

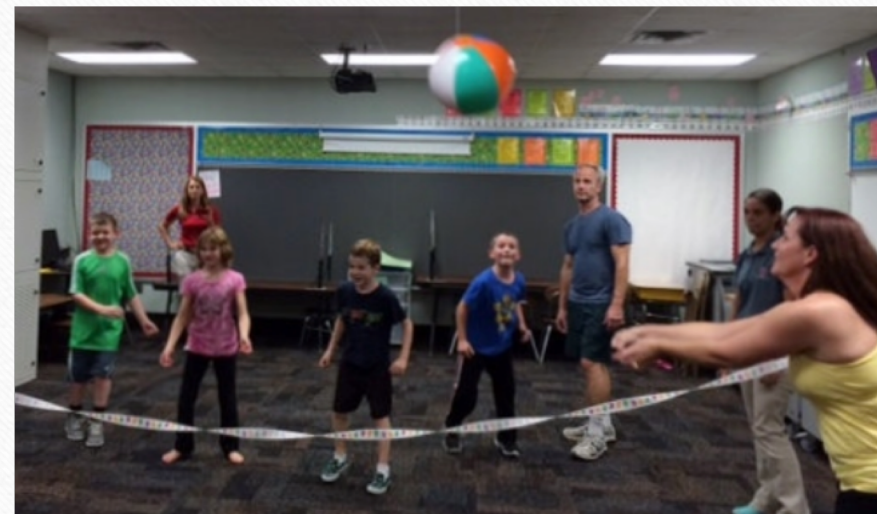
# ESS PTA Wellness Committee

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**2017-2018 Survey**

Question 1: I believe my child receives an appropriate amount of physical activity during Indoor Recess Days (during inclement weather days such as “snow days,” rain, code red/orange days, below freezing).

QUESTION 1	COUNT OF NUMBER	PERCENT
STRONGLY AGREE	5	8%
AGREE	15	25%
NEUTRAL	8	13%
DISAGREE	14	23%
STRONGLY DISAGREE	9	15%
INSUFFICIENT KNOWLEDGE	10	16%
GRAND TOTAL	61	



(Action for Healthy Kids)

Question 2: During “inclement weather days” or Indoor Recess days when weather prohibits outdoor play, I support the following recess alternatives.

Activity	Level of Support
PE class activities	89%
Exercise games	89%
Movement Games	85%
Dance games	82%
Yoga	75%
Art	66%
Board Games	57%
Coloring	49%
Watching Television	8%



Question 3: Would you be in support of existing water fountains at school being retrofitted to allow for user-friendly water bottle filling, in addition to use as a fountain?

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More than 90 percent of respondents support retrofitting existing water fountains to allow for water bottle filling as well as fountain use.



Question 4: I am satisfied with the lunches offered by my child's school.

QUESTION 4	COUNT OF NUMBER	PERCENT
STRONGLY AGREE	4	7%
AGREE	15	25%
NEUTRAL	12	20%
DISAGREE	11	18%
STRONGLY DISAGREE	8	13%
INSUFFICIENT KNOWLEDGE	11	18%
GRAND TOTAL	61	



## Question 5: If your child rarely or never buys lunch, why is that?

Reason	Percent
I prefer fresh food options	48%
I have concerns about nutrition	39%
I do not want my child eating processed food.	39%
I prefer to make my child's lunch	36%
I do not want my child to eat "empty calories"	26%
I prefer organic options	25%
I do not approve of certain menu items	23%
I prefer locally sourced food	21%
My child does not like the school food	20%
There are not enough choices for special dietary needs	13%
My child does not want to wait in line	11%
I don't want to potentially waste food if child doesn't eat it	8%
The cost is too high	5%
My child is apprehensive about the process of buying lunch.	5%

Question 6: I am satisfied with the breakfasts offered by my child's school.

QUESTION 6	COUNT OF NUMBER	PERCENT
STRONGLY AGREE	5	8%
AGREE	19	31%
NEUTRAL	11	18%
DISAGREE	9	15%
STRONGLY DISAGREE	10	16%
INSUFFICIENT KNOWLEDGE	7	11%
GRAND TOTAL	61	



## Question 6: I am satisfied with the breakfasts offered by my child's school.

- Too much sugar, too processed.
- Firstly, I deeply appreciate the breakfast is available to all. I am concerned that there are very ~~few healthy breakfast options, and that breakfast involves a large amount of plastic waste.~~
- Too high sugar content. Too processed. There is research demonstrating that a high sugar breakfast is worse for children's attention than no breakfast. The timing interferes with my child's consumption of her healthy lunches that I pack for her. There is peer pressure to eat the breakfast that I don't want her to eat.
- Some kids eat certain things and throw the rest of it away.
- Too much sugar, healthy or low sugar food is not offered.
- The only breakfast my daughter is interested in is offered on Fridays and consists of a packaged cinnamon roll, Craisins/or apple slices and juice or chocolate milk. At home for breakfast she usually has a healthier breakfast made with fresh food and no sugary drinks. We let her have Friday breakfast at school but know she is not necessarily making healthy choices.



## Question 6: I am satisfied with the breakfasts offered by my child's school.

- The breakfasts like the lunches are high in sugar (high fructose corn syrup), empty calories. The cinnamon bun is the worst thing a child could eat as a "nutritious breakfast."
- Processed, packaged food items. I am concerned about nutrient value of breakfast food, that is it processed. We would prefer fruit, fresh grains, or more healthy options.
- Do not think chocolate/strawberry milk should be an option (high sugar). [Author's note: Montgomery County Public Schools Food and Nutrition Services actually stopped serving strawberry milk in 2014 over concerns about artificial colors and preservatives.]
- Too sugary.
- My kids don't usually eat breakfast at ESS.
- My child doesn't eat breakfast because it is sugary.
- Too much sugar, unhealthy.
- Too processed.
- Chocolate milk seems unnecessary.

Question 6: I am satisfied with the breakfasts offered by my child's school.

- There is also not enough protein for my child to make it through the day with school breakfast. The breakfast contains an excessive and unnecessary amount of sugar. My child would have difficulty functioning in the classroom if he ate, for example, Craisins and empty carbs for breakfast.
- Concerns about nutrition, processed foods, empty calories, don't like menu items, prefer fresh, organic food, local food.
- It is all sweet with no nutrition.
- Too much sugar!

Q7. Do you agree or disagree with this statement? I am in support of a kid-friendly fresh food bar with cut up/sliced fresh fruit, veggies and some proteins offered on a regular basis in the cafeteria, in addition to the hot lunch menu.

Question 7	Count of Number	Percent
Strongly Agree	42	69%
Agree	16	26%
Neutral	1	2%
Insufficient Knowledge	2	3%
Grand Total	61	



Washington Post, Rodney Taylor profile. Fairfax County Public Schools.

Question 8: I approve of the use of food treats, including sweet treats such as candy or dessert, as a reward or incentive given at school.

QUESTION 8	COUNT OF NUMBER	PERCENT
STRONGLY AGREE	4	7%
AGREE	12	20%
NEUTRAL	9	15%
DISAGREE	17	28%
STRONGLY DISAGREE	19	31%
GRAND TOTAL	61	

Question 9: I think the best ways to encourage healthy eating habits at school are (check all that apply).



4<sup>th</sup> grade-made salads, Koiner Farm

QUESTION 9	PERCENT
A variety of fruits and vegetables on the menu	92%
Quality healthy foods	84%
Kid-friendly, cut-up fresh foods salad bar	75%
Not offering competing unhealthy options	69%
Involvement in school gardening	67%
Field trips to farms	66%
Nutrition education built into the curriculum	61%
Accessible water bottle filler stations	59%
Healthy food options at school and PTA sponsored events	51%
Transparency regarding food products	49%
Health tips	44%
Healthy eating club	43%
Healthy school party policies	41%
Marketing about healthy eating, drinking water, etc.	41%
Annual Wellness Night Event	39%
Healthy school fundraisers	33%

# Open Comments

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- Disagree with all the candy/sweet themed decorations, prizes, erasers, etc. Why not use nature, or robots or really anything else?
- Heard lunch line is too long and not enough time to eat. Can parents volunteer to help facilitate the lunch line?
- I believe obesity is a major problem of American kids and my kids too. So I encourage the school to do more on diets.
- No ice cream on Wednesdays or any day! Kids eat ice cream and not their lunch. Eliminate chocolate milk as an option.

# Join the Wellness Committee

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