



# Questionnaire for Schools

## **Questionnaire about your school, physical activity and healthy eating**

- This questionnaire asks about physical activity and healthy eating related aspects of your school and should take about 10 minutes to complete.
- Please choose one answer per question or item (either tick one box or circle one response).
- Please complete every question in the questionnaire, including the attached grounds survey.
- Your answers will be treated as confidential.
- If you have any questions, please contact the study team.



1. Name of school \_\_\_\_\_

2. What is your position? (*Please tick*)

Head teacher

Deputy head teacher

Other; *please specify* \_\_\_\_\_

3. What time does the normal school day start \_\_\_\_\_ and finish \_\_\_\_\_

4. At what time are breaks held, and how long do they last?

	Start time	Duration (minutes)
Morning Break	_____	_____
Lunchtime	_____	_____
Afternoon break	_____	_____
Other; <i>please specify</i> _____	_____	_____

### Section A. Physical activity opportunities at school

5. Does your school have access to: (*Please circle your response*)

- |  |     |    |
|--|-----|----|
| a. A specific hall for gym or sports (indoors)?                    | Yes | No |
| b. A shared facility used for sports activities (indoors)?         | Yes | No |
| c. A sports or football field/pitch (on school grounds)?           | Yes | No |
| d. A school playground?  | Yes | No |
| e. A swimming pool?  | Yes | No |
| f. A local park or playground (off school grounds), which you use? | Yes | No |
| g. Changing facilities (purpose built)?                            | Yes | No |
| h. Play equipment for use at break times ( e.g. hoops, balls)      | Yes | No |
| i. Sports equipment (e.g. gymnastics equipment)?                   | Yes | No |
| <b>If yes:</b> do you think that there is sufficient equipment?    | Yes | No |

6. How would you rate the quality of the following with respect to its use for gym classes or sports? (Please take into account the level of maintenance, cleanliness, accessibility etc.)

*Please circle your response (n.a. = facility not available)*

- |   |      |        |     |      |
|---|------|--------|-----|------|
| a. Specific hall for gym or sports (indoors)            | high | medium | low | n.a. |
| b. Shared facility used for sports activities (indoors) | high | medium | low | n.a. |
| c. Sports or football field/pitch (on school grounds)   | high | medium | low | n.a. |
| d. Playground (on school ground)                        | high | medium | low | n.a. |
| e. Swimming pool  | high | medium | low | n.a. |
| f. Local park or playground (off school grounds)        | high | medium | low | n.a. |
| g. Changing facilities (purpose built)                  | high | medium | low | n.a. |
| h. Play equipment for use at break times                | high | medium | low | n.a. |
| i. The available sports equipment                       | high | medium | low | n.a. |

7. How many hours of physical education do the children in year 5 usually have per week?

*(Please round to the nearest 1/2 hour)*

..... hours per week

8. Do the children in year 5 have compulsory swimming lessons?

- Yes, total number of hours over school year: .....*(Please round to the nearest 1/2 hour)*
- No

9. Does your school or any other organisation provide any extracurricular physical activity or sports programmes? *(Please tick/circle your response in each case)*

	No	Yes	If yes are these activities open to everybody? <i>(If no, please give details)</i>
a. Before school	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
b. During lunch breaks	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
c. After school	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
d. At weekends	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____

## Section B. Food learning opportunities at school

10. Do you have access to cooking/food preparation facilities for teaching use?

Yes

No

11. Do children have cookery lessons as part of the planned curriculum for Key Stage 2 in years 3, 4 or 5?

Yes, total number of hours over school year: .....(Please round to the nearest 1/2 hour)

No

12. Other than curriculum based activities does your school or any other organisation provide any programmes for learning about food preparation (e.g. cookery club)

	No	Yes	If yes are these activities open to everybody? (If no, please give details)
a. Before school	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
b. During lunch breaks	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
c. After school	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____
d. At weekends	<input type="checkbox"/>	<input type="checkbox"/> →	Yes No, _____

## Section C. School's rules and attitudes

Please tick the box that best indicates your agreement or disagreement with each of the following statements.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<b>13. It is your school's view that it is important to...</b>					
<b>a.</b> ...encourage students to be physically active at school (for example, during school breaks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>b.</b> ...encourage students to do sports activities outside of school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>c.</b> ...educate students about the risks of physical inactivity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>d.</b> ...provide information on how to be physically active in a safe manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>e.</b> ...encourage students to use active transport to school (e.g. walking, cycling).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**14.** Which of the following statements best describes your rules relating to where children can play during breaks (including lunchtime)? (*Please tick the **one** box*)

- a.** It is compulsory for all children to play outside, irrespective of the weather.
- b.** When the weather allows, it is compulsory for all children to play outside. However, all children are kept inside in bad weather.
- c.** When the weather allows, it is compulsory for all children to play outside. However, if the weather is bad, they are allowed to play inside or outside.
- d.** The children are allowed to play both inside and outside, irrespective of the weather.
- e.** It is compulsory for all children to play inside, irrespective of the weather.

**15.** Are the children in year 5 allowed to do the following during breaks: *(Please tick one box per letter)*

	Yes, always	Yes, in bad weather	No, never
<b>a.</b> Use a computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>b.</b> Watch TV or videos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>c.</b> Use the school's sports equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>d.</b> Play a ball game indoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>e.</b> Play a running game indoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>f.</b> Play ball games outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**16.** Does your school have the following? *(Please tick one box per letter)*

	Yes	No
<b>a.</b> A travel plan <i>(This is a formal document, which identifies ways of encouraging more children to walk, cycle or use public transport to get to school)</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>b.</b> A bicycle rack for the children to park bicycles on site	<input type="checkbox"/>	<input type="checkbox"/>
<b>c.</b> A 'walking' bus <i>(where children walk to school in a group along a set route accompanied by adults, picking up children on the way)</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>d.</b> A 'Park and Stride' <i>(where parents park their cars or stop and drop children off away from the school and children walk the remainder of the journey)</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>e.</b> A 'walk to school' week/day	<input type="checkbox"/>	<input type="checkbox"/>
<b>f.</b> An entrance to the school for pedestrians/cyclists separate from cars	<input type="checkbox"/>	<input type="checkbox"/>
<b>g.</b> A breakfast club	<input type="checkbox"/>	<input type="checkbox"/>
<b>h.</b> A lollypop person	<input type="checkbox"/>	<input type="checkbox"/>

**17.** Does your school offer cycle training?

- Yes, it is compulsory for all children
- Yes, children can choose to do it
- No, we do not offer it

**18.** Does your school offer pedestrian training?

- |  |                          |
|--|--------------------------|
| Yes, it is compulsory for all children | <input type="checkbox"/> |
| Yes, children can choose to do it      | <input type="checkbox"/> |
| No, we do not offer it                 | <input type="checkbox"/> |

**19.** Over and above the basic National Curriculum requirements, does your school provide the children with additional information on the following topics? *(Please circle your response).*

- |   |     |    |
|---|-----|----|
| <b>a.</b> Healthy eating                  | Yes | No |
| <b>b.</b> Physical activity               | Yes | No |
| <b>c.</b> Health promotion in general     | Yes | No |
| <b>d.</b> Risks of an unhealthy lifestyle | Yes | No |
| <b>e.</b> Smoking                         | Yes | No |
| <b>f.</b> Alcohol                         | Yes | No |

**20.** Does your school have a policy to promote physical activity among the children? *(Please tick one box)*

- |                         |                          |
|-------------------------|--------------------------|
| Yes, a written policy   | <input type="checkbox"/> |
| Yes, an informal policy | <input type="checkbox"/> |
| No                      | <input type="checkbox"/> |

**21.** Does your school have a policy to promote healthy eating among the children? *(Please tick one box)*

- |                         |                          |
|-------------------------|--------------------------|
| Yes, a written policy   | <input type="checkbox"/> |
| Yes, an informal policy | <input type="checkbox"/> |
| No                      | <input type="checkbox"/> |

## Section D. Food provision and catering

22. Do you have a kitchen for the preparation of school meals?

Yes

No

23. Is a hot meal available at lunch time?

Yes, always

Yes, sometimes

No, never

24. Are children given a choice of meal (not including special dietary requirements e.g. religious beliefs, food allergies)?

Yes, they can choose what they want on the day

Yes, menus are sent to parents and choices can be made in advance

No

25. Are the following dietary needs catered for?

	Yes	No
a. Vegetarianism	<input type="checkbox"/>	<input type="checkbox"/>
b. Veganism	<input type="checkbox"/>	<input type="checkbox"/>
c. Common religious beliefs	<input type="checkbox"/>	<input type="checkbox"/>
d. Common food allergies	<input type="checkbox"/>	<input type="checkbox"/>

26. Approximately what percentage of children eat school meals? \_\_\_\_\_%



**27.** Where are children who bring in packed lunches allowed to eat? *(Please tick one box)*

- a.** In the canteen with children eating school meals
- b.** In the canteen in a designated area
- c.** In a separate room

**28.** Are children allowed to eat their lunches outside when the weather is good? *(Please circle your response)*

- |                          |     |    |
|--------------------------|-----|----|
| <b>a.</b> School meals   | Yes | No |
| <b>b.</b> Packed lunches | Yes | No |

**29.** With regard to food at break times, which of the following is true of your school? *(tick all that apply)*

- a.** Children are not allowed to eat during break times
- b.** Children may bring in any food to eat at break times
- c.** Children may only bring in healthy foods (fruit/veg) to eat at break times
- d.** We have a tuck shop selling healthy foods at break time

## Section E. The environment around your school

**30.** For the next set of questions we need you to think about the **area around your school**.

*(Please tick the box that best indicates your agreement or disagreement with each of the following statements).*

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<b>a.</b> There is heavy traffic in the streets near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>b.</b> There are pathways for the children to walk on near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>c.</b> Cars drive slowly near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>d.</b> Streets are safe to walk or ride on near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>e.</b> There are safe places like traffic lights or zebra crossings to cross busy streets near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>f.</b> Streets near the school are free from rubbish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>g.</b> It is easy to get to the school on foot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thank you for answering these questions.**

**Please complete the attached school grounds survey and return the completed questionnaire to the research team.**