































UpLift Healthy School: Student Survey Template Elementary



	QUESTION	ANSWER OPTIONS
1	Which grade are you in?	<input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6
2	What do you think is the biggest thing at school that makes it hard for students to be happy and healthy?	<ul style="list-style-type: none"> • Lack of access to yummy, nutritious food • Not enough time to play and have fun • Too much time spent sitting / not enough time spend moving • Bullying / students being unkind to each other • The adults make rules that feel unfair • Mental health – students feel sad or worried a lot of the time • Other (please describe)
3	How would you rate our school's breakfast program?	Not Very Good      Great!
4	What is good about the breakfast program?	<ul style="list-style-type: none"> • Everyone knows they are welcome to take food if they need it • It tastes good • It's nutritious/healthy • There's enough food to eat that I'm not still hungry afterwards • It's convenient (easy to get food) • It's available at a time that works for me • Students have input on the types of food that are offered • No answer – I don't know much about the breakfast program
5	What could be done to make our school's breakfast program better? (Choose up to 3 answers)	<ul style="list-style-type: none"> • Let all students know they are welcome to take food • Have more food • Let's students help choose the food that is offered • Serve in a better location, so it's easier to get • Serve it at a better time • No answer – I don't know much about the breakfast program

6	How would you rate our school's cafeteria?	Not Very Good      Great!
7	What's good about our school's cafeteria food?	<ul style="list-style-type: none"> • Tastes good • Lots of options • Nutritious / healthy • Affordable • Students are involved in menu development • No answer – I don't know much about the cafeteria food
8	What could be done to make our school's cafeteria food even better?(Choose up to 2 things)	<ul style="list-style-type: none"> • Have more healthy options • Make it less expensive • Have more variety (lots of different kinds of food) • Let students help build the menu • No answer – I don't know much about the cafeteria food
9	How easy is it for students to get water to drink at our school?	Not easy      Very easy
10	What would be the best way to make it easier for students to drink water at school?	<ul style="list-style-type: none"> • Have water coolers in the classroom • Give each student a reusable water bottle • Have flavored water available (e.g, big jug of water with berries inside) • Have more water bottle re-filling stations • Make sure water fountains / water bottle re-filling stations are kept clean and work properly • Have contests and activities that encourage students to drink more water
11	If students forgot to bring lunch or snacks or money, or don't have food/money to bring from home, how easy it is for them to get a healthy lunch or snacks at school?	Not easy      Very easy

12	What would be the best way to make it easier? (Choose up to 2 things)	<ul style="list-style-type: none"> • Have baskets of snacks in the classroom that students can take from at any time • Have lunches available in the office that students can ask for • Have a system where students can order from the cafeteria without paying if they didn't bring a lunch • Have a pantry / cupboard somewhere where students can help themselves to food they can eat at school • Not sure • Other
13	How would you rate the amount of opportunities you have to move/be active at school?	<p>Not Enough      Lots!</p>
14	What do your teachers or school do well that help you move your body/be active? (Please check all that apply)	<ul style="list-style-type: none"> • Show us videos that we move to (e.g., Go Noodle, Just Dance) • Take us outside for class • Do yoga in class • We have a bike in the classroom we can use whenever we need to move • We have lots of time to move during recess / lunch • Other
15	What would be the best way for your teachers or school to help you move more / be more active? (Choose up to 2 answers)	<ul style="list-style-type: none"> • Give us more movement breaks in class • Take us outside for class • Do yoga in class • Have a bike in the classroom that we can use whenever we want • Give us more active things to do during recess/lunch (e.g., more playground equipment, sports equipment, etc.) • Other
16	How would you rate the outdoor space at the school?	<p>Not Very Good      Great!</p>

17	<p>What do you like about our outdoor space (please check all that apply)</p>	<ul style="list-style-type: none"> • Lots of trees, grass, and green space • Lots of fun playground equipment • Enough places to sit and hang out with my friends • Enough places to go that are quiet and feel safe and comfortable • There are options for games and organized activities (e.g., Gaga Ball, Basketball, etc.) • It's accessible to everyone, including people in wheelchairs, etc.) • Other
18	<p>What's your favourite thing to do outdoors at school? (Choose up to 2 answers)</p>	<ul style="list-style-type: none"> • Slide • Climb • Run • Hide • Games (Gaga Ball, soccer, Four Square, tag, etc.) • Activities (e.g., skipping, frisbee, etc.) • Sit and talk to friends • Sit alone and enjoy things like quiet time, reading, etc.) • Nothing – I don't really enjoy being outdoor at school • Other
19	<p>If you could make one change to our outdoor space to make it better, what would you choose? (choose up to 3 things)</p>	<ul style="list-style-type: none"> • More swings • More slides • More things to climb • A Gaga Ball pit • More basketball nets • More stencilled games (e.g., 4 Square) • More equipment to use (e.g., skipping ropes, balls, etc.) • More places to sit and hang out with my friends • More places to eat (e.g., picnic tables) • More cozy places to sit and enjoy quiet time • More trees/flowers, etc. • More accessible (e.g., people with diverse needs can enjoy it fully) • Somewhere sheltered to sit that protects us from wind and rain • Other

20	How would you rate the amount of time your teacher(s) take you outside during class time?	<input type="radio"/> Not Enough <input type="radio"/> Perfect Amount <input type="radio"/> Too much
21	Would you like to have class outside more often?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
22	How would you rate your school's indoor space?	Not Very Good <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> Great!
23	What do you like about your school's indoor space? (Please check all that apply)	<ul style="list-style-type: none"> • When you walk into the school, it feels good (positive, welcoming, etc.) • Looks nice (e.g., art, plants, etc.) • Enough places to hang out with my friends • Enough places to enjoy quiet time or time alone • There is somewhere people can go when they need a break from class that feels safe and calm • Other
24	If you could change one thing about your school's indoor space, what would it be? (Please choose up to 2 answers)	<ul style="list-style-type: none"> • Make it feel more welcoming and positive when you first walk in the building • Add more artwork, plants, etc. to the hallways and shared spaces • Create more spaces for people to hang out comfortably in small groups • Create more spaces for people to enjoy quiet time or time alone • Create a space for people to go when they need a break from class that feels safe and calming • Other

25	Our school does a great job of making everyone feel accepted and included (e.g., all gender identities, sexualities, abilities, cultures, races, etc)	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Agree <input type="radio"/> Strongly Agree
26	Our school feels safe	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Agree <input type="radio"/> Strongly Agree
27	Our school feels like a place where I am supported when I'm having a hard time with something	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Agree <input type="radio"/> Strongly Agree
28	Our school feels like a community (e.g., positive relationships, sense of being a team, people help each other, etc.)	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Agree <input type="radio"/> Strongly Agree
29	The adults in the school care about what students think and ask us to be involved in decisions that impact us.	<input type="radio"/> Strongly disagree <input type="radio"/> Disagree <input type="radio"/> Agree <input type="radio"/> Strongly Agree
30	Are there rules at your school that don't make sense or seem unfair? If so, what are they?	
31	If you had \$5000 to buy something for your school that would help students be healthy and happy, what would you choose?	

<p>32</p>	<p>Here are some ideas that other schools are working on. Which one stands out as something that could be a good idea for your school?</p>	<ul style="list-style-type: none"> • Playground improvement (e.g., more swings, slides, monkey bars, etc.) • More comfortable places outside to hang out with friends (e.g., seating, tables, shelter) • More outdoor game options (e.g., Gaga Ball, Basketball, soccer, etc.) • More equipment (e.g., balls, frisbees, ropes, floor hockey sticks, etc.) • Greenhouse • Vegetable gardens • More trees, flowers, trails, etc • Salad bar (Could also be used for “Build your own tacos, pasta, etc.) • Water bottle refilling stations • More comfortable places inside to hang out with friends • A space inside to feel cozy, calm, and safe • Making the school more beautiful and welcoming • Student clubs (e.g., sport clubs, art clubs, etc. • Students making healthy food (e.g., baking muffins, making smoothies, etc.
<p>33</p>	<p>Which of the following would be your second choice for making your school a healthier and happier place to be?</p>	<ul style="list-style-type: none"> • Playground improvement (e.g., more swings, slides, monkey bars, etc.) • More comfortable places outside to hang out with friends (e.g., seating, tables, shelter) • More outdoor game options (e.g., Gaga Ball, Basketball, soccer, etc.) • More equipment (e.g., balls, frisbees, ropes, floor hockey sticks, etc.) • Greenhouse • Vegetable gardens • More trees, flowers, trails, etc • Salad bar (Could also be used for “Build your own tacos, pasta, etc.) • Water bottle refilling stations • More comfortable places inside to hang out with friends • A space inside to feel cozy, calm, and safe • Making the school more beautiful and welcoming • Student clubs (e.g., sport clubs, art clubs, etc. • Students making healthy food (e.g., baking muffins, making smoothies, etc.