

Appendix C

Survey questions, question options (shown in the left column) and results (shown in the right column) from students enrolled at the Mount Pleasant School participating in research:

1. How old are you?

7 years old	0
8 years old	9
9 years old	6
10 years old	8
11 years old	9
12 years old	0
13 years old	0

2. What grade are you in?

3 rd grade	13
4 th grade	2
5 th grade	17

3. What does being “healthy” mean?

Feeling good in your mind and body	27
Exercising everyday	10
Not being sick	7
Eating candy and chips every day	0

Other	0
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4. What describes a person who is “healthy”

Someone who visits the doctor and eats fruits and vegetables	31
Someone who goes plays video games for hours and eats chips and soda pop	0
Someone who eats fast food for most meals and goes to the gym	0
Someone who cleans up after themselves and listens to their teachers	5

5. Do you ever learn about health at school?

Yes, my teacher taught us	16
Yes, the school nurse taught us	1
Yes, the gym teacher taught us	14
Yes, other	3
No, no one talks about health	5

6. Which of the following things have you learned about in school?

Fruits and Vegetable	10
Exercise	18
Taking care of your teeth	9

Hygiene (Showering and washing your hands)	12
Germs	12
How to express your emotions	17
What to do when you are having negative feelings	13
Cleaning your space and environment	12
When to go to the doctors	4
When to ask for help	19

7. Is there anything you want to learn more about at school relating to health?

Food	5
Mental health	10
Exercise	6
Environment	13
Other	2

8. Do you make your own food?

Yes	2
No	1
Sometimes	29

9. Do you play outside or inside, other than video games?

Yes	17
No	0
Sometimes	15

10. How often do you take a shower or a bath?

Everyday	6
Every other day	22
Weekly	3
Every other week	0
Other	1

11. Do you eat fruits and vegetables?

Yes, every day	14
Yes most days	7
Yes, often	3
Yes, sometimes	8
Yes, rarely	1
No	0

12. Do you brush your teeth?

Yes, twice a day	24
Yes, more than twice a day	1

Yes, once a day	5
Yes, every other day	0
Yes, less often	2
No	0

13. What is one healthy habit that you have?

Short Answer Response:	Exercising
Short Answer Response:	I eat a variety of good food
Short Answer Response:	Fruits and vegetables
Short Answer Response:	I rarely forget to
Short Answer Response:	Running and play tag

14. How much sleep you should get a night?

2 hours	0
8 hours	18
12 hours	9
4 hours	0
6 hours	2
Other	4

15. Have you ever learned how to handle your feelings at school?

Yes, I know what to do when I feel mad, sad, happy, nervous, etc.	25
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Yes, I know some things to do when I am having big feelings	3
No, I have not learned this in school	0
Yes, but did not learn it in school	2
No	1

16. What kind of foods do you need to eat to stay healthy?

Chips	1
Candy	1
Fruits	29
Meats	24
Vegetables	27
Bread	13
Ice-cream	1
Other	2

17. Do you ever exercise at school?

Yes, at recess	20
Yes, at the gym	26
Yes, in the classroom	8
No, not at school	2

18. What types of exercises have you been taught in school?

Stretches	24
Games such as tag or capturing the flag	22
Yoga	0
Sports like soccer, basketball, football, or floor hockey	18
Push-ups or pull-ups	11
Weightlifting	2
Swimming	1
Throwing a ball	23
Running, hopping, skipping, walking	26
Other	2