

**Tally Sheet for The Yes or No Here We Go Survey:
A Preview to the School Health Index for Students Taking Charge groups**

Date: _____ School District: _____
School: _____ High School Organization: _____

**Please tally all of The Yes or No Here We Go Preview to the School Health Index Surveys onto this sheet.
Enter the totals for each section in the grayed area.**

Physical Education and Other Physical Activity Programs

- Does your school offer students opportunities for daily physical education? YES NO
- Does your school offer daily physical activity opportunities for all students? YES NO
- Does your school provide the opportunity for students (both boys and girls) to participate in school-sponsored extracurricular physical activity programs (e.g., intramurals, physical activity clubs and competitive sports)? Please place the total number for each area below:

	Intramurals	Physical Activity Clubs	Competitive Sports
Girls			
Boys			

- Does your school use physical activity as punishment (e.g. extra laps for breaking a rule in gym class)? YES NO

Nutrition Services

- Does your school offer breakfast for students? YES NO
- Does your school provide access to nutrient-rich foods (e.g., fruits, vegetables, whole grains, low fat/non fat dairy products) in a variety of settings (i.e., lunch line, a la carte, vending machines, etc)? YES NO
- Does your school provide enough time for students to eat lunch? YES NO
- Does your school offer non-food rewards and non-food fundraisers? YES NO
- Does your school limit access to unhealthy foods (e.g., soda, chips, candy)? YES NO

Health Promotion for School Staff

- Does the school or school district offer school staff members' physical activity/fitness programs that are accessible and free or low-cost? YES NO
- Does the school or school district offer school staff members' healthy eating/weight management programs that are accessible and free or low-cost? YES NO

Family and Community Involvement

- Does the school give families opportunities to learn about health topics such as promoting physical activity or promoting healthy eating through materials being sent home, by email, school-sponsored events or by other communication means? YES NO
- Do parents & other community members help plan & implement school health programs? YES NO
- Do community members have access to indoor and outdoor school facilities, outside school hours, to participate in or conduct health promotion and education programs? YES NO

Wellness Policy and Promotion

- Does your school have a local wellness policy? (A local wellness policy generally sets goals for nutrition education, physical activity, & other school-based activities to promote student wellness) YES NO
- Does your school promote and communicate this policy throughout the school? YES NO
- Does your school have a wellness committee? (A group that helps plan and implement school health programs. It may be called coordinated school health/school health council or team.) YES NO
- Does your school promote a healthy school environment? (Healthy school environment generally means the physical & visual surroundings & the mental & social climate & culture of the school.) YES NO
- Does your school district have a 100% tobacco-free policy? YES NO
- Does your school provide cessation services for students and faculty who want to quit using tobacco? YES NO