

**Please note: This document is provided as a courtesy to share all questions contained within the School Health Survey and help respondents prepare responses before working on the survey in the Qualtrics platform. The actual questions displayed in the survey will vary depending upon the responses provided by a district or charter school.**

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# School Health Survey 2018-2021

The Texas Education Code (TEC), §38.0141, requires the Texas Education Agency (TEA) to collect data relating to student health and physical activity from each school district/charter district. The School Health Survey has been developed for this purpose. The data gathered will allow the agency to better address the various health-related needs of Texas schools and students statewide.

The survey will take approximately 30-45 minutes to complete. This survey must be completed **ONLINE** and can be submitted only once for each school district and/or charter district. Your responses should reflect the entire 2018-2019, 2019-2020, and 2020-2021 academic years and may require you to work with colleagues in your district to completely answer the questions. You may wish to copy the questions and complete the answers in a text document before entering your responses online.

Survey completion deadline – **FRIDAY, May 28, 2021**

## INSTRUCTIONS

The online submission requires you to complete the entire survey. To make changes, simply click on the new response. In some cases, you will need to unclick a previous answer to change the response. To move through the survey, click the previous/next (Forward arrow/Back arrow) buttons at the bottom of each page.

At the end of the survey, you may wish to print a copy of the completed survey for your records **BEFORE** you click "DONE." After clicking "DONE" you will not be able to re-enter the survey to make changes. You will receive a "pop-up" message as your confirmation receipt. You will not receive any other confirmation.

Thank you for your participation in the School Health Survey.

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Q2 Please select your region and district from the list below.

ESC Region (1)

District Name and Number (2)

▼ ESC 01 - Edinburg (1) ... ESC 20 - San Antonio ~ UVALDE CISD, (232903) (1236)

Q3 Preparer Information

Name of Preparer (First/Last Name) (1)

\_\_\_\_\_

Title of Preparer (2) \_\_\_\_\_

Phone Number of Preparer (3)

\_\_\_\_\_

Email Address of Preparer (4)

\_\_\_\_\_

Q4 School Health Advisory Council (SHAC) Information

**(If you are a charter school that does not have a SHAC, please enter N/A in the first field for this question).**

Name of SHAC District/Charter Contact (First/Last Name)

\_\_\_\_\_

Phone Number of SHAC District/Charter Contact

\_\_\_\_\_

Email Address of SHAC District/Charter Contact

\_\_\_\_\_

Name of Required Parent SHAC District/Charter Chair or Co-Chair (First/Last Name)

\_\_\_\_\_

Q5 During the 2018-2021 academic years, were members of the following groups represented on your SHAC? (Mark all that apply.)

Business community

Clergy/faith-based organizations

- Health care professionals (e.g., school nurses)
- Law enforcement
- Local domestic violence programs
- Non-profit health organizations
- School administrators
- School teachers
- Senior citizens
- Students
- Not applicable (charter schools only)

Q6 During the 2018-2021 academic years, did your district/charter school SHAC receive any formal training related to development, recruitment, leadership, policy improvement strategies, etc.?

- Yes
- No

Q7 If you responded "Yes" on the previous question for the 2018-2021 academic years, please select the following organizations that provided the formal training. (Mark all that apply.)

- Centers for Disease Control (CDC) and Prevention
- Department of State Health Services (DSHS)
- Education Service Centers (ESCs)
- School District

- Non-profit organization (e.g., TAHPERD)
  - Texas Education Agency (TEA)
  - Not applicable (charter schools only)
  - Other (please specify)
- 

Q8 How many times did your SHAC meet during the following academic years?

	Meetings				
	0	1	2	3	4
2018-2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q9 During the following academic years, did your local SHAC physical activity and fitness planning subcommittee make any policy recommendations related to physical activity and fitness pursuant to TEC [§28.004\(I-1\)](#)?

	Response		
	Yes	No	Not applicable (charter schools only)
2018-2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q10 During the following academic years, did your school board or district/charter school implement/change a policy, program, or practice as a result of a SHAC recommendation?

	Response

Yes

No

Not applicable  
(charter schools only)

2018-2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11 If you responded "Yes" on the previous question for the 2018-2021 academic years, please indicate what topics were addressed. (Mark all that apply.)

- Active transport to school (e.g., Safe Routes to Schools, Walking School Bus, KidsWalk)
- Adaptations for special populations in physical education
- Asthma management
- Bullying
- Comprehensive physical activity programs
- Coordinated school health programming
- Early mental health intervention
- Fitness assessment data
- Fitness assessment requirements
- Food and beverage marketing
- Fundraising
- Health education curriculum

- Health promotion
  - High school graduation requirements
  - HIV/STD prevention (education, universal precautions, curricula)
  - Off-campus physical activity programs
  - Parental involvement
  - Physical activity requirements in kindergarten to grade 8
  - Recess
  - School menu/nutrition services
  - Sex Education
  - Staff professional development
  - Staff wellness
  - Suicide prevention/postvention
  - Teen pregnancy prevention
  - Tobacco use, e-cigarettes, and prevention
  - Vending machines
  - Wellness policies
  - Other (please specify)
-

Q12 During the following academic years, what was your district/charter school's practice for meeting the elementary school physical activity requirement?

	30 minutes/day for all grade levels	30 minutes/day for some grade levels, 135 minutes/week for others	135 minutes/week for all grade levels	More than 135 minutes/week	More than 150minutes/week	Other
2018 - 2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019 - 2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020 - 2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q13

	If select other please specify
	Other
2018-2019	
2019-2020	
2020-2021	



Q14 During the following academic years, what was your district/charter school's practice for meeting the middle/junior high school physical activity requirement?

	30 minutes/day in physical education for four semesters	225 minutes/two weeks in physical education for four semesters	Four semesters of physical activity in alternative programs	A mixture of physical education and alternative programs	Other
2018-2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q15

	If select other please specify
	Other
2018-2019	
2019-2020	
2020-2021	

Q16 During the following academic years, did each campus in your district/charter school have the appropriate equipment and adequate facilities for students to engage in the amount and intensity of physical activity required by TEC [§28.002\(l\)](#)?

	Response	
	Yes	No
2018-2019	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>

Q17 During the 2018-2021 academic years, did your district/charter school provide recess in elementary school?

Yes

No

Q18 During the 2018-2021 academic years, did your district/charter school have a written policy specifying the number of minutes per day that students should participate in recess?

Yes

No

Q19 If you responded "Yes" to the previous question for the 2018-2021 academic years, how many minutes per day were required for recess in your district?

10-15 (1)

16-20 (2)

21-25 (3)

26-30 (4)

>31 (5)

Other (please specify) (6) \_\_\_\_\_

Q20 During the following academic years, did your district/charter school have a policy to allow teachers or administrators in the district to withhold physical activity from a student as a form of punishment?

	Response	
	Yes	No
2018-2019	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>

Q21 During the following academic years, did your district/charter school allow modifications or accommodations to enable physical education courses to meet the needs of students with disabilities?

	Response	
	Yes	No
2018-2019	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>

Q22 During the following academic years, did your district/charter school notify parents that they could request in writing their child's physical fitness assessment results at the end of the school year?

	Response	
	Yes	No
2018-2019	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>

Q23 During the following academic years, did your district/charter school adopt policies and procedures that prescribed penalties for the use of electronic-cigarettes and tobacco products by students and others on campuses or at school-sponsored or school-related activities?

	Response	
	Yes	No
2018-2019	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>

Q24 During the 2018-2021 academic years, did your district/charter school use a suicide prevention program or curriculum for students from the Suicide Prevention Resource Center's Best Practice Registry?

Yes

Other (please specify) \_\_\_\_\_

No

Q25 During the 2018-2021 academic years, did your district/charter school provide training for staff in dealing with students at risk of suicide, recognizing early warning signs, and how to intervene effectively with students?

Yes

No

Q26 During the 2018-2021 academic years, which Coordinated School Health Program did your district/charter school implement in elementary schools?

- Bienestar
- CATCH
- Other (please specify) \_\_\_\_\_
- Great Body Shop
- SPARK (Prior to May 2019)

Q27 During the 2018-2021 academic years, which Coordinated School Health Program did your district/charter school implement in middle and/or junior high schools?

- Bienestar
- CATCH
- Other (please specify) \_\_\_\_\_
- Great Body Shop
- SPARK (Prior to May 2019)

Q28 During the following academic years, did your district/charter school require health education as a graduation requirement for high school students?

	Response		If select other please specify
	Yes	No	Other

2018-2019	<input type="radio"/>	<input type="radio"/>	
2019-2020	<input type="radio"/>	<input type="radio"/>	
2020-2021	<input type="radio"/>	<input type="radio"/>	

Q29 During the following academic years, did your district/charter school implement the Parenting and Paternity Awareness (p.a.p.a.) Program?

	Response		If select other please specify
	Yes	No	Other
2018-2019	<input type="radio"/>	<input type="radio"/>	
2019-2020	<input type="radio"/>	<input type="radio"/>	
2020-2021	<input type="radio"/>	<input type="radio"/>	

Q30 During the 2018-2021 academic years, which school health-related assessment tools did your district/charter school use? (Mark all that apply.)

- ActivityGram (2018-2019)
- District developed
- FitnessGram once annually (2018-2019)
- FitnessGram pre- and post-testing (2018-2019)
- Other (please specify)

- Health Education Curriculum Analysis Tool (HECAT)
- Healthy Schools Report Card (Association for Supervision and Curriculum Development)
- Physical Education Curriculum Analysis Tool (PECAT)
- School Health Index (SHI)

Q31 During the following academic years, did your district/charter school adopt policies to meet the U.S. Department of Agriculture (USDA) smart snack requirements?

	Response		If select other please specify
	Yes	No	Other



2018-2019	<input type="radio"/>	<input type="radio"/>	
2019-2020	<input type="radio"/>	<input type="radio"/>	
2020-2021	<input type="radio"/>	<input type="radio"/>	

Q32 During the 2018-2021 academic years, did your local wellness policy address any of the following? (Mark all that apply).

- Increased opportunities for students to be physically active
  - Increased opportunities for students to select and consume healthier foods and/or snacks
  - Improved access to fresh fruits and vegetables (e.g., implementing a farm-to-school program or fruit and vegetable snack program)
  - Other (please specify)
- 

Q33 During the following academic years, did your SHAC recommend joint use agreements or strategies for collaboration between the school district/charter school and community organizations or agencies pursuant to TEC [§28.004\(c\)\(5\)](#)?

	Response		
	Yes	No	Not applicable (charter schools)

2018-2019	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2019-2020	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2020-2021	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q34 During the 2018-2021 academic years, did your district/charter school bullying policy address any of the following? (Mark all that apply.)

- Bullying based on gender
  - Bullying based on race/ethnicity
  - Bullying based on sexual orientation/identity
  - Bullying based on physical characteristics
  - Cyberbullying
  - Other - please specify (if not applicable, please explain)
-