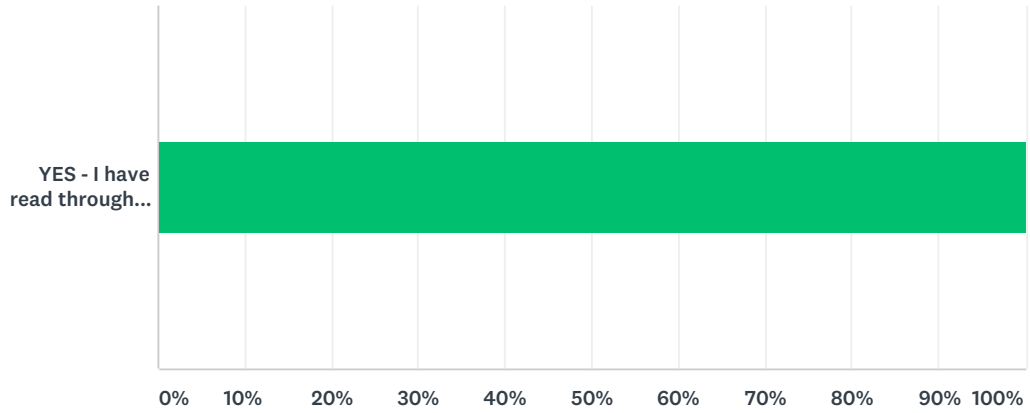


Q1 Please take a few minutes to read through BP 5040 and AR 5040 prior to taking this survey. Check YES once you have review BP and AR 5040.

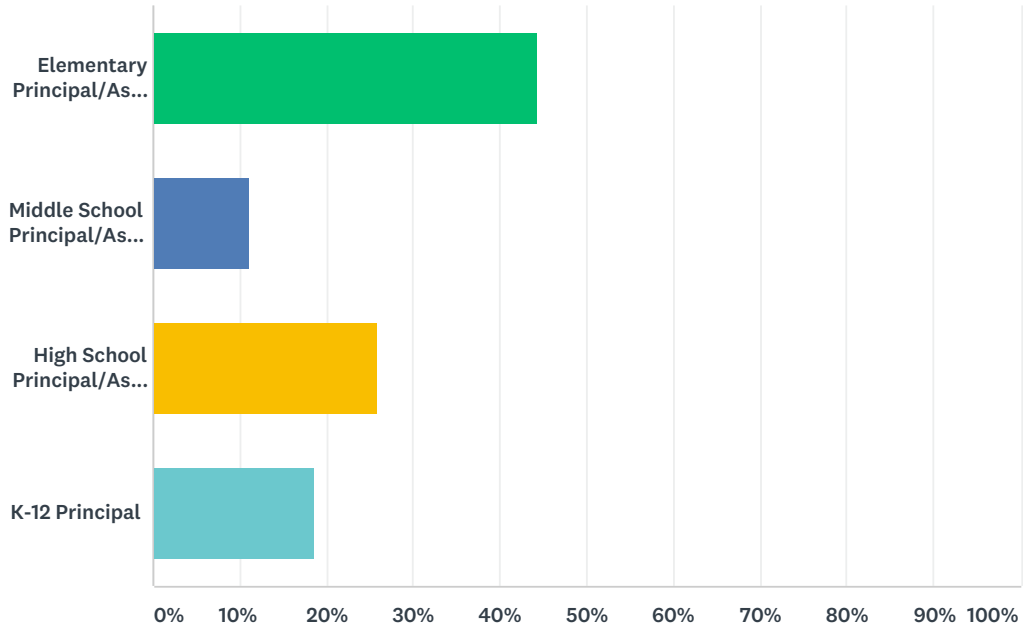
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES
YES - I have read through BP and AR 5040	100.00% 27
Total Respondents: 27	

Q2 What is your current position?

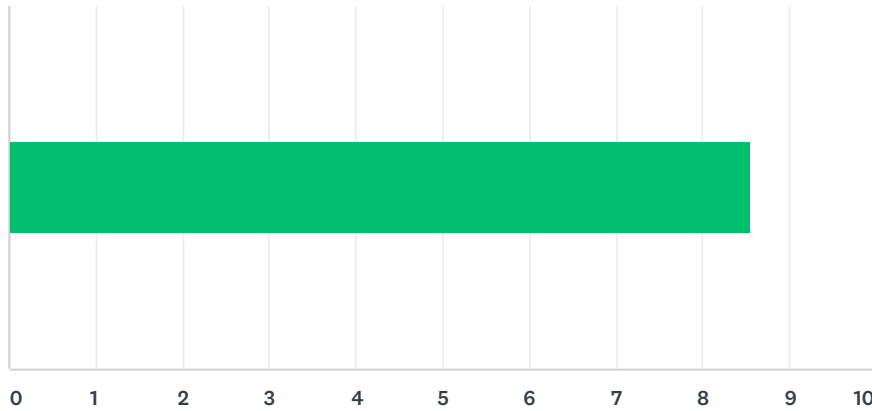
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
Elementary Principal/Assistant Principal	44.44%	12
Middle School Principal/Assistant Principal	11.11%	3
High School Principal/Assistant Principal	25.93%	7
K-12 Principal	18.52%	5
Total Respondents: 27		

Q3 The following questions pertain to Board Policy 5040. Not including the School Lunch Program, to what degree does your school limit food and beverage sales or marketing to the promotion of foods and beverages that meet KPBSD nutritional guidelines? Visit this website for more information.

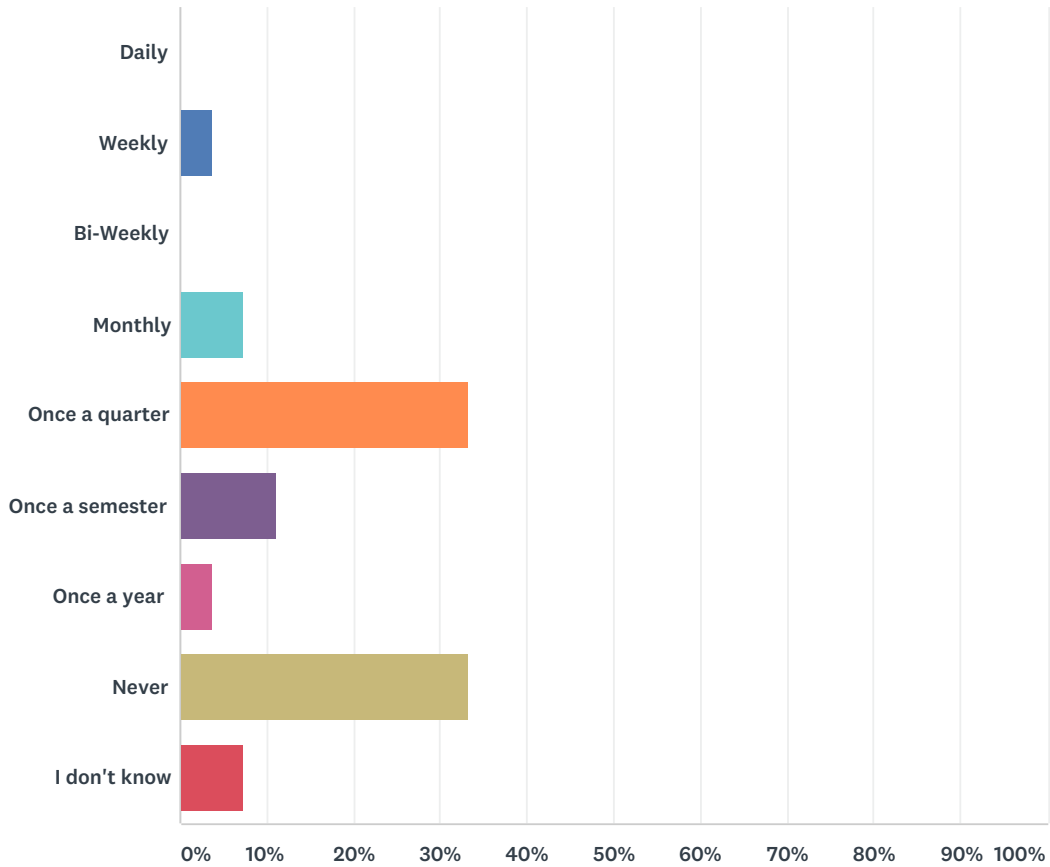
Answered: 27 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	9	231	27
Total Respondents: 27			

Q4 How often does your school use food and/or beverages as a reward for academic performance or good behavior?

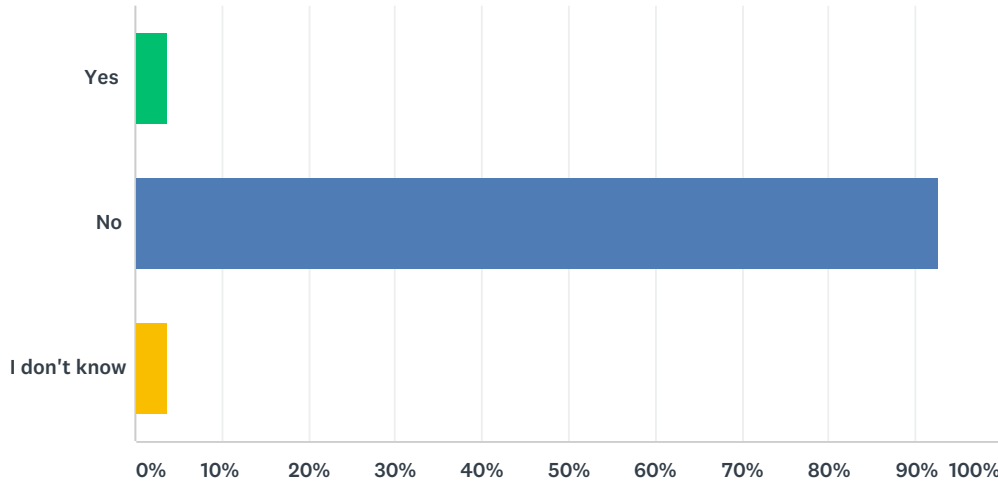
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
Daily	0.00%	0
Weekly	3.70%	1
Bi-Weekly	0.00%	0
Monthly	7.41%	2
Once a quarter	33.33%	9
Once a semester	11.11%	3
Once a year	3.70%	1
Never	33.33%	9
I don't know	7.41%	2
TOTAL		27

Q5 Does your school withhold food or beverages as a consequence when a student misbehaves (i.e. cannot attend a celebration due to misbehavior)?

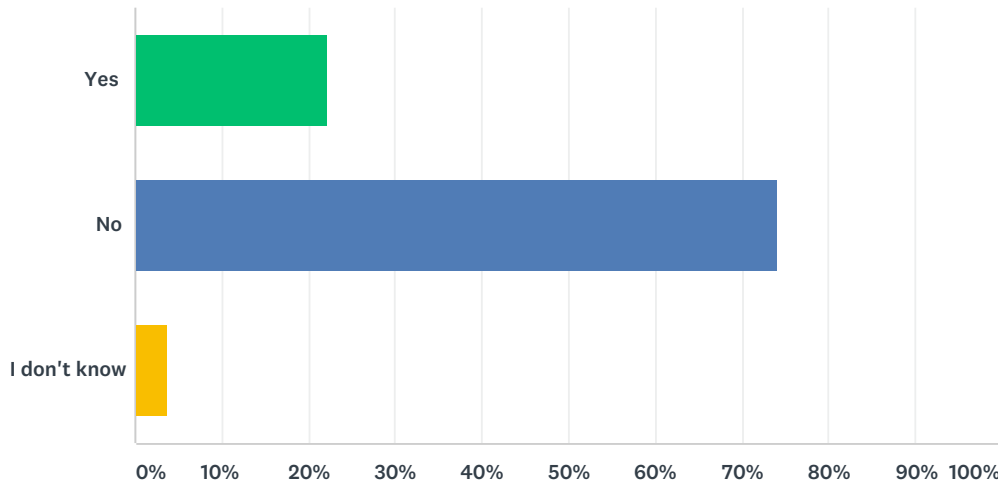
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	3.70% 1
No	92.59% 25
I don't know	3.70% 1
TOTAL	27

Q6 Do you or your staff use physical activity as a consequence for negative student behavior and/or lack of academic progress (i.e. staying in from recess to finish work, detention)?

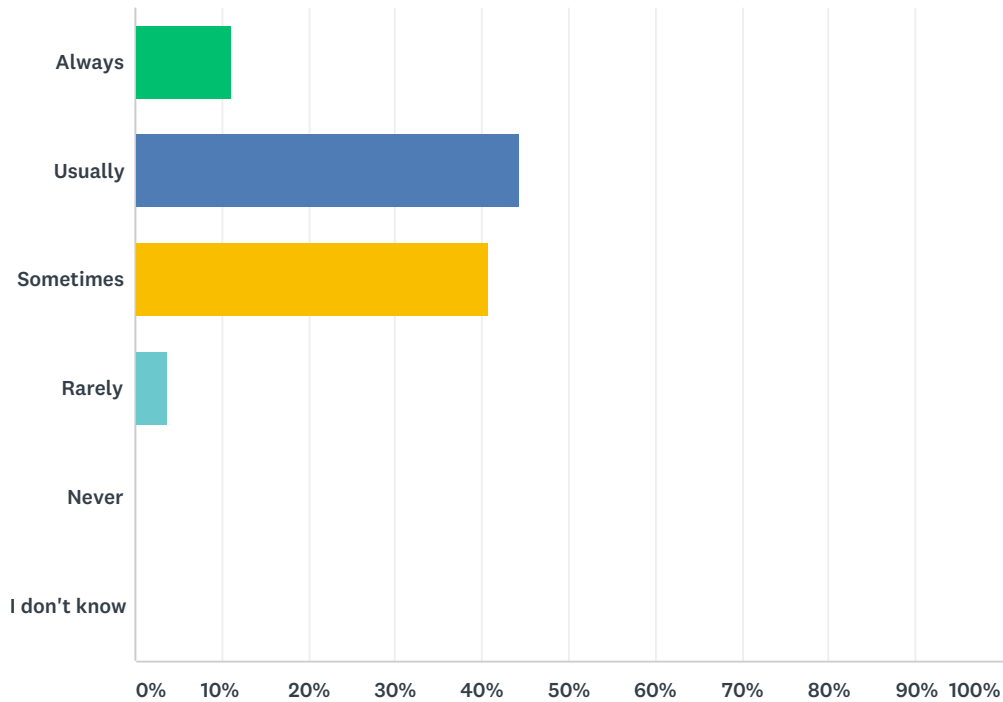
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	22.22%	6
No	74.07%	20
I don't know	3.70%	1
TOTAL		27

Q7 How often do you and your staff use physical activity as a re-direction strategy and/or reward (i.e. movement breaks, self-regulation strategies, extra gym/recess)?

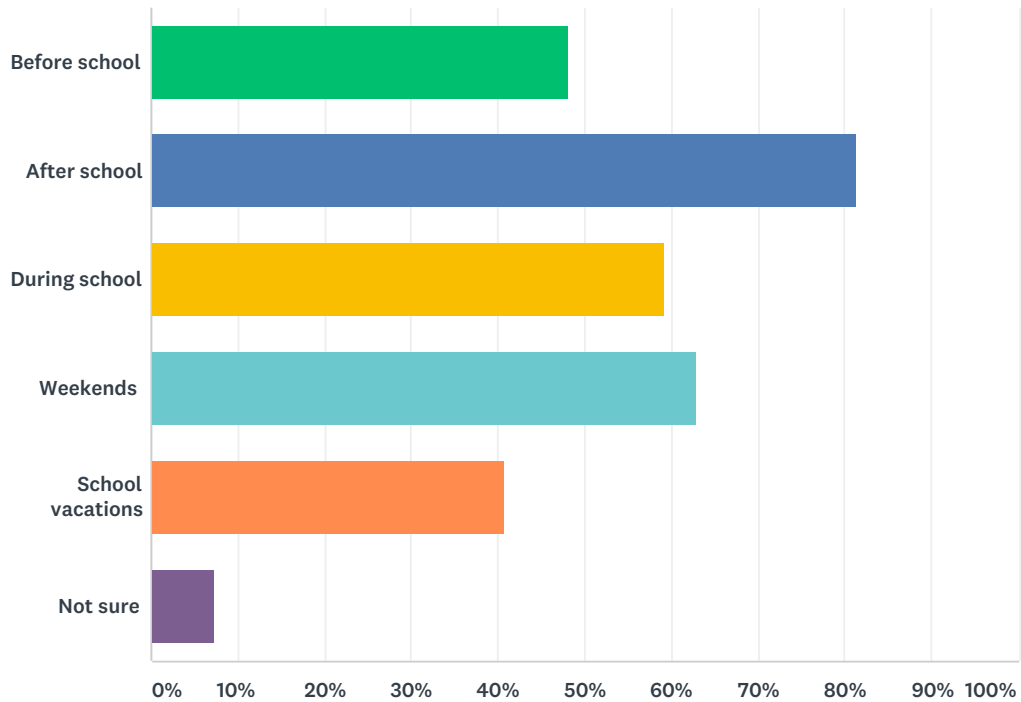
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
Always	11.11%	3
Usually	44.44%	12
Sometimes	40.74%	11
Rarely	3.70%	1
Never	0.00%	0
I don't know	0.00%	0
Total Respondents: 27		

Q8 My school allows access to school spaces and facilities for students, staff and community members to use for physical activities. Check all that apply

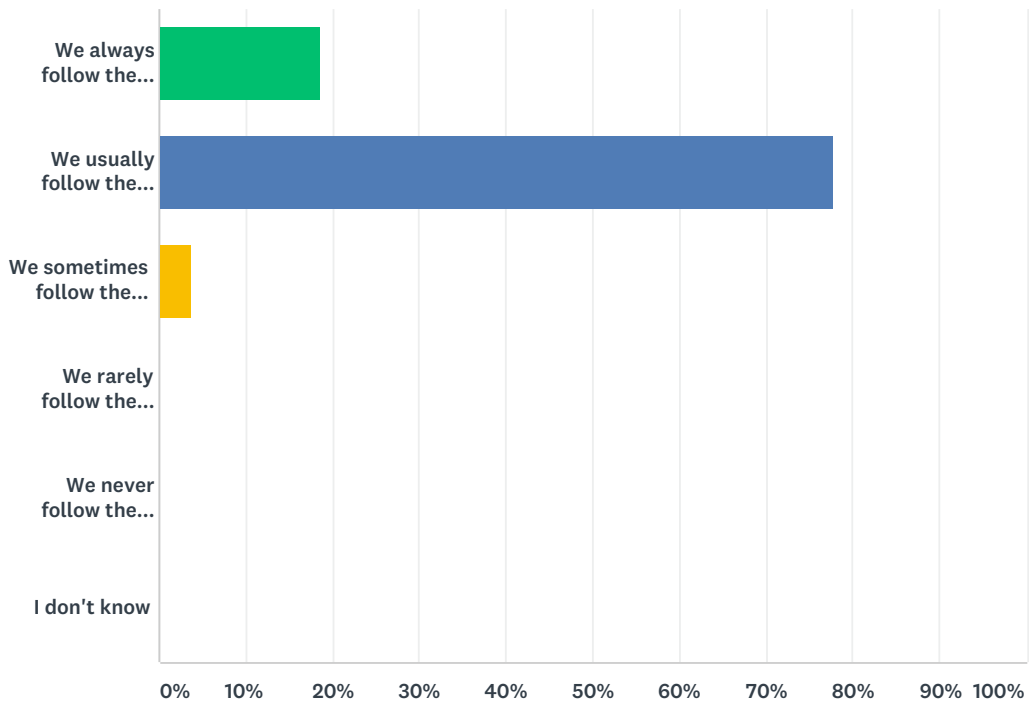
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
Before school	48.15%	13
After school	81.48%	22
During school	59.26%	16
Weekends	62.96%	17
School vacations	40.74%	11
Not sure	7.41%	2
Total Respondents: 27		

Q9 To what degree do you and your staff uphold the nutrition requirements of BP 5040?

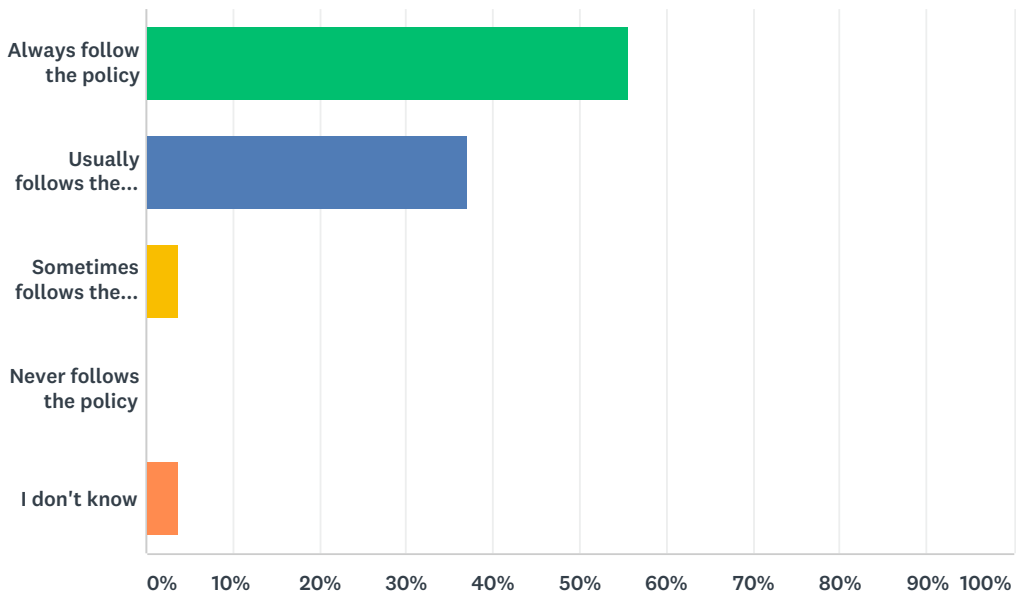
Answered: 27 Skipped: 0



ANSWER CHOICES	RESPONSES	
We always follow the policy	18.52%	5
We usually follow the policy	77.78%	21
We sometimes follow the policy	3.70%	1
We rarely follow the policy	0.00%	0
We never follow the policy	0.00%	0
I don't know	0.00%	0
TOTAL		27

Q10 How often do you and your school uphold the physical activity requirements of BP 5040?

Answered: 27 Skipped: 0



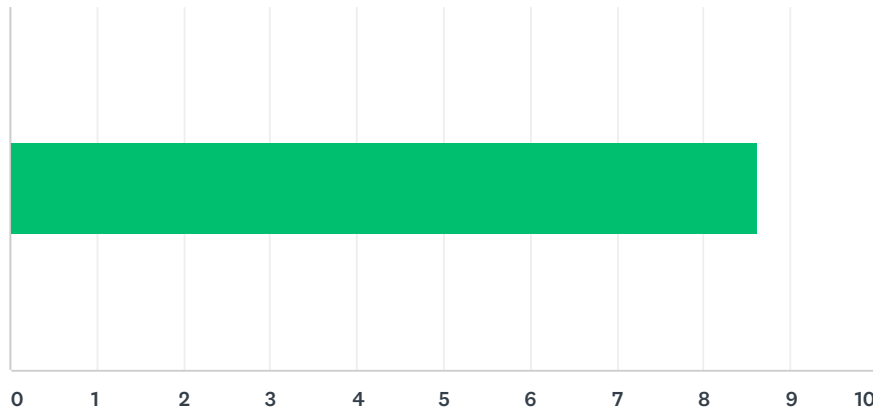
ANSWER CHOICES	RESPONSES	
Always follow the policy	55.56%	15
Usually follows the policy	37.04%	10
Sometimes follows the policy	3.70%	1
Never follows the policy	0.00%	0
I don't know	3.70%	1
TOTAL		27

Q11 What are some ways you help support your staff understand and implement BP 5040 pertaining to Student Nutrition and Physical Activity?

Answered: 24 Skipped: 3

Q12 To what degree is your school able to meet the nutritional requirements of BP 5040?

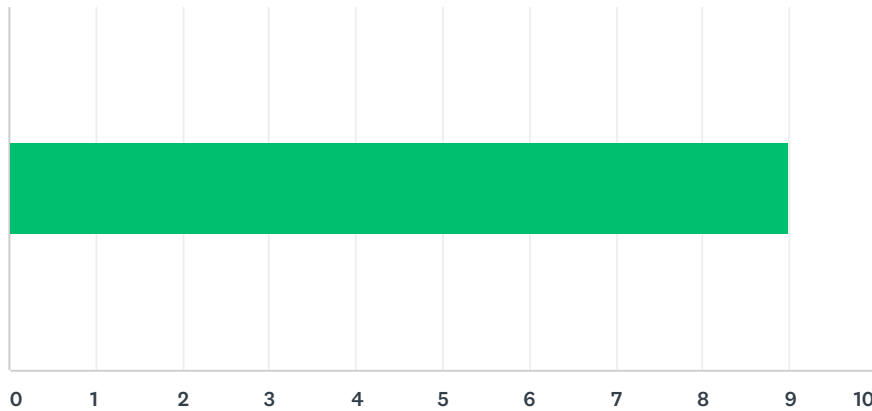
Answered: 27 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	9	233	27
Total Respondents: 27			

Q13 To what degree is your school able to meet the physical activity requirements of BP 5040?

Answered: 27 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	9	243	27
Total Respondents: 27			

Q14 What are challenges you encounter implementing BP 5040 and what supports do you need to overcome and/or address those challenges?

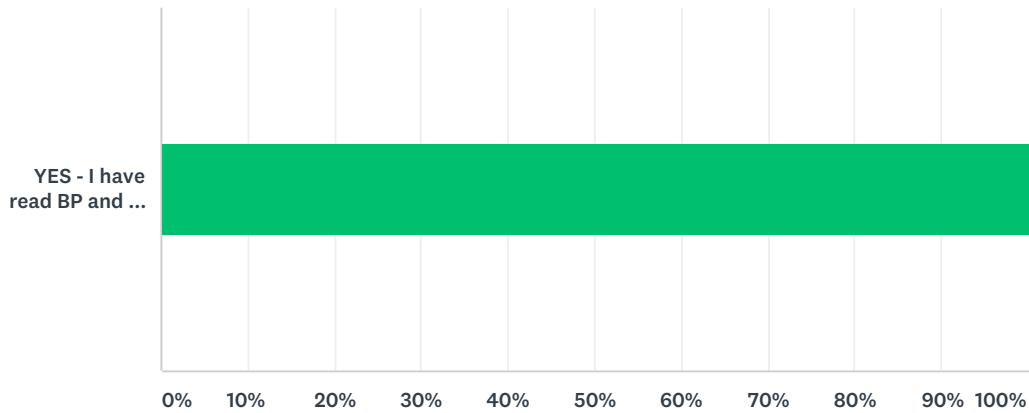
Answered: 21 Skipped: 6

Q15 What additional thoughts or comments do you have pertaining to BP 5040 pertaining to Student Nutrition and Physical Activity?

Answered: 17 Skipped: 10

Q1 Please take a few minutes to read through BP 5040 and AR 5040 prior to taking this survey. Check YES once you have reviewed BP and AR 5040.

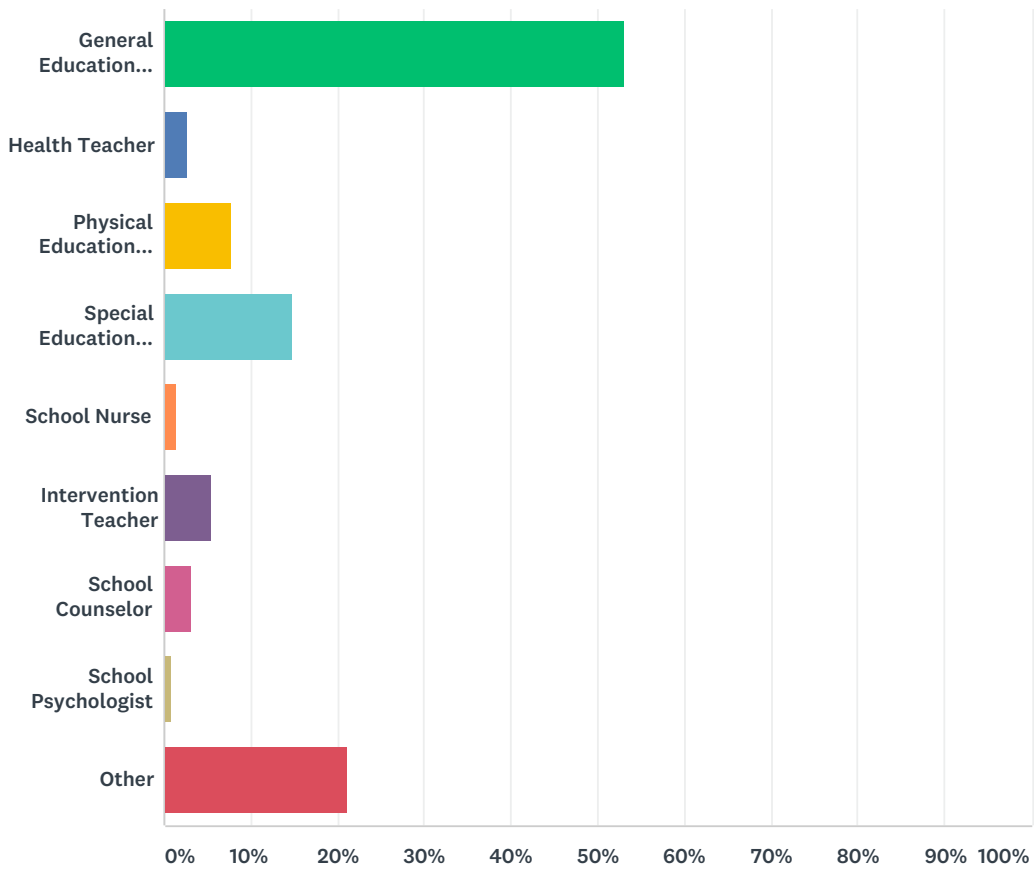
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES
YES - I have read BP and AR 5040	100.00% 256
Total Respondents: 256	

Q2 Which best describes your teaching assignment at your school? Check no more than two (2).

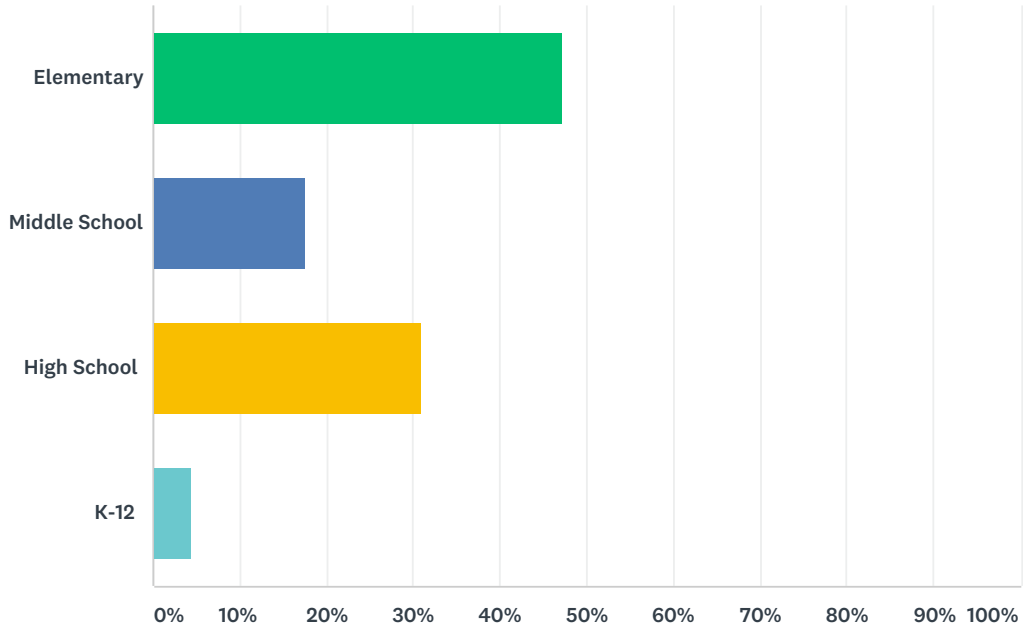
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES	
General Education Teacher	53.13%	136
Health Teacher	2.73%	7
Physical Education Teacher	7.81%	20
Special Education Teacher	14.84%	38
School Nurse	1.56%	4
Intervention Teacher	5.47%	14
School Counselor	3.13%	8
School Psychologist	0.78%	2
Other	21.09%	54
Total Respondents: 256		

Q3 What grade levels do you teach most of the time?

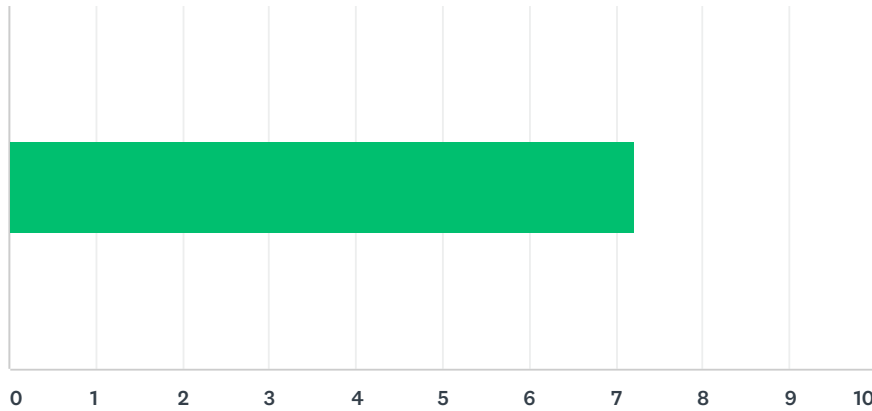
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES	
Elementary	47.27%	121
Middle School	17.58%	45
High School	30.86%	79
K-12	4.30%	11
Total Respondents: 256		

Q4 The following questions pertain to Board Policy 5040. Not including the School Lunch Program, to what degree does your school limit food and beverage sales or marketing to the promotion of foods and beverages that meet KPBSD nutritional guidelines? See this website for more information.

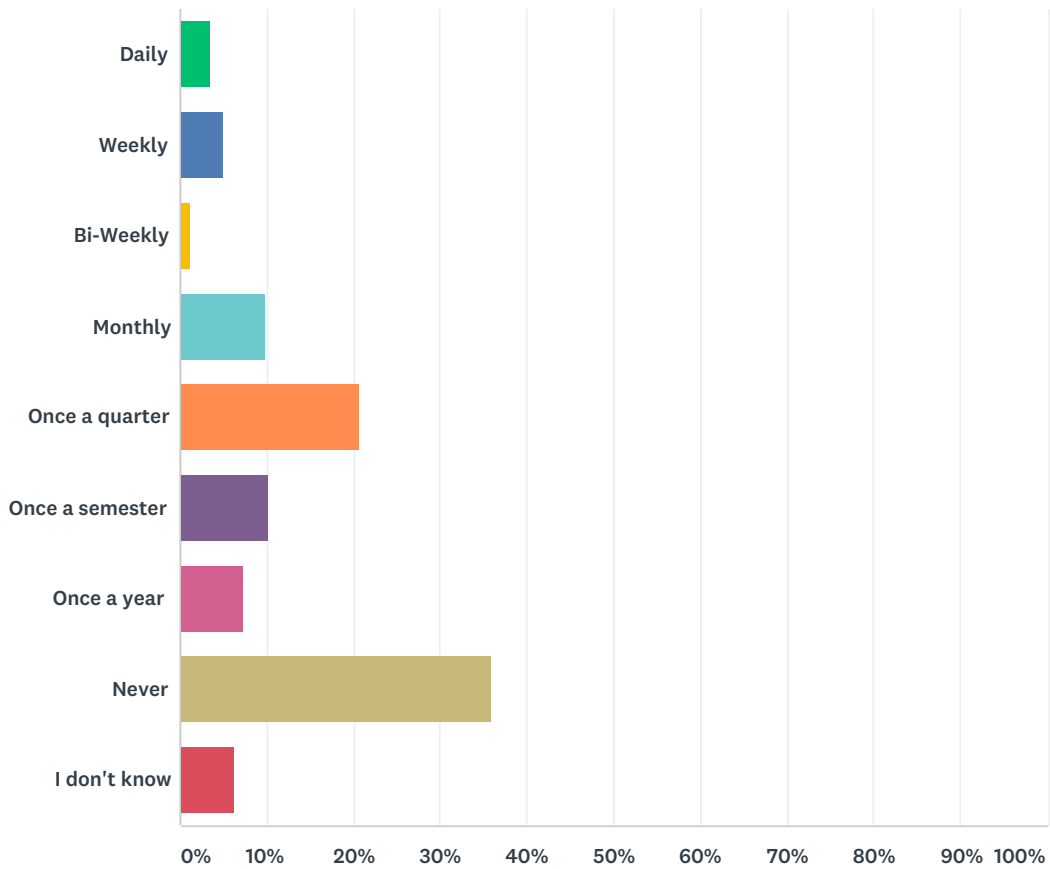
Answered: 247 Skipped: 9



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	7	1,785	247
Total Respondents: 247			

Q5 How often do you use food and/or beverages as a reward for academic performance or good behavior?

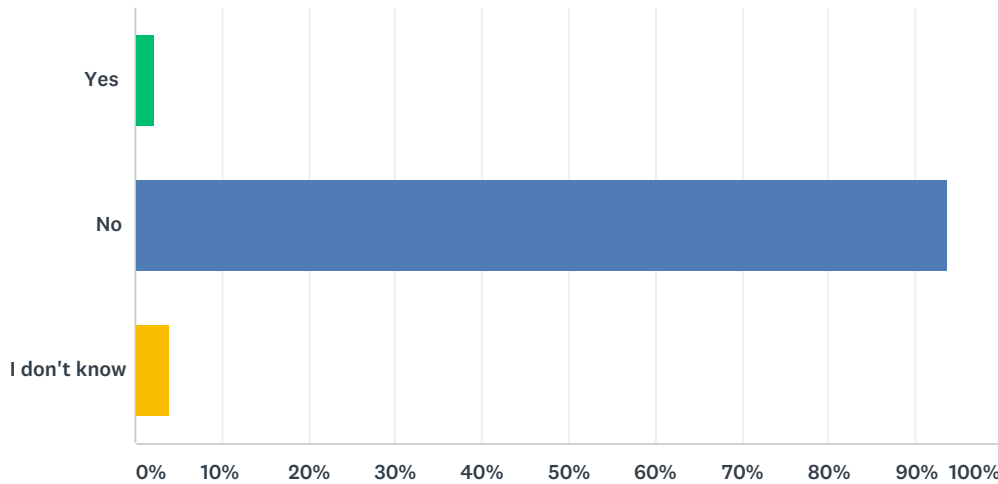
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES	
Daily	3.52%	9
Weekly	5.08%	13
Bi-Weekly	1.17%	3
Monthly	9.77%	25
Once a quarter	20.70%	53
Once a semester	10.16%	26
Once a year	7.42%	19
Never	35.94%	92
I don't know	6.25%	16
TOTAL		256

Q6 Do you withhold food or beverages as a consequence when a student misbehaves or does not meet academic expectations (i.e. student denied participation in a celebration because work is not complete)?

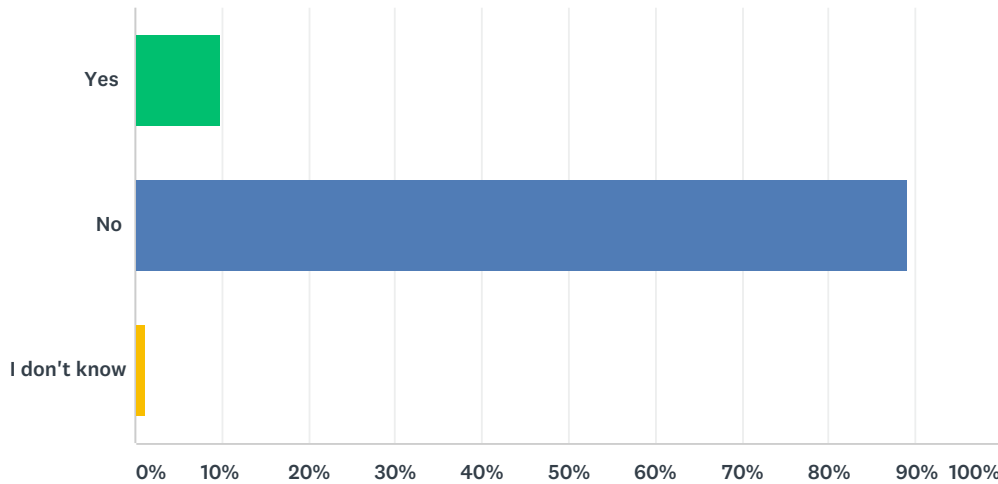
Answered: 254 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	2.36%	6
No	93.70%	238
I don't know	3.94%	10
TOTAL		254

Q7 I use physical activity as a consequence for negative student behavior and/or lack of academic progress (i.e. staying in from recess to finish work, detention, push-ups).

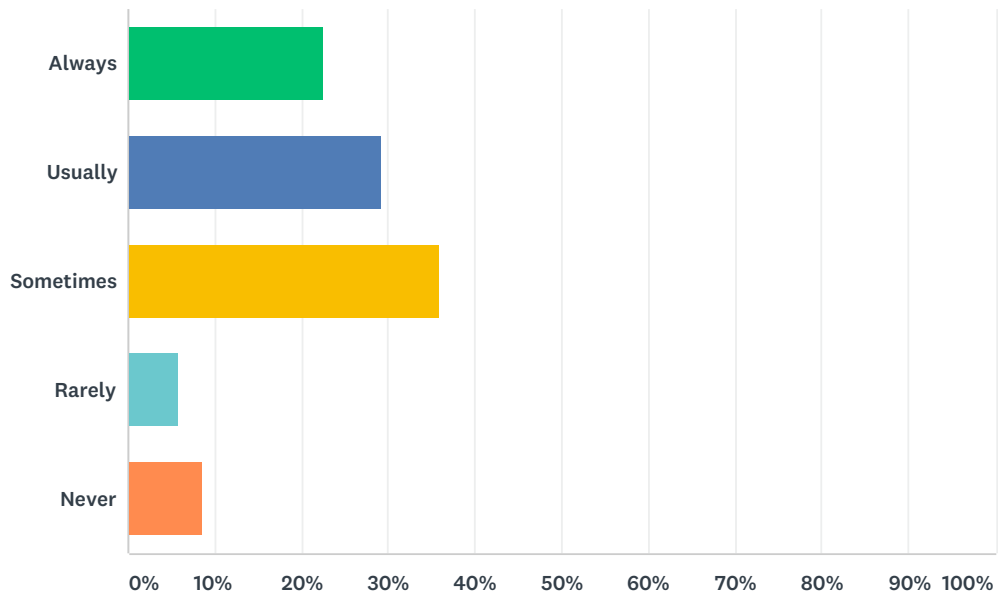
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	9.77%	25
No	89.06%	228
I don't know	1.17%	3
TOTAL		256

Q8 I use physical activity as a re-direction strategy and/or reward (movement breaks, self-regulation strategies, increase engagement).

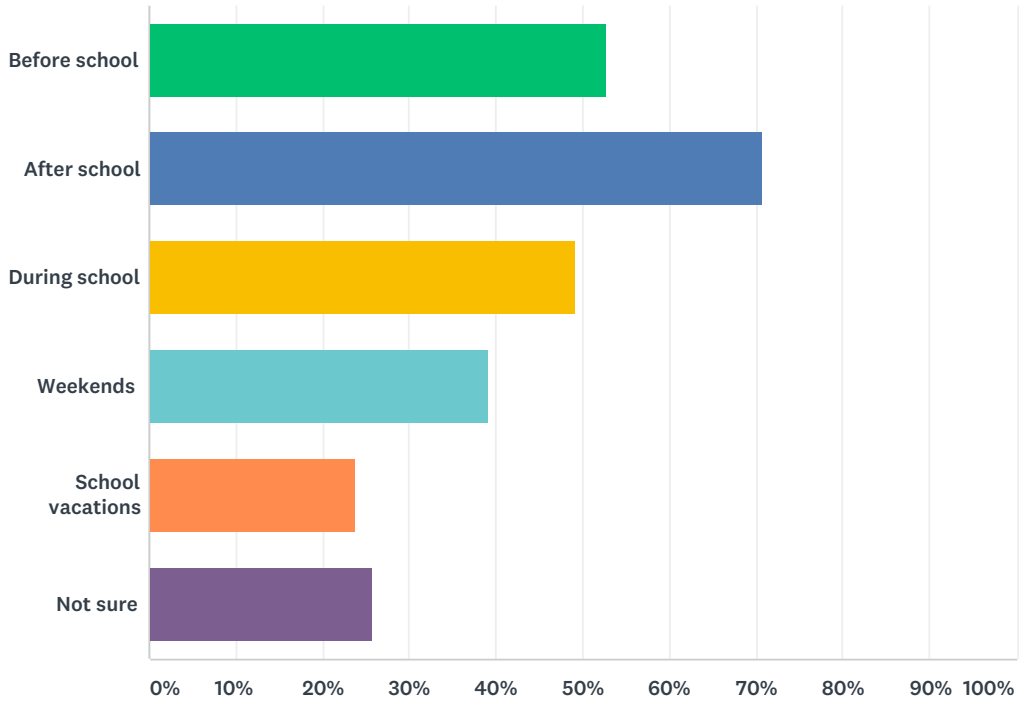
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES	
Always	22.66%	58
Usually	29.30%	75
Sometimes	35.94%	92
Rarely	5.86%	15
Never	8.59%	22
Total Respondents: 256		

Q9 My school allows access to school spaces and facilities for students, staff and community members to use for physical activities. Check all that apply

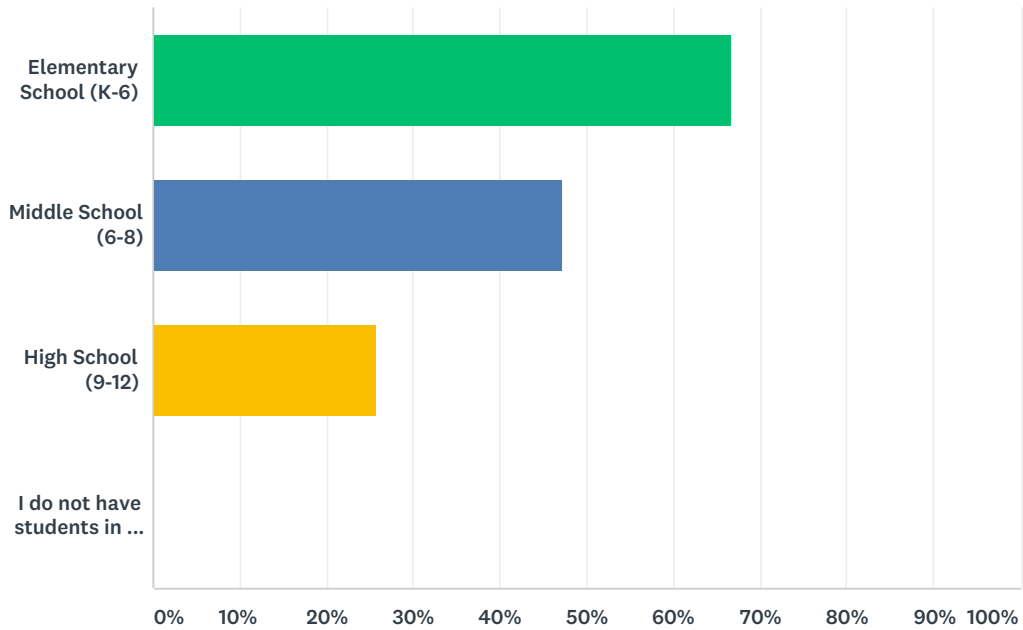
Answered: 256 Skipped: 0



ANSWER CHOICES	RESPONSES
Before school	52.73% 135
After school	70.70% 181
During school	49.22% 126
Weekends	39.06% 100
School vacations	23.83% 61
Not sure	25.78% 66
Total Respondents: 256	

Q1 Please check the grade level of your student(s).

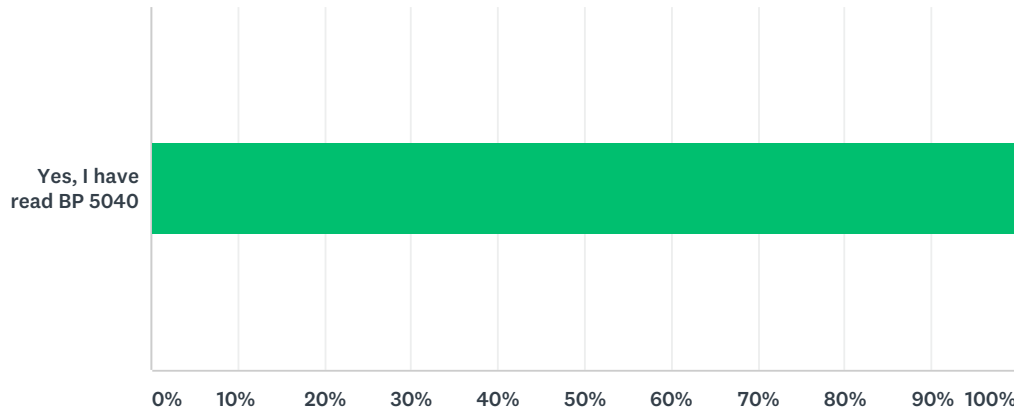
Answered: 93 Skipped: 0



ANSWER CHOICES	RESPONSES	
Elementary School (K-6)	66.67%	62
Middle School (6-8)	47.31%	44
High School (9-12)	25.81%	24
I do not have students in the district	0.00%	0
Total Respondents: 93		

Q2 Please click [HERE](#) to review Board Policy 5040 about Student Nutrition and Physical Activity. Check YES if you read the policy.

Answered: 86 Skipped: 7



ANSWER CHOICES	RESPONSES
Yes, I have read BP 5040	100.00% 86
Total Respondents: 86	

Q9 What suggestions do you have to improve the School Breakfast and/or Lunch program?

Answered: 84 Skipped: 9

#	RESPONSES	DATE
1	More fresh foods.	5/21/2019 2:33 PM
2	Small boxes of cereal, fruit, milk should be accessible to every student throughout the day. I've personally donated a bag of oranges and apples every single week of the past 2-3 school years. It doesn't take much and it doesn't have to be expensive or complicated. Some grocery stores may even donate fresh fruit - just ask	5/20/2019 7:26 PM
3	Bigger lunches for older kids, better tasting, more variety	5/20/2019 4:40 PM
4	More FRESH fruits and FRESH vegetables and less processed foods.	5/20/2019 9:37 AM
5	My school does not have a KPBSD lunch or breakfast program.	5/20/2019 7:45 AM
6	None	5/19/2019 8:23 PM
7	Last time I saw the breakfast, it seemed to be all sugar. Please find healthier breakfast/lunch and then we would have hot lunch more often. There are lots of kids that depend upon the program and I feel that the nutrition is very poor	5/17/2019 10:47 AM
8	Less sugary foods offered	5/17/2019 6:50 AM
9	Have different types of cereal. All have chocolate. For example Rice Krispies Cheerios or fruit loops.	5/16/2019 7:09 PM
10	The kids waste the food and throw it in the trash because the selection isn't something they would eat (i.e. Spinach or Thai chicken). The Thai chicken offered had spicy red pepper flakes in it served to Elementary students. Some of the foods offered I wish the nutrition department really looked at who they are actually serving food too.	5/16/2019 3:10 PM
11	More fresh options and organic foods.	5/16/2019 9:58 AM
12	Survey children to find what menu items they would prefer. Modify these preferences to maintain healthy balance.	5/16/2019 9:57 AM
13	More fresh fruits and vegetables!	5/15/2019 11:11 PM
14	Provide more fresh options such as green salads, fresh fruit and veggies.	5/15/2019 8:51 PM
15	Make the lunches healthier.	5/15/2019 5:36 PM
16	Both	5/15/2019 4:29 PM
17	More fresh food. Prepared on site buy the students to teach them how to eat.	5/15/2019 2:54 PM
18	More fresh fruits/veggies. Less processed foods.	5/15/2019 2:53 PM
19	Using the most locally sourced and/or fresh foods and vegetables as is possible.	5/15/2019 2:33 PM
20	Greater selection if possible.	5/15/2019 2:25 PM
21	i hope food is NEVER used as a reward/punishment for our child at school!!!!	5/15/2019 2:22 PM
22	More local fresh food.	5/15/2019 2:13 PM
23	Stop serving the prepackaged meals, so unhealthy and start cooking meals from scratch with natural ingredients, no preservatives. Also more fresh fruits and vegetables.	5/15/2019 2:07 PM
24	n/a	5/15/2019 2:04 PM
25	Provide more healthy options. It could be from a carrot, pea pods or yogurt.	5/15/2019 1:58 PM
26	My children don't use it often so I don't have suggestions.	5/15/2019 1:56 PM
27	A little more variety with a veggie bar would be nice.	5/15/2019 1:54 PM

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28	More organics	5/15/2019 1:13 PM
29	My kids enjoy the items provided at school lunch, but also recognize that they are very hungry when they are done with the day. They are choosing items that don't last nutritionally and are hungry and cranky at the end of the day. This is why we often pack school lunch.	5/15/2019 1:06 PM
30	Locally sourced ingredients and fresh veggies. Less processed.	5/15/2019 10:53 AM
31	improve every food item you have, its plastic consumption in my opinion, and it is not going to get better with the budget cuts.	5/15/2019 10:06 AM
32	More fresh and local food.	5/15/2019 5:41 AM
33	None	5/15/2019 3:03 AM
34	strive for local foods in season, and aim for whole foods, not processed junk. get more local fish!	5/14/2019 10:42 PM
35	My high schooler would like bigger portions. He loves the snacks that are offered during break. My middle schooler is a vegetarian, there are almost no meals for vegetarians at the elementary and middle school.	5/14/2019 10:41 PM
36	School lunches should feature whole foods, less processed foods, less sugar and less fat. They should be served in reusable containers. And school lunches should include Alaska salmon...the best food in the world!	5/14/2019 10:33 PM
37	If we can't bring candy, cupcakes and cookies for birthday treats, we should look at the school lunch menu and make those meet the policy standards. Foods like cheese bread dunker, French toast and processed sausages are not healthy options for lunch. Bring back fresh foods. Allow our cafeteria personnel to cook for our kids. The processed foods are full of sugar and chemicals and do not reflect the words of the policy.	5/14/2019 9:55 PM
38	It seems like everything is breaded or comes on a bun. It would be nice to see local salmon or fresh greens where possible.	5/14/2019 9:31 PM
39	Less processed sugary foods!!! There is no nutrition in what is being served and candy and sugar are used as treats all day long.	5/14/2019 9:05 PM
40	Fresh fruit & vegetables	5/14/2019 8:52 PM
41	None	5/14/2019 8:39 PM
42	More fresh fruit. Less processed foods. More international cuisine. Serve bottled water. Remove breakfast pizza.	5/14/2019 8:39 PM
43	Use local foods. Especially fish.	5/14/2019 8:39 PM
44	It is super unhealthy, especially at elementary school level. Sugar cereal for breakfast? Seriously? Most food is highly processed and salty with little fresh stuff. My elementary student would rather skip lunch than eat it. My middle school student says it's better.	5/14/2019 8:35 PM
45	none	5/14/2019 8:30 PM
46	Offer something besides the low-fat milk (at least offer 2%) When offering French toast sticks pay attention to the high carb sides that is paired with it. Dunker sticks is a meal? What is the protein? Would love to see local food with fish, berries and vegetables	5/14/2019 8:17 PM
47	Less processed foods.	5/14/2019 7:38 PM
48	less sugar	5/14/2019 7:37 PM
49	Healthier options that don't involve so much sugar	5/14/2019 6:46 PM
50	REAL food that looks and tastes good. Honestly, the chicken tenders are processed fake junk, NOT REAL CHICKEN. The pizza is similar to tasteless cardboard. Teenagers.... DO NOT GET ENOUGH, they cannot have seconds and once tiny square of pizza or 6 miniature bites of low quality corn dogs is a joke to a teenage boy. The fruit and vegetables are good options, but the main courses are not very appetizing. We're lucky to have a lunch program, but my kids will bring lunch from home to ensure they get ENOUGH and it's HEALTHY and good quality, not processed junk, like tube chicken products served.	5/14/2019 5:46 PM
51	Less simple carbs	5/14/2019 5:05 PM
52	Make plain milk available, rather than chocolate. Less sugary foods.	5/14/2019 5:04 PM

Q14 What types of physical activities would you like your students to be involved in?

Answered: 65 Skipped: 28

#	RESPONSES	DATE
1	Games that are fun encourage participation teamwork and sportsmanship. At the middle school level students should not sit on the sidelines waiting for a turn.	5/21/2019 2:34 PM
2	Soccer, Volleyball, Swimming, Tennis, Basketball, XC running/skiing, Biking, Roller Blading, Hiking	5/20/2019 7:27 PM
3	Try different sports, teach dances	5/20/2019 4:41 PM
4	Running, jumping, throwing, etc. All types of cardio-vascular activities and strength/resistance training activities are wonderful. If they have fun, they will enjoy it.	5/20/2019 9:39 AM
5	Exercise breaks between periods.	5/20/2019 7:47 AM
6	Many	5/19/2019 8:24 PM
7	?? We like most sports and physical activities. Free play is great too.	5/17/2019 10:48 AM
8	Archery and cross country skiing	5/17/2019 6:51 AM
9	Cross country running. Skiing. Biking.	5/16/2019 7:11 PM
10	track, cross country, snowshoeing, hiking, gym games	5/16/2019 9:59 AM
11	Structured small group activities.	5/16/2019 9:58 AM
12	Basketball, track ,	5/15/2019 11:21 PM
13	Running and playing outside	5/15/2019 5:37 PM
14	Running, basketball	5/15/2019 4:30 PM
15	Any	5/15/2019 2:54 PM
16	I would love for them to be as active as possible!!	5/15/2019 2:34 PM
17	Wilderness/outdoor related activities	5/15/2019 2:26 PM
18	All that are available that interest them.	5/15/2019 2:23 PM
19	more organized sports	5/15/2019 2:05 PM
20	Basic health...	5/15/2019 2:00 PM
21	Anything that gets them moving and allows them an opportunity for team work, growth and success.	5/15/2019 1:57 PM
22	They are involved in after school sports and PE.	5/15/2019 1:15 PM
23	My child is involved in many school and non school sports	5/15/2019 1:07 PM
24	Outdoor play in nature	5/15/2019 10:54 AM
25	in sports that they would have the option to be in, and for them to have an option for the activities that they enjoy in their community, but good look with that with the budget cuts. #goodschooldistrict	5/15/2019 10:09 AM
26	More free play time, more recess.	5/15/2019 5:42 AM
27	School recess, school sports teams, cross country skiing and ice skating are available at our kids school and they love it!	5/15/2019 3:06 AM
28	My student does cross country running and skiing. He found his required PE class to be a joke, weight lifting with little to no teacher interaction or help.	5/14/2019 10:43 PM
29	running, yoga, calisthenics, baseball, soccer	5/14/2019 10:42 PM

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30	Outdoor PE.	5/14/2019 10:34 PM
31	Daily movement. Use those smart boards and use a you tube video to get the kids moving. Students don't have to be in PE with a gym teacher. Get creative.	5/14/2019 9:57 PM
32	All sports that are available at the high school level. Biking. Obstacle courses. Hiking.	5/14/2019 9:32 PM
33	Sports	5/14/2019 8:53 PM
34	More outdoor play, especially in the winter. Our PE teacher works full time, but only has access to the gym part time because of Montessori. Why can't she take kids outside during those times? Walk, play. Why can't they walk next door to the public gym? Introduce more sports, go places, cross country ski, Wallyball, mountain biking or hiking Tsalteshi trails.	5/14/2019 8:42 PM
35	All	5/14/2019 8:40 PM
36	Dance and sports from diverse cultures. Yoga and meditation. Focus on cooperative/ non-competitive skills.	5/14/2019 8:40 PM
37	Walking, running, biking, stretching, anything.	5/14/2019 8:36 PM
38	swimming	5/14/2019 8:32 PM
39	Soccer Basketball Volleyball	5/14/2019 8:18 PM
40	I would happily have longer school days if it meant more time outside.	5/14/2019 7:39 PM
41	free play	5/14/2019 7:37 PM
42	Activities that involve proper supervision with a knowledgeable adult. For example: Having lots of kids shooting hoops in a closed area isn't safe due to kids not anticipating a shot that goes astray-My child received a concussion with this occurring	5/14/2019 6:49 PM
43	Hiking, fitness trails, tennis, swings, kickball, soccer, baseball/softball.	5/14/2019 5:48 PM
44	Any	5/14/2019 5:05 PM
45	Any that are fun, motivating, & safe.	5/14/2019 5:05 PM
46	Been pleased in what they do	5/14/2019 5:02 PM
47	any and all!	5/14/2019 4:19 PM
48	A variety of sports, swimming is great as the weather doesn't affect it and we are around water all the time here. As weather permits skiing and ice skating (Alaska must haves) and also team sports soccer, softball, baseball, basketball, the usual is good to get the blood pumping and get the wiggles out.	5/14/2019 4:19 PM
49	Gymnastics	5/14/2019 4:09 PM
50	.	5/14/2019 3:17 PM
51	Variety	5/14/2019 2:43 PM
52	Hire a PE teacher. Bring in CAPET look at California for this innovative program that fosters teacher training in high school. Villages visit the local club for activities to 'change it up' most schools don't do that. ALSO threatening to cut sports programs due to big budget issues is disgraceful. Trim the upper level fat before you trim the programs that align with your own policy. Furthermore, make HS PE an actual class you can get credit for in other ways; working at a fish camp all summer, teaching CAPET, playing a sport. Waste of credentialed teacher time that should offset coaching stipends by adjoining the teacher and student time in recreation that qualifies as PE anyway.	5/14/2019 12:56 PM
53	Playground play, sports, everything.	5/14/2019 12:49 PM
54	free time. outside time. field trips. camping trips. sports.	5/14/2019 12:40 PM
55	team sports, activities that both genders can participate in equally. Dance and gymnastics. Swimming.	5/14/2019 12:27 PM
56	Dance, yoga, hiking	5/14/2019 12:25 PM
57	Yoga and dance would be kinda cool....but I can hear some eyes rolling as I write this! :)	5/14/2019 11:09 AM
58	A broad range of activities, to help them find one they would enjoy for lifetime physical activity. From archery to zip lining.	5/14/2019 11:08 AM

Q15 Please share additional thoughts or comments you have pertaining to Policy BP 5040 pertaining to School Nutrition and Physical Activity .

Answered: 20 Skipped: 73

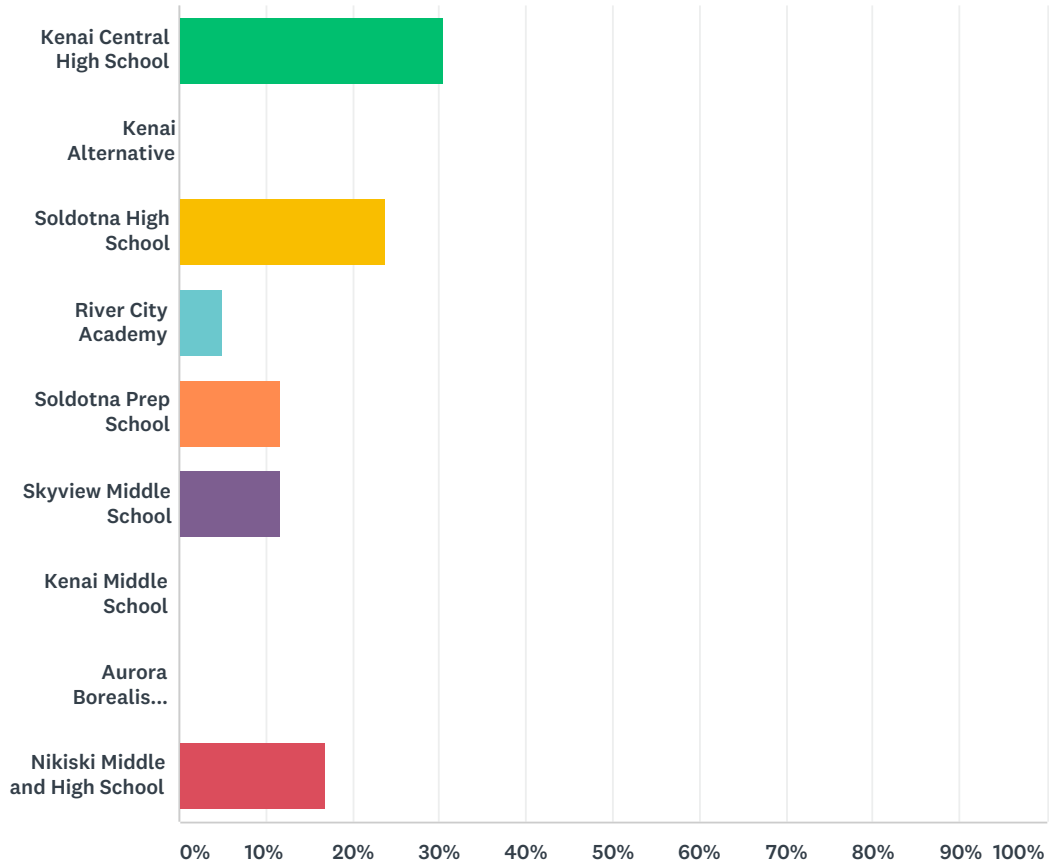
#	RESPONSES	DATE
1	More fresh food. Meditation education should be included in physical education.	5/21/2019 2:35 PM
2	I think it is wonderful that there is a wellness goal in the district. Limiting screen time at school would do even more to keep kids active physically and creatively.	5/20/2019 9:40 AM
3	Please provide more nutritious meals in the breakfast/lunch program	5/17/2019 10:49 AM
4	I think the school breakfast and lunch program is extremely important for students who can't afford to bring their own lunch.	5/17/2019 6:52 AM
5	The students at BFW are getting a good balance of activity throughout the day. Closer monitoring for bullying activities would be beneficial. They are occurring and my student indicates if the student notifies adult they are considered "pathetic" and will be targeted further. Students from the connected elementary school have been throwing food and other items at recess in a less than friendly manner.	5/16/2019 10:02 AM
6	No child should not include food for restriction or reward.	5/15/2019 4:32 PM
7	I don't have any.	5/15/2019 2:54 PM
8	Don't remove opportunities for physical activity.	5/15/2019 1:58 PM
9	It was hard to complete this survey knowing budget cuts will impact any decisions made.	5/15/2019 10:55 AM
10	more fish and lentils, less red meat. no plastic wrapped foods. more organized athletic games.	5/14/2019 10:43 PM
11	Our children deserve better quality food. The processed re heated food should be thrown out. Let the cafeteria lady's cook.	5/14/2019 9:58 PM
12	Recently there was a policy stating that kids can't have or sell treats during the school day. Also there is supposed to be no lunch detention? How about dialing in low carb, fresh lunches before trying to cut out the occasional celebration of greatness. Also eliminating lunch detentions severely hinders administrators and student accountability.	5/14/2019 9:39 PM
13	Mental health wellness should be recognized as part of overall well-being. I would like to see Programs to help kids and teachers deal with stress in healthy ways as part of health education. For example, teaching and practicing relaxation, emotional self-regulation techniques.	5/14/2019 8:40 PM
14	Nikolaevsk needs a fitness trail.	5/14/2019 5:48 PM
15	Kids won't eat food that tastes bad. If it's getting pitched into the garbage what's the point?! Kids need to be able to move their bodies and burn energy off after sitting still and staying focused.	5/14/2019 4:25 PM
16	-	5/14/2019 2:44 PM
17	See Prior Comments.	5/14/2019 12:56 PM
18	It should put more focus on student health and reducing childhood obesity. Instead of processed sugar, more fruits. Instead of processed starch, more potatoes. Instead of processed meat, more local fish. Instead of imported lettuce, more local greens. Promote local goods. Good for children, farmers, economy, school, and earth!	5/2/2019 9:37 AM
19	I think that if the kids work hard on a project and they want a pizza party as a reward. I think they should be able to do so.	4/30/2019 11:13 AM
20	Good job Melissa!!	4/29/2019 3:12 PM

2019 Wellness Survey for Parents

59	PE, extra recess, short breaks for physical activity throughout the day - it's good for both physical health and gives the brain a break to allow them to focus more when they are doing academic activities.	5/14/2019 10:59 AM
60	Team building activities. Activities that promote social skills. Also activities where my child is trying to better himself and not competing against others.	5/14/2019 10:52 AM
61	All of them	5/13/2019 5:10 PM
62	All types of outdoor activities. Incorporate traditional native sports.	5/3/2019 12:37 AM
63	more outdoor activities. running, jogging, climbing, jump ropes, swimming, skis, skates, hiking, backpacking.	5/2/2019 9:32 AM
64	any	4/30/2019 11:11 AM
65	N/A	4/29/2019 3:12 PM

Q1 Which school do you attend?

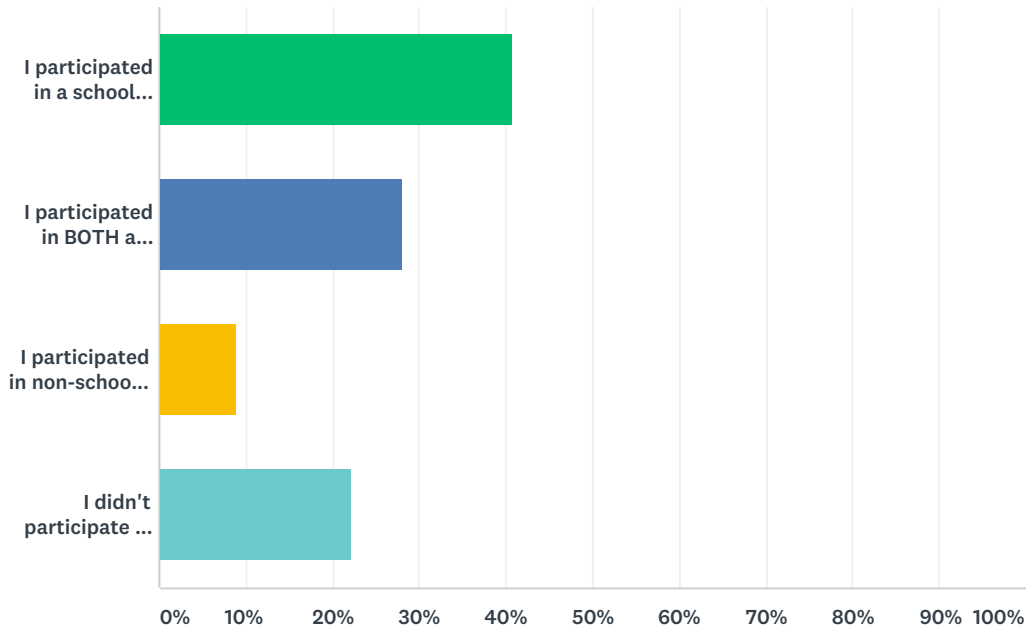
Answered: 474 Skipped: 0



ANSWER CHOICES	RESPONSES	
Kenai Central High School	30.59%	145
Kenai Alternative	0.00%	0
Soldotna High School	23.84%	113
River City Academy	5.06%	24
Soldotna Prep School	11.81%	56
Skyview Middle School	11.81%	56
Kenai Middle School	0.00%	0
Aurora Borealis Charter School	0.00%	0
Nikiski Middle and High School	16.88%	80
Total Respondents: 474		

Q2 Did you participate in a school sponsored or non school sponsored physical/sport activity during this school year?

Answered: 474 Skipped: 0



ANSWER CHOICES	RESPONSES
I participated in a school sponsored physical/sport activity	40.72% 193
I participated in BOTH a school sponsored physical/sport activity and a non-school sponsored physical/sport activity	28.06% 133
I participated in non-school physical/sport activity (for example, dance, swimming, martial arts, biking)	9.07% 43
I didn't participate in any physical/sport activity	22.15% 105
Total Respondents: 474	

Q6 If you checked Other in question 5, please write the physical activity you participate in.

Answered: 106 Skipped: 368

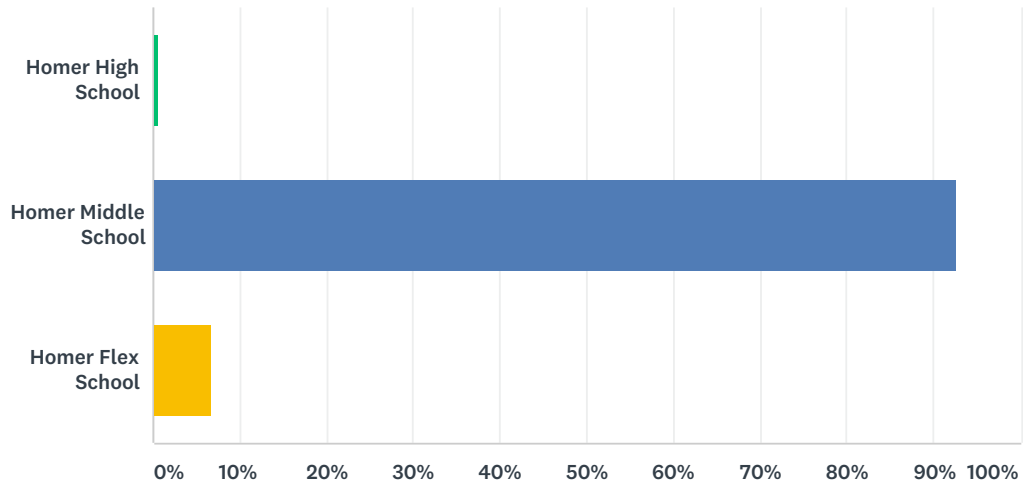
#	RESPONSES	DATE
1	NA	5/17/2019 11:22 AM
2	I did participate in tennis	5/17/2019 10:52 AM
3	I am not part of an actual sports team, however I do enjoy participating in sports just for fun.	5/17/2019 8:22 AM
4	Beet yeet	5/16/2019 1:32 AM
5	Ultimate frisbee, general PE such as gator ball, soccer, and disk golf! Football a bit	5/15/2019 5:06 PM
6	sleeping helps you calm down and restore the energy that needs to be replenished, so I count sleeping as a physical activity.	5/15/2019 12:41 PM
7	Calisthenics	5/15/2019 10:04 AM
8	I do construction work both in school, compete for the school, and out of school as well.	5/15/2019 9:02 AM
9	Im in skydiving	5/14/2019 2:05 PM
10	/	5/14/2019 9:48 AM
11	I didnt	5/14/2019 9:39 AM
12	Running, and recreational working out not with the school	5/12/2019 8:49 PM
13	Dance	5/10/2019 11:37 AM
14	cheerleading	5/9/2019 2:27 PM
15	I do not participate in any	5/9/2019 2:05 PM
16	Cheer	5/7/2019 1:21 PM
17	Hiking	5/7/2019 10:51 AM
18	Summertime volleyball with adults in my community.	5/7/2019 8:49 AM
19	-	5/6/2019 9:11 PM
20	Outside activities	5/6/2019 11:30 AM
21	triathlons	5/6/2019 8:48 AM
22	Cross Country running Individual Team Activity workout day	5/5/2019 7:24 PM
23	Home workout	5/5/2019 11:27 AM
24	Golfing	5/3/2019 11:40 PM
25	sleeping	5/3/2019 3:06 PM
26	HIIT Cardio	5/3/2019 2:04 PM
27	golf	5/3/2019 1:02 PM
28	N/A	5/3/2019 12:30 PM
29	GYM which is not okay	5/3/2019 10:28 AM
30	i hate sports	5/3/2019 10:14 AM
31	Musical theater	5/3/2019 9:56 AM
32	Track & Field	5/3/2019 9:45 AM
33	cheer	5/3/2019 9:19 AM

2019 Student Wellness Survey - Central Peninsula

34	Track and Field	5/3/2019 9:15 AM
35	Roller derby	5/3/2019 8:42 AM
36	swimming	5/3/2019 8:42 AM
37	Theatre	5/3/2019 8:15 AM
38	Soccer	5/3/2019 8:10 AM
39	Jumping	5/3/2019 8:03 AM
40	Music	5/3/2019 12:04 AM
41	Cheerleading	5/2/2019 6:58 PM
42	canoeing, hiking	5/2/2019 2:59 PM
43	none	5/2/2019 2:07 PM
44	cheerleading	5/2/2019 1:45 PM
45	none	5/2/2019 1:16 PM
46	track	5/2/2019 1:14 PM
47	Theater	5/2/2019 1:07 PM
48	Hiking, recreational skiing	5/2/2019 12:55 PM
49	None	5/2/2019 12:48 PM
50	Civil Air Patrol	5/2/2019 11:18 AM
51	figure skating	5/2/2019 11:05 AM
52	no	5/2/2019 10:46 AM
53	naw fam sauce	5/2/2019 10:36 AM
54	Drumline (It counts, change my mind)	5/2/2019 10:31 AM
55	Cheer	5/2/2019 10:30 AM
56	Workout classes	5/2/2019 10:26 AM
57	Lacrosse	5/2/2019 10:16 AM
58	tennis	5/2/2019 9:35 AM
59	sleeping, eating, laying down, waling to school just to walk back home...	5/2/2019 9:31 AM
60	Sleeping and Eating	5/2/2019 9:29 AM
61	N/A	5/2/2019 8:54 AM
62	Competitive equestrian and jogging outside of school	5/2/2019 8:54 AM
63	Drum line ig	5/2/2019 8:44 AM
64	na	5/2/2019 8:43 AM
65	boxing	5/2/2019 8:42 AM
66	Baseball	5/2/2019 8:42 AM
67	Track	5/2/2019 8:37 AM
68	I just walk dogs at home, and help by getting and doing the grocery shopping.	5/2/2019 8:05 AM
69	Individual/Team Activities	5/2/2019 7:50 AM
70	Weight lifting	5/2/2019 6:42 AM
71	Horse riding	5/1/2019 3:30 PM
72	Golf	5/1/2019 3:24 PM
73	Wheight lifting	5/1/2019 2:06 PM
74	Water polo	5/1/2019 1:35 PM

Q1 Which school do you attend?

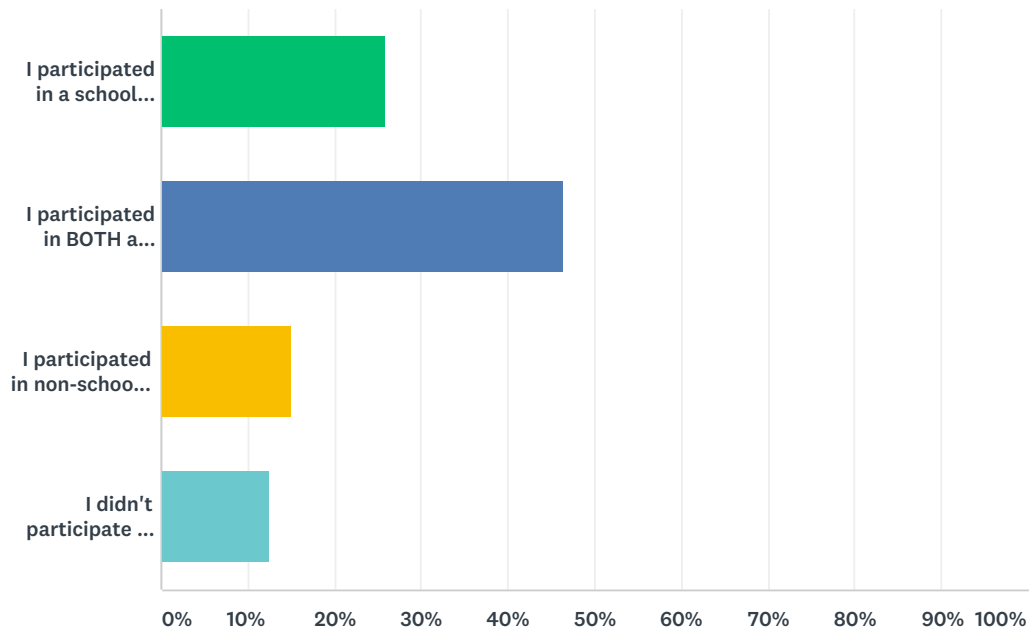
Answered: 166 Skipped: 0



ANSWER CHOICES	RESPONSES
Homer High School	0.60% 1
Homer Middle School	92.77% 154
Homer Flex School	6.63% 11
Total Respondents: 166	

Q2 Did you participate in a school sponsored or non school sponsored physical/sport activity during this school year?

Answered: 166 Skipped: 0



ANSWER CHOICES	RESPONSES	
I participated in a school sponsored physical/sport activity	25.90%	43
I participated in BOTH a school sponsored physical/sport activity and a non-school sponsored physical/sport activity	46.39%	77
I participated in non-school physical/sport activity (for example, dance, swimming, martial arts, biking)	15.06%	25
I didn't participate in any physical/sport activity	12.65%	21
Total Respondents: 166		

Q6 If you checked Other in question 5, please write the physical activity you participate in.

Answered: 49 Skipped: 117

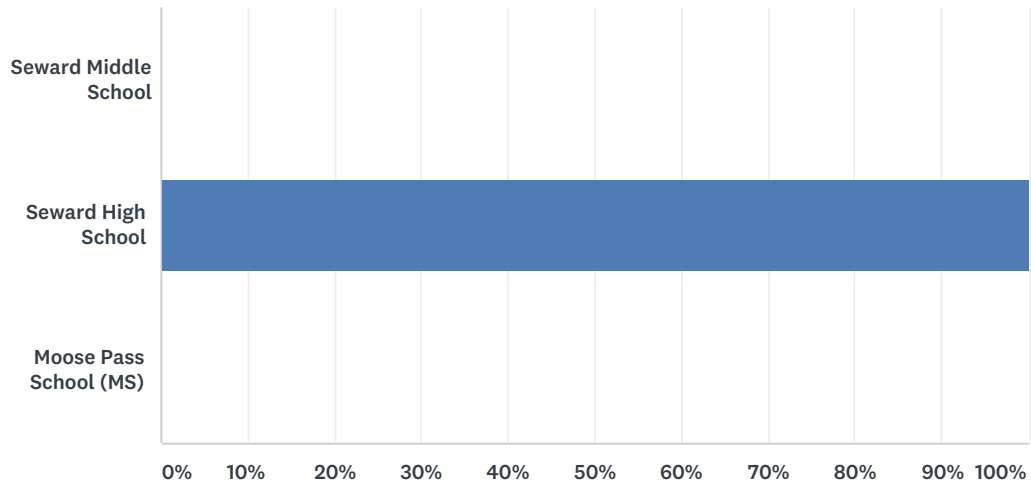
#	RESPONSES	DATE
1	sleeping	5/3/2019 9:10 AM
2	bad mitten, gaming	5/3/2019 9:10 AM
3	gaming	5/3/2019 9:10 AM
4	Native Youth Olympics (NYO)	5/3/2019 9:08 AM
5	jumping	5/3/2019 9:06 AM
6	cheerleading	5/2/2019 3:00 PM
7	n/a	5/2/2019 2:59 PM
8	I did not	5/2/2019 2:58 PM
9	aerial silks	5/2/2019 2:57 PM
10	football	5/2/2019 2:57 PM
11	do not know	5/2/2019 2:57 PM
12	Native Youth Olympics (NYO)	5/2/2019 2:56 PM
13	futsal	5/2/2019 2:56 PM
14	napping	5/2/2019 2:14 PM
15	hockey baseball cros country	5/2/2019 2:06 PM
16	Anime needs to be a sport!!!! Competitive anime binge watching!!!! Anime is not just for kids!! Wii Sports Resort should count to!!!	5/2/2019 2:06 PM
17	Anime needs to be a sport!!!! Competitive anime binge watching!!!! Anime is not just for little kids!! Wii Sports Resort should count to!!!	5/2/2019 2:06 PM
18	ETC	5/2/2019 2:05 PM
19	cheer	5/2/2019 2:05 PM
20	dryland training for swimming	5/2/2019 2:02 PM
21	scootering and rollerblading	5/2/2019 2:02 PM
22	Rollerblading	5/2/2019 2:01 PM
23	Track and Field	5/2/2019 1:59 PM
24	crosscountry	5/2/2019 1:05 PM
25	horseback riding berlracing	5/2/2019 1:05 PM
26	hunting.	5/2/2019 1:04 PM
27	other stuff	5/2/2019 11:35 AM
28	Basket Ball	5/2/2019 11:34 AM
29	Random activities	5/2/2019 11:32 AM
30	hiking	5/2/2019 11:31 AM
31	Wii sports and Just Dance	5/2/2019 11:30 AM
32	I didn't check other...	5/2/2019 11:29 AM

2019 Student Wellness Survey - Homer

33	hanging out with friends	5/2/2019 10:39 AM
34	horse ridding	5/2/2019 10:39 AM
35	i do t h e s p o r t	5/2/2019 10:37 AM
36	gaming (fortnite)	5/2/2019 10:35 AM
37	bmx biking, snowboarding	5/2/2019 9:53 AM
38	aerial silks	5/2/2019 9:49 AM
39	I like to competitively watch TV;)	5/2/2019 9:48 AM
40	Teack, Cross country	5/2/2019 9:47 AM
41	ballet and rollerblading.	5/2/2019 9:47 AM
42	ice skating	5/1/2019 12:06 PM
43	Hiking	5/1/2019 11:00 AM
44	ok	5/1/2019 10:27 AM
45	Building	5/1/2019 9:41 AM
46	Rock Wall climbing	4/30/2019 11:06 PM
47	Cheerleading	4/30/2019 12:40 PM
48	cheerleading	4/30/2019 12:31 PM
49	Rock Climbing	4/30/2019 11:07 AM

Q1 Which school do you attend?

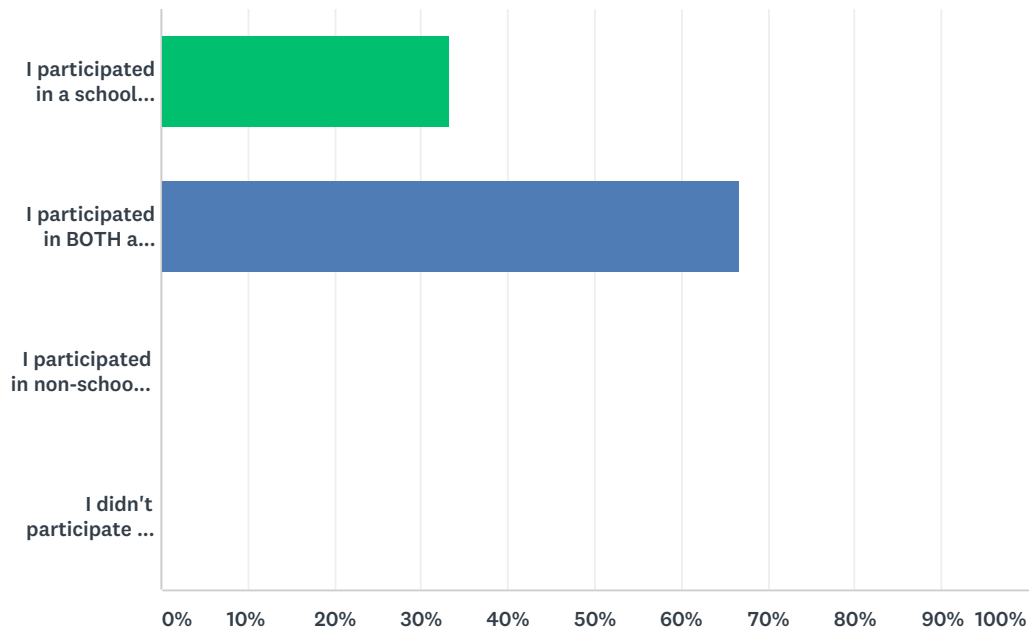
Answered: 3 Skipped: 0



ANSWER CHOICES	RESPONSES	
Seward Middle School	0.00%	0
Seward High School	100.00%	3
Moose Pass School (MS)	0.00%	0
Total Respondents: 3		

Q2 Did you participate in a school sponsored or non school sponsored physical/sport activity during this school year?

Answered: 3 Skipped: 0



ANSWER CHOICES	RESPONSES	
I participated in a school sponsored physical/sport activity	33.33%	1
I participated in BOTH a school sponsored physical/sport activity and a non-school sponsored physical/sport activity	66.67%	2
I participated in non-school physical/sport activity (for example, dance, swimming, martial arts, biking)	0.00%	0
I didn't participate in any physical/sport activity	0.00%	0
Total Respondents: 3		

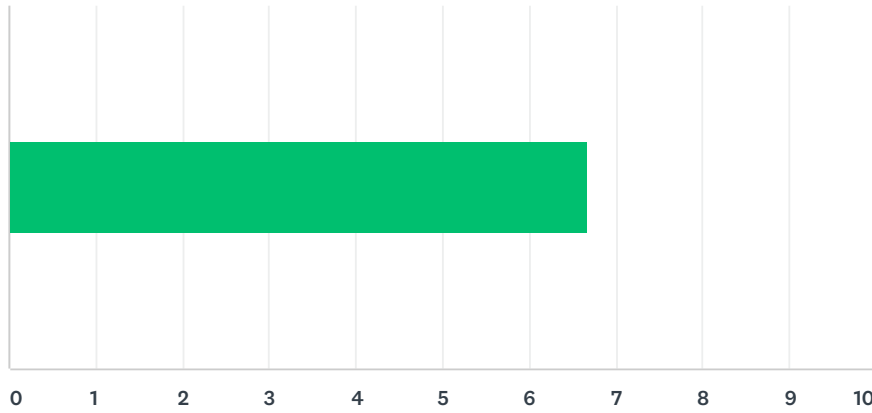
Q6 If you checked Other in question 5, please write the physical activity you participate in.

Answered: 1 Skipped: 2

#	RESPONSES	DATE
1	Cheerleading	4/30/2019 10:37 AM

Q3 To what degree do you believe being active in sports or other physical activities positively impacts your academic achievement (for example, meeting eligibility requirements).

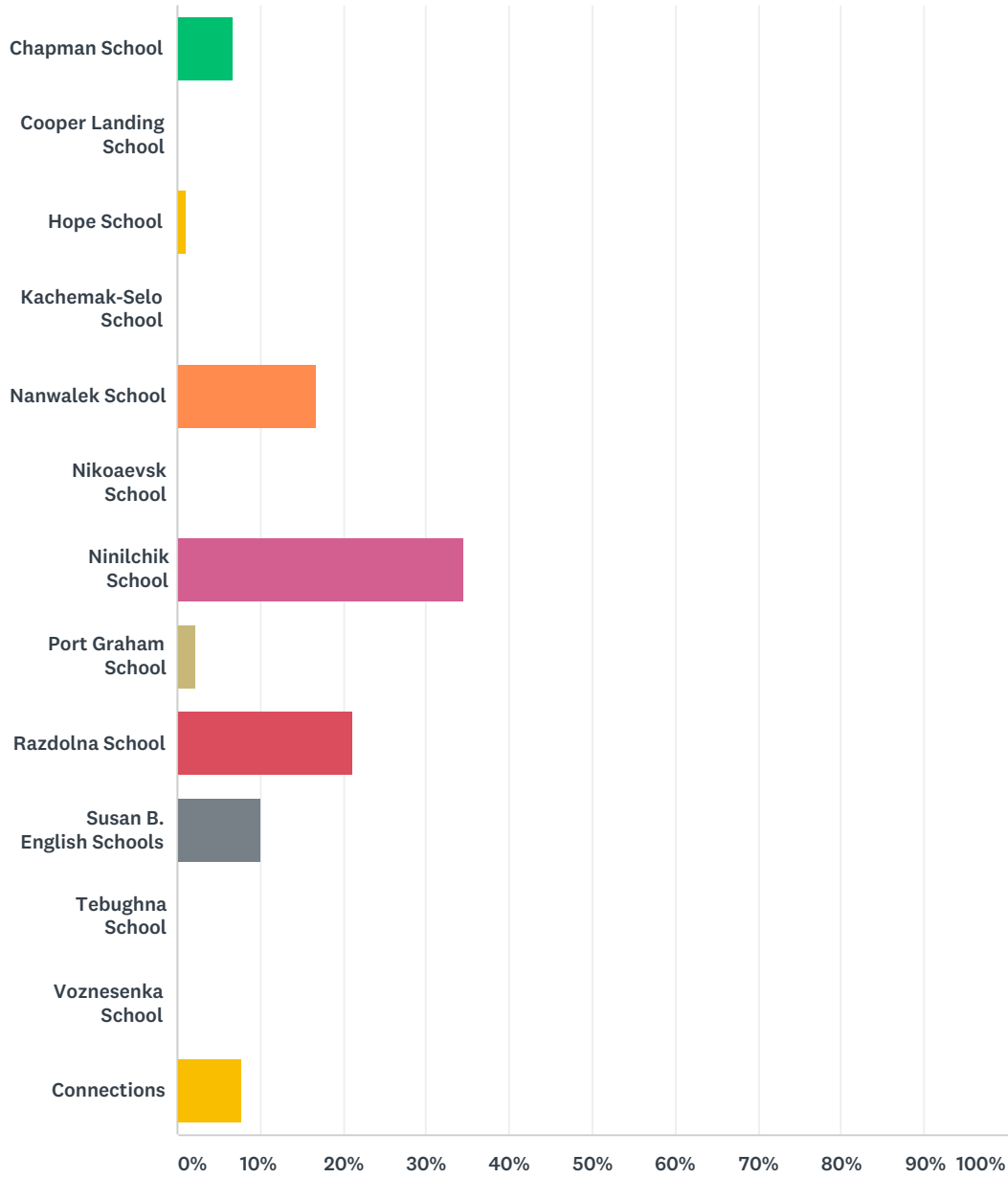
Answered: 3 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	7	20	3
Total Respondents: 3			

Q1 Which school do you attend?

Answered: 90 Skipped: 0



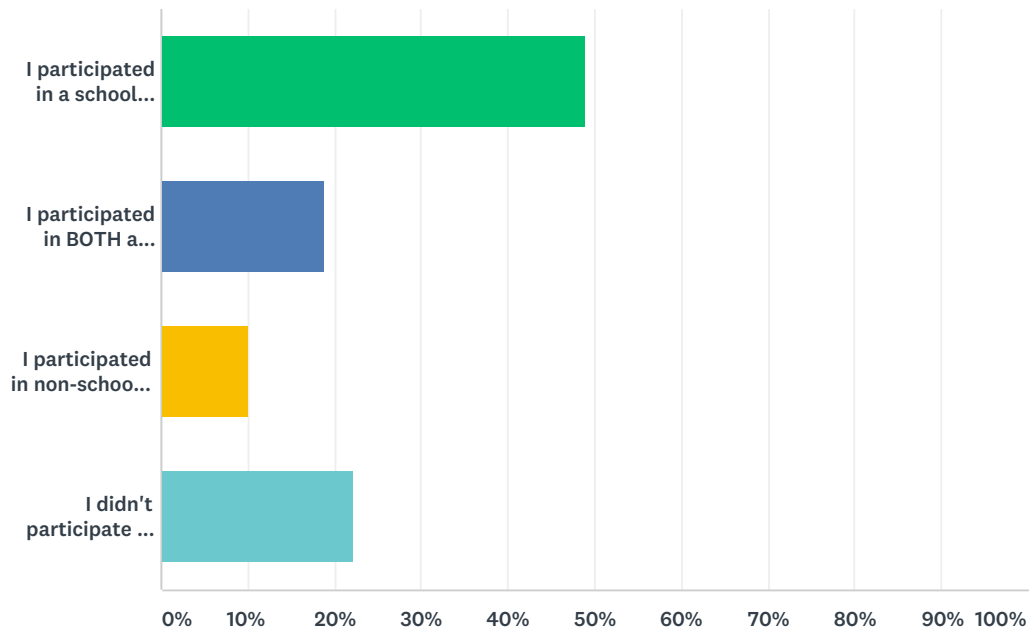
ANSWER CHOICES	RESPONSES
Chapman School	6.67% 6
Cooper Landing School	0.00% 0
Hope School	1.11% 1
Kachemak-Selo School	0.00% 0
Nanwalek School	16.67% 15
Nikoaevsik School	0.00% 0

2019 Student Wellness Survey - K-12 Schools

Ninilchik School	34.44%	31
Port Graham School	2.22%	2
Razdolna School	21.11%	19
Susan B. English Schools	10.00%	9
Tebughna School	0.00%	0
Voznesenka School	0.00%	0
Connections	7.78%	7
Total Respondents: 90		

Q2 Did you participate in a school sponsored or non school sponsored physical/sport activity during this school year?

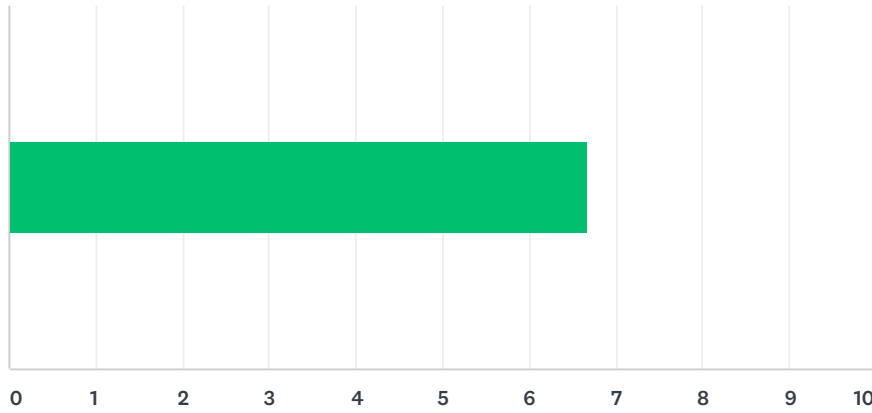
Answered: 90 Skipped: 0



ANSWER CHOICES	RESPONSES	
I participated in a school sponsored physical/sport activity	48.89%	44
I participated in BOTH a school sponsored physical/sport activity and a non-school sponsored physical/sport activity	18.89%	17
I participated in non-school physical/sport activity (for example, dance, swimming, martial arts, biking)	10.00%	9
I didn't participate in any physical/sport activity	22.22%	20
Total Respondents: 90		

Q3 To what degree do you believe being active in sports or other physical activities positively impacts your academic achievement (for example, meeting eligibility requirements).

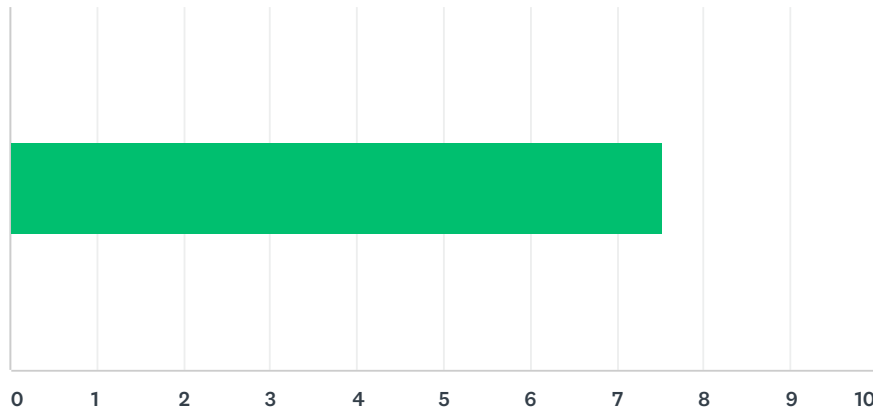
Answered: 90 Skipped: 0



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	7	601	90
Total Respondents: 90			

Q4 To what degree do you believe daily physical activity contributes to your overall health and mental wellness?

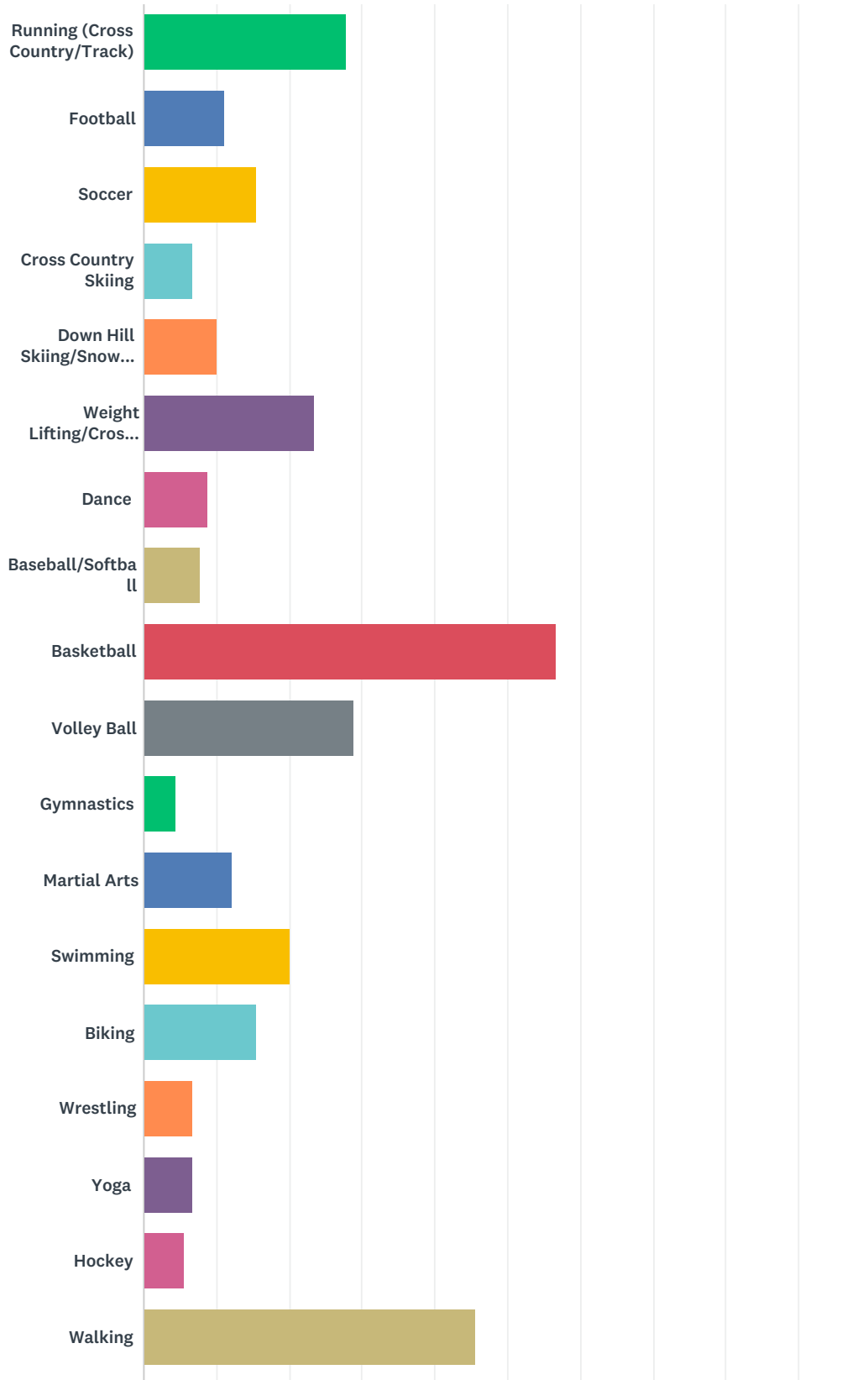
Answered: 90 Skipped: 0



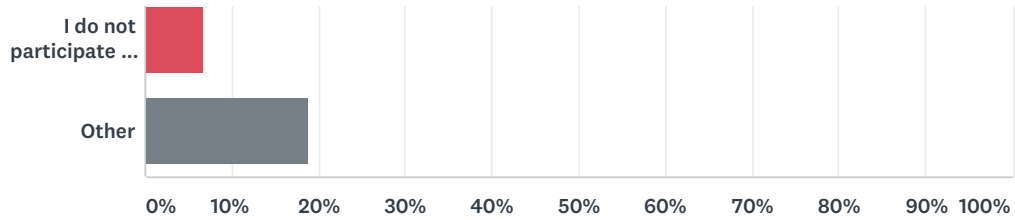
ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	8	677	90
Total Respondents: 90			

Q5 What types of physical activities do you participate in? Check all that apply

Answered: 90 Skipped: 0



2019 Student Wellness Survey - K-12 Schools



ANSWER CHOICES	RESPONSES	
Running (Cross Country/Track)	27.78%	25
Football	11.11%	10
Soccer	15.56%	14
Cross Country Skiing	6.67%	6
Down Hill Skiing/Snow Boarding	10.00%	9
Weight Lifting/Cross-fit	23.33%	21
Dance	8.89%	8
Baseball/Softball	7.78%	7
Basketball	56.67%	51
Volley Ball	28.89%	26
Gymnastics	4.44%	4
Martial Arts	12.22%	11
Swimming	20.00%	18
Biking	15.56%	14
Wrestling	6.67%	6
Yoga	6.67%	6
Hockey	5.56%	5
Walking	45.56%	41
I do not participate in physical activities	6.67%	6
Other	18.89%	17
Total Respondents: 90		

Q6 If you checked Other in question 5, please write the physical activity you participate in.

Answered: 25 Skipped: 65