2-3 times per month
- ☐ 1 time per month
- ☐ Less than 1 time per month
- ☐ Never

**4.8 Have any of the policies or practices in Section 4 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

**4.9 Comments on Section 4: Gardens**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4.10 Please indicate who completed Section 4:**

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## Section 5: Nutrition Education

*Nutrition education refers to formal curriculum-based lessons about nutrition, including drinking water. Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

### 5.1 Students at this school receive nutrition education:

- ☐ Yes, some or all students *Go to Q5.2*
- ☐ No, no students *Skip to Q5.5*

### 5.2 How many students at each grade level receive nutrition education?

*Select one response for each grade level present at the school.*

	Few/None <i>&lt;1/3 of students</i>	Some <i>1/3 to 2/3 of students</i>	Most/All <i>&gt;2/3 of students</i>	N/A <i>Grade level not present</i>
TK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
K	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 <sup>st</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 <sup>nd</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 <sup>rd</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 <sup>th</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 5.3 Nutrition education follows these practices: *Mark all that apply.*

- ☐ uses a standards-based curriculum with specific wellness goals
- ☐ is skills-based and participatory (i.e. practicing skills/behaviors such as goal setting, nutrition label reading, food preparation, menu planning, or media awareness)
- ☐ is integrated into other parts of the curriculum, e.g. in a math or science lesson
- ☐ is integrated with the broader school environment, e.g. a school cafeteria tour or offering school meal foods for taste tests in nutrition lessons
- ☐ incorporates agriculture and the food system, e.g. through gardening or a farm tour
- ☐ includes information about the benefits of drinking water
- ☐ other *specify*: \_\_\_\_\_
- ☐ none of these

### 5.4 Teachers of nutrition education receive annual training/professional development in nutrition.

- ☐ Yes
- ☐ No



**5.5 Have any of the policies or practices in Section 5 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

**5.6 Comments on Section 5: Nutrition Education**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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**5.7 Please indicate who completed Section 5:**

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## Section 6: Physical Education

*Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

*Answer 6.1a for all **elementary school students** (those attending elementary schools OR schools serving grades 1-8).*

**6.1a In a regular school week, how many minutes of Physical Education (PE) do elementary school students participate in, among those required to complete PE?**

- ☐ 150 minutes or more
- ☐ 100-150 minutes
- ☐ 99 minutes or less

*Answer 6.1b for all **middle and high school students** (those attending schools whose lowest grade is 6<sup>th</sup> or higher).*

**6.1b Over 10 school days (two school weeks), how many minutes of Physical Education (PE) do secondary school students participate in, among those required to complete PE?**

- ☐ 450 minutes or more
- ☐ 400-449 minutes
- ☐ 399 minutes or less

**6.2 At least 50% of PE class time is spent in moderate to vigorous physical activity.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**6.3 PE curriculum as implemented aligns with California state PE standards, with grade-level benchmarks.** *California state PE standards can be found here:*

*<https://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp>*

- ☐ Yes, for all grades
- ☐ Yes, for some grades
- ☐ No

**6.4 The student-teacher ratio in PE classes is comparable to that in core classes.**

- ☐ Yes, for all classes
- ☐ Yes, for some classes
- ☐ No

**6.5 PE is taught by a single-subject credentialed PE teacher.**

- ☐ Yes, for all classes *Skip to 6.6*
- ☐ Yes, for some classes *Go to 6.5a*
- ☐ No *Go to 6.5a*

If “yes, for some classes” or “No” was selected,

**6.5a** Please indicate what other types of PE teachers teach PE at this school:

<i>Mark one for each row:</i>	All classes	Some classes	No classes
A multi-subject credentialed (classroom) teacher	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A non-credentialed PE teacher	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**6.6 Teachers of PE complete annual professional development on PE or physical activity.**

☐ Yes

☐ No

**6.7 Have any of the policies or practices in Section 6 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

☐ Health or safety emergency. *Please describe:* \_\_\_\_\_

☐ Wildfire. *Please describe:* \_\_\_\_\_

☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_

☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_

☐ No

**6.8 Comments on Section 6: Physical Education**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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**6.9 Please indicate who completed Section 6:**

*Mark all that apply.*

☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)

*Title(s) or role(s):* \_\_\_\_\_

☐ Staff who work at a district office (not at the site) or County Office of Education

*Title(s) or role(s):* \_\_\_\_\_

☐ Staff from a local health department

*Title(s) or role(s):* \_\_\_\_\_

☐ Student, family member of a student, or community member

*Title(s) or role(s):* \_\_\_\_\_

☐ Other title(s) or role(s): \_\_\_\_\_

## Section 7: Physical Activity

*Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

### 7.1 In addition to a lunch break, recess is provided for all students:

- ☐ N/A: This school's lowest grade is 6<sup>th</sup> or higher *Skip to Q7.4*
- ☐ 30 min or more every day
- ☐ 21-29 min every day
- ☐ 20 min every day
- ☐ 1-19 min every day
- ☐ Never *Skip to Q7.4*

*Go to Q7.2*

### 7.2 Staff actively facilitate physical activity during recess.

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

### 7.3 Recess is withheld from one or more students when:

*Mark one or more responses.*

- ☐ An individual student or group of students misbehave
- ☐ Students need to complete assignments or assessments
- ☐ There is insufficient space
- ☐ Weather or air quality are poor
- ☐ There is a field trip or other whole-school educational program
- ☐ There is an immediate threat to the safety of one or more students
- ☐ Other, please describe: \_\_\_\_\_

### 7.4 Free time during, before, and/or after school (including recess) is characterized by the provision of: *Mark all that apply.*

- ☐ ample loose equipment (e.g., balls, jump ropes, hula hoops)
- ☐ fixed sports and play equipment (e.g., climbing walls, slides, monkey bars, basketball hoops, soccer goals, volleyball nets, stationary bikes)
- ☐ strategic playground or game markings (e.g., stencils, four square, hopscotch)
- ☐ none of these

### 7.5 Teachers are encouraged to provide movement breaks throughout the day.

- ☐ Yes
- ☐ No

### 7.6 Teachers and staff are discouraged or prevented from using physical activity to punish or manage behavior, such as assigning a student to run a mile or do push-ups.

- ☐ Yes
- ☐ No

**7.7 The school offers physical activity, including PE, indoors when bad weather prohibits outdoor activities.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**7.8 Indoor and outdoor spaces (gym, multipurpose, locker rooms) are adequate to accommodate the needs of PE classes, recess, team practices, and other activities when they occur simultaneously.**

- ☐ Always (true more than 90% of the time)
- ☐ Usually (true 61-90% of the time)
- ☐ Sometimes (true 41-60% of the time)
- ☐ Not usually (true 11-40% of the time)
- ☐ Never (true 10% or less of the time)

**7.9 The school offers opportunities for students to participate in organized physical activities during the following times. *Mark all that apply.***

- ☐ Before school
- ☐ After school
- ☐ Neither

**7.10 Intramural sports programs or physical activity clubs are offered for students regardless of gender and ability.**

*Intramural sports are programs organized within a school for recreation or competition.*

- ☐ Yes, for all grades
- ☐ Yes, for some grades
- ☐ No

**7.11 The school offers interscholastic sports to students.**

*Interscholastic sports are school-sponsored sports with between-school competition.*

- ☐ Yes, for all grades
- ☐ Yes, for some grades
- ☐ No
- ☐ N/A: elementary school

**7.12 School grounds/physical activity facilities are used by the public when school is not in session:**

- ☐ More than once a week
- ☐ About once a week
- ☐ Never or rarely

**7.13 Active transport to school is supported by the following safety features or other supports on or near the school campus.** *Active transport means using non-motorized forms of transportation, such as walking and cycling. For longer distance trips, it may also include public transit, as these trips may include walking or cycling for part of the trip. These practices are sometimes supported by “Safe Routes to School.”*

*Mark all that apply.*

- ☐ Sufficient, well-marked crosswalks around the school
- ☐ Sufficient crossing guards around the school
- ☐ Speed bumps/traffic calming on school grounds or neighboring streets
- ☐ Adequate bike racks on the school campus
- ☐ Organized walk-to-school groups, such as a “walking school bus”
- ☐ Other (specify): \_\_\_\_\_
- ☐ No active transport supports are currently in place

**7.14 Have any of the policies or practices in Section 7 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No

**7.15 Comments on Section 7: Physical Activity**

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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**7.16 Please indicate who completed Section 7:**

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

## Section 8: Parent and Family Involvement

*Consider the parents, caregivers, and family members of students at this school when answering questions in this section. Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.*

### **8.1 The school refers parents and families to community-based nutrition and physical activity services and programs by:**

*Mark all that apply.*

- ☐ Active referrals (such as outreach from a family resource staff member)
- ☐ Materials provided (such as program information distributed to students or available on school website, brochures displayed in the school office)
- ☐ None of the above

### **8.2 Nutrition education (workshops, activities, and take-home materials) is offered to parents and caregivers:**

- ☐ More than 1 time per year
- ☐ 1 time per year
- ☐ Less than 1 time per year or never *Skip to Q8.3*

#### **8.2a When nutrition education is offered to parents and caregivers, it includes:**

*Mark all that apply.*

- ☐ Opportunities with active participant engagement (e.g., live nutrition lessons offered in-person or online; interactive activities that engage participants such as through cooking, taste testing, or goal setting)
- ☐ Opportunities without active participant engagement (e.g., printed or digital recipes or other materials, pre-recorded demonstrations or nutrition lessons, social media posts, non-interactive demonstrations)
- ☐ Other: \_\_\_\_\_

### **8.3 Physical activity opportunities or promotions (workshops, activities, and take-home materials) are offered to parents and caregivers:**

- ☐ More than 1 time per year
- ☐ 1 time per year
- ☐ Less than 1 time per year or never *Skip to Q8.4*

#### **8.3a When physical activity opportunities or promotions are offered to parents and caregivers, they include:** *Mark all that apply.*

- ☐ Opportunities with active participant engagement (e.g., live physical activity lessons offered in-person or online; interactive activities that engage participants such as through games, activities, or goal setting)
- ☐ Opportunities without active participant engagement (e.g., printed or digital activity instructions or other materials, pre-recorded demonstrations or lessons, social media posts, non-interactive demonstrations)
- ☐ Other: \_\_\_\_\_

**8.4 The nutritional content of foods and beverages served to students is made available to families (sent home or posted online):**

- ☐ Yes
- ☐ No

**8.5 Easy-to-understand information about accessing the school meal program is distributed to all families at least annually:**

- ☐ Yes
- ☐ No

**8.6 Guidelines for food brought in for holidays or celebrations are provided to families at least once a year:**

- ☐ Yes
- ☐ No

**8.7 Information is provided to families about how to enroll students in physical activity opportunities on campus before and after school.**

- ☐ Yes
- ☐ No

**8.8 Family members are encouraged to use their time and skills to support nutrition or physical activity initiatives in:**

*Do not include family members in paid staff positions. Mark all that apply.*

- ☐ School meal service
- ☐ Edible garden
- ☐ Nutrition or physical activity education
- ☐ School-wide events or fundraisers that include nutrition or physical activity
- ☐ Recess
- ☐ Extracurricular sports
- ☐ Active transportation (e.g., Walk or Roll to School efforts, bike rodeos, crossing guards)
- ☐ School- or district-level wellness committee
- ☐ Other nutrition or physical activity related activity: \_\_\_\_\_
- ☐ None of the above

**8.9 Have any of the policies or practices in Section 8 been impacted by the following unplanned or unexpected circumstances?**

*Mark all that apply.*

- ☐ Health or safety emergency. *Please describe:* \_\_\_\_\_
- ☐ Wildfire. *Please describe:* \_\_\_\_\_
- ☐ Change to funding (amount or priority). *Please describe:* \_\_\_\_\_
- ☐ Other unexpected circumstance. *Please describe:* \_\_\_\_\_
- ☐ No



### 8.10 Comments on Section 8: Parent and Family Involvement

*Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.*

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### 8.11 Please indicate who completed Section 8:

*Mark all that apply.*

- ☐ Staff member who works at the school site (e.g., PE teacher, principal, nurse)  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff who work at a district office (not at the site) or County Office of Education  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Staff from a local health department  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Student, family member of a student, or community member  
*Title(s) or role(s):* \_\_\_\_\_
- ☐ Other title(s) or role(s): \_\_\_\_\_

**Thank you for completing the School SLAQ!**