

I am a:	I am a part of:	Please provide details on any of your answers here. Thank you for taking the time to complete the survey!
Student	McIntyre Elementary	Gym class needs more time on the climbing wall. I wish we got special time in the gym when we're not in gym class. I wish the playground was bigger. There is not enough room for everyone to play.
Student	North Hills Middle School	Food is ok, PE is kid friendly and is easy to learn.
Student	North Hills Middle School	I would like for my gym teacher to be a little more interactive and come up with some other activities when we're online. For example he gives a workout video and one question and that's our online gym class. It's especially frustrating because I watch my sisters gym online be a lot more interactive and interesting. For example they did a online scavenger hunt with gym activities. When we are in person he will introduce the sport and game and then let us play but doesn't really interact with us while we're playing give us tips or help us be more successful at this. I'd like these things included so I could greater improve in my physical skills. And previous years my gym teachers were more willing to help and guide while we practice the sport and I found that to be really helpful. I miss that type of interaction
Student	North Hills High School	As a three sport athlete 8th period ouch is far to late and to close to when sports start 5th period lunch is to early and leaves athletes and students hungry by the end of the day. Also lunches are to small for some they are properly sized but for everyone I have talked to on the three teams I am on has said they are still hungry after school lunch and even after asking for more food (such as an extra slice of pizza which still costs extra) they are still left feeling hungry

Parent/Guardian	Highcliff Elementary	<p>Putting whip cream on fruit is not needed and sends the wrong message. Can we start offering real food at lunch besides a fruit with whipped cream and a veggie...let's add healthy main courses for our children. Here is a school cook who makes healthy food from scratch that the kids eat; https://www.instagram.com/providentialchef/ we need to be more like this! How about instead of a chicken sandwich, a grilled chicken wrap with veggies (my 8-year-old would eat that in an instant), or chicken sausage instead of hot dogs. I am tired of hearing it is too expensive or can't be done because of the size of the district...it can be done. We find the money for athletics, let's find the money and support for REAL and HEALTHY food. https://foodtank.com/news/2016/02/sixteen-school-lunch-programs-making-a-difference/ https://www.washingtonpost.com/graphics/2019/food/school-lunches-in-america/ http://www.farmtoschool.org/news-and-articles/tag/Healthier_Lunches/ https://traytalk.org/</p>
Parent/Guardian	Highcliff Elementary	<p>French fries are not a vegetable. I am not again fries with school meals, but it is not a vegetable. To tell the kids that fries count as a veggie on a regular basis, but not allow the occasional treat at parties is hypocritical. It is also not clear enough to students or parents how many sides/fruits/vegetables actually come with the school lunch in school. I rarely let my younger elementary school kids buy because they would come home hungry because it wasn't made clear to them they weren't maximizing their choices or could swap things out. Since this isn't communicated to the parents either I couldn't help them. It is NOT well advertised that district facilities like playgrounds and the track can be used during off hours or when it can be used. Water being freely available depends on the teacher. Some teachers require a note to allow water bottles during the day or a drink as needed. Some of the lunch times are absurd. One year my daughter had 12:30 lunch. After being up at 6, to day care at 7, she was starving. Luckily the teacher realized this was really late for 6 year olds so she would allow snack time.</p>

Parent/Guardian	Highcliff Elementary	I don't care for the wellness program. I think it's absurd some of the items that are on the lunch menu but my kid can't bring a small treat on their birthday. It's punishing the kids who are healthy and exercise. Just because you don't let someone bring a snack in doesn't mean they aren't eating junk at home. Teach the kids about nutrition and making good life choices, but stop punishing and taking the little bit of fun away for kids to get a treat (and not a carrot) at school.
Parent/Guardian	Highcliff Elementary	The quality of the food being offered is very poor. I have several kids at the school and they all complain about the grossness I'd the food.
Parent/Guardian	Highcliff Elementary	I'm a big believer in teaching the ability to make responsible and health conscious choices, while not being completely restrictive. I do believe the district needs to give thoughtful consideration to giving exception to one special celebration with or without a treat per student for grades k-5, while working via the teacher to ensure safety is maintained in regard to student allergies. Let's model real life skills to our children and create teachable moments rather than completely withholding. We've gone too far to the opposite extreme. It can be done with integrity and success.
Parent/Guardian	Highcliff Elementary	I wish this had questions regarding mental health but only targets physical and nutritional health
Parent/Guardian	McIntyre Elementary	As a parent, I can only say fully in place as a guess. I think the wording is a little off.
Parent/Guardian	McIntyre Elementary	I wish the kids had more recess breaks. My daughter never finishes her lunch because there is not enough time. The lunch staff criticizes my daughter for not eating fast enough. There are still too many fried foods on the menu.

Parent/Guardian	McIntyre Elementary	<p>Our kids are not allowed to wash hands before meals, both pre-covid and now. Often a teacher will suggest a squirt of hand sanitizer, probably for expediency. This is insufficient compared to washing hands with soap and water.</p> <p>They are also not allowed to get water from a fountain when they are thirsty. Recently our children forgot their water bottles and were told they'd have to wait until they went home to drink water. This is unacceptable. Even prisoners are allowed to drink water when thirsty.</p> <p>Most of the "healthy" food offered in the cafeteria is slathered in sugar, which is worse than not eating it at all.</p>
Parent/Guardian	McIntyre Elementary	I wish desserts were not available in the elementary cafeterias. My child is overweight and I am not able to prevent her from buying ice cream everyday because it is available.
Parent/Guardian	McIntyre Elementary	Lunch entrees aren't always the healthiest that they could be.
Parent/Guardian	McIntyre Elementary	Most of my answers are "unknown" only because I am a parent of a kindergartener who has not yet attended any classes in school in person.
Parent/Guardian	McIntyre Elementary	I think it's important to teach kids choice and balance. There has been a shift to only provide healthy food in school. This is a mistake because it is not teaching healthy choices; it is only providing healthy options. Kids should learn that an ice cream, for example, is okay on occasion and be allowed to make that choice because in the real world, they will have snacks like ice cream available and need to know how to choose.

Parent/Guardian	McIntyre Elementary	<p>When it comes to Physical Education I believe the school is doing a great job. My son's in 2nd and K both love gym class and the teachers have kept them engaged even through virtual learning.</p> <p>Although we are grateful for the free lunches provided this year they could be improved. Most kids love pizza (mine included) but every single pizza option is not tasty at all. The pizza crunchers are breaded and look like something that would be ordered off an appetizer menu at a restaurant. The pizza crunchers should be taken off of the menu. No child I've met enjoys them. The small round pizzas are disgusting. My children refused to eat them so one day I tried it and felt sick to my stomach the rest of the day. I'm sure we could find a better pizza option moving forward. We love the fresh fruit and veggie options that are served with the lunches and appreciate them! Overall though change is a good thing and it's time to make a change to the lunch options.</p>
Parent/Guardian	McIntyre Elementary	<p>One of the biggest frustrations as a parent is that the smaller things- like classroom parties- are being changed before the bigger things- like our menu. If we really want to teach kids how to be healthy, we should be focusing on the bigger picture- getting them eating better in the cafeteria and moving more in the classroom. Exposing people to healthy things is always better than taking things away.</p>
Parent/Guardian	McIntyre Elementary	<p>Much work is needed to improve upon the food selection available in our cafeterias. Items like Cookies & Cream milk, Fruit Punch and whipped cream on fruit needs to be banned. I've heard from my kids on issues like the pears still being frozen when served. The district and especially the elementary schools need to lean towards fresh and local and remove high sugar, high saturated fat and processed foods. The cafeteria offerings should match the nutritional education our students are receiving. It's a shame the cafeteria offerings haven't evolved since the the 20+ years since I was in school.</p>
Parent/Guardian	McIntyre Elementary	<p>I think the rules for food choices are too strict and the party rules for all classrooms are ridiculous.</p>

Parent/Guardian	McIntyre Elementary	The school puts a lot of emphasis on what parents/ guardians provide for snacks or parties, but does not follow through on their end. Last school year, pizza type foods were the hot entree 2-3 times per week. Yes, they are cutting back on obvious sugar, but not addressing hidden sugars, as well as fat, and overly processed foods. They also do not let the fruit and vegetables options be pushed towards the front to promote and make more enticing. Another concern, when my child had an expander or braces (which many kids have at these ages), often the fruit or vegetable options were on the do not eat list, with no appropriate backup.
Parent/Guardian	McIntyre Elementary	My son has shared that he is not allowed to get water during the day using the water refilling stations. Also they do not wash hands before lunch, only handsanitize, which is not sufficient and does not promote good habits. Lastly, I do not care that the schools offer chocolate milk. Most kids choose chocolate milk over plain milk when the healthy fat in the milk has been reduced and the milk pumped up with sugar. The 1% milk tastes like water and it tastes disgusting to the kids.

Parent/Guardian	McIntyre Elementary	<p>While I appreciate the school system teaching students the importance of nutrition, I feel micro-managing every snack and treat students and teachers are able to bring in is unnecessary. It serves an agenda of few. I feel it is the responsibility of families to model; not the responsibility or right of the school district to restrict what I deem as an appropriate snack for my child.</p> <p>Small, inexpensive treats can be a fun way for teachers to teach adding and subtracting in elementary school to teach true understanding of quantities. In middle high school, M&Ms can be used to model genotypes and phenotypes as students are learning about heredity. These types of active learning opportunities truly stick with the students.</p> <p>Restricting snacks for things like class parties also seems excessive. I totally understand restricting food items because of allergies. Allowing student to have a small treat is in-fact, teaching treats in moderation; which is much more realistic way of living one's life. I'm sure even people on the wellness committee have a cookie or ice cream cone every once in awhile; why not model to students that it's ok every now and then as well?</p>
Parent/Guardian	Ross Elementary	<p>Most of these questions were difficult to answer, other than 'unknown', due to the current Covid schooling situation. I think the Wellness Committee is a wonderful, and much needed group, that has the children's health and well being in focus. Keep up the great work!</p>
Parent/Guardian	Ross Elementary	<p>Hoping school meals are more healthy, (not pizza, taco chips, etc) and decent amount of food for kids to have for lunch. It seems like whole grader gets same amount and these may not enough for older graders.</p>
Parent/Guardian	Ross Elementary	<p>Bottled water is not available as a replacement for milk w/ lunch. Not all teachers allow water bottles in class. Extras available at lunch time include sugary drinks</p>
Parent/Guardian	Ross Elementary	<p>I have 3 boys who are good eaters- please do not think that every child is going to be obese if you are for food that they actually like to eat. Please do not cut portion sizes to fit a caloric allotment.</p>
Parent/Guardian	Ross Elementary	<p>I believe students bring their own drinking water this year.</p>

Parent/Guardian	Ross Elementary	My daughter is in kindergarten. So my answers are based off of what we have experienced so far. I do think when things are normal they do.
Parent/Guardian	Ross Elementary	One concern I have with the wellness guidelines/plan is the message it sends to kids. If the district is looking to promote healthy living then everyday the snack options would be fruit, veggies, string cheese, yogurt, etc. In my experience and opinion if someone is truly hungry they will eat the healthy option. It seems odd to me that everyday students are allowed to purchase ice cream, chips, cookies, etc as a snack yet the 3 - 5 special occasions a year like parties, field day, etc. we are encouraged to be have a snack that is under a certain calorie content or should be a fruit or vegetable. I would rather my kids have 3-5 special treats a year than allowed to purchase them daily. In my opinion it seems like a mixed message!
Parent/Guardian	Ross Elementary	Lunch at 1pm is not a good time for young kids. Needing to have a snack sent in to help the kids get to that time is difficult since it can't be refrigerated. PE class has some workouts that are well beyond the age of the kids. No team sports have been taught and no wellness has been taught to this point, even when it would have been great during virtual. Emotional wellness should be a huge focus right now and isn't.
Parent/Guardian	Ross Elementary	My son is only in kindergarten, and we are new to the school district, and my son has special needs and is in the autistic support classroom and schools are in hybrid.
Parent/Guardian	West View Elementary	My children are young, so while I answered that they are not teaching them nutritional information at school that may not be the case for older grades. We also do not work with food services for parties, as we are not permitted to have food in the classrooms. When we were last year, our PTA took over food that was served at parties to ensure that everything fell within the guidelines given to us.
Parent/Guardian	West View Elementary	The questions about access to outdoor equipment, exercise, clubs, etc are impossible to answer right now. I based my answers on pre-covid times.

Parent/Guardian	West View Elementary	This year I've had the opportunity to see the lunch and breakfast that the school provides. I'm very surprised at how few vegetables are given. Mini raw carrots, salad or steamed broccoli, it just seems minimal effort to expose children to the colorful world of vegetables.
Parent/Guardian	West View Elementary	Our child is in kindergarten and we see how the PE teacher includes nutrition as well as physical exercise in her lessons. We also feel that it is okay for children to have special treats for holidays or celebrating class birthdays.
Parent/Guardian	West View Elementary	It would be great for kids to be allowed a healthy snack during the day. When kids are hungry they are not able to concentrate as well on school. It would also be beneficial for elementary students, especially lower elementary, to have more active breaks. Meaning extra recess or active playtime.
Parent/Guardian	North Hills Middle School	Changes need to be made to allow for elementary students to ENJOY their 3 holiday parties. This also teaches non healthy foods in small quantities and infrequent intervals are not taboo. This was the WORST change the school implemented. It's not relevant to me anymore but I feel strongly your committee ruined class parties for these young children. Make it so they get extra physical activity that day. But don't worry some parents find ways to work around this to fit your nonsense rules. Again 3 days in the entire year - if a child is obese and lacks proper nutrition its not going to come from an extra sugary snack 3 times a year.

Parent/Guardian	North Hills Middle School	<p>After obtaining the school meals at home for half a year I am so disappointed in the food quality. It is not about how it is prepared rather, the item selection is extremely disappointing. Several times we received electric-blue applesauce, why on earth it was dyed that color is beyond me. The Craisin packages are all artificially flavored (watermelon flavored dried cranberries???). French fries are the healthy vegetable. The breakfasts are over sugared - maple syrup flavored pancakes or waffles with MORE maple syrup. Why can't the pancakes or waffles be plain? Every lunch feels like it is wrapped in breading (chicken nuggets, chicken sandwiches, pizzas, calzones, pizza crunchers, breadsticks, crazy dippers, mac & cheese, etc). I had heard so much about healthy eating and healthy food options in the schools and it does not seem like those options are there in a significant way. I realize in the last year choices had to be made due to the pandemic however, I have been a helping hands volunteer in the elementary schools for years and I saw the same thing then. I understand there are many children to satisfy but, bland over-sugared & over-breaded food does not seem like the best way. I would hope that this is being investigated and that our food supplier for our children is reconsidered.</p>
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Parent/Guardian	North Hills Middle School	<p>This was a hard survey to answer this year with Covid. For example the question about water being accessible. I know in a normal year, in a normal situation it is, but I don't believe the water fountains are open and available at this point or if they are I know they're not encouraged and water bottles are. The same with physical activity.</p> <p>I think one of the questions that you didn't ask which I would've loved to of seen was addressing the idea of free breakfast and lunch. That you're providing it is outstanding, but I know the city of Pittsburgh always provides it. I am a teacher and I teach in an wealthier area, but sometimes my middle and high school boys would rather sleep in extra 10 minutes than eat or make breakfast. When things are free they might grab breakfast or lunch if they forgot to bring it but if they have to pay, they're not. Also, I truly believe that with a country and a community like ours if somebody needs food we should be providing it without any strings tied to it and sometimes we don't know who that somebody is because of pride. And while children suffer from adult decisions all the time, this is definitely one area we can make sure no child is suffering because of poor adult decisions or adult pride. Even if it's an option for anyone and we allow families to donate to help cover the cost and say if you would normally be buying school lunch and still feel that you're able to make a donation so we can provide it university for our district I think it would make a huge statement. Not to mention the fact of all the thousands of dollars that spent to get kids ready for state testing when one of the biggest factors of getting kids to pay attention better is making sure they're not hungry. It could be one of the cheapest ways for North Hills to improve their test scores. We normally would not purchase school lunch and would definitely not purchase school breakfast but just last week my daughter didn't like my cereal options at our house and said I'll just grab breakfast at school. It was a nice option for her, it avoided a huge argument first thing in the morning, and as a parent I feel comfortable letting her get on the bus without food knowing that she would be able to be provided with it when she got to school.</p> <p>Your lunch program during this pandemic has definitely been one of the highlights of our district. I loved how parents and people volunteered to deliver lunches to families. How you've made it available at multiple buildings and multiple times. When we pick up the lunch it's at the school closer to my mother's house not my</p>
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		<p>local elementary school and that's a huge help. How you've made the pick up bundle for five days. Definitely one of the best things I have seen this year.</p>
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Parent/Guardian	North Hills Middle School	I think the district needs to recognize the need for physical education. There is so much emphasis put on music. Some kids just aren't musicians but yet their physical activity has to take a back seat to the required, music class. Allowing the kids to choose music or gym reaches 2 groups of students (the athletic or musical group) which at North Hills is a large group of students. For some that is their outlet for the day and in turn would help the mental health of those students by doing what they enjoy! Kids are brought in to try out instruments at the elementary level, more or less recruiting them, why is this not done for sports and physical activity ?
Parent/Guardian	North Hills Middle School	Very hard to answer due to COVID and children were not in school.
Parent/Guardian	North Hills Middle School	This survey didn't mention anything about the mental health support that is being provided to our students. How is the district supporting our students emotionally, mentally, physically through this pandemic?
Parent/Guardian	North Hills Middle School	Hard to answer a lot of these in the current environment but I think in general they are doing the best they can and I'm happy with it
Parent/Guardian	North Hills Middle School	The reason why I did not vote for one individual is her obsession and one track mind and this proves I was right. Although I completely agree measures should be in place, I do not think this obsession with the healthy food policy is necessary right now. The world could be falling down but as long as 20 kids were given an option of fancy butternut squash soup things will be alright in her word! Our food service is killing it right now with everything they are doing with the limits they have. Why now just say thank instead of trying to say they need to do more.
Parent/Guardian	North Hills Middle School	Since I'm not in school with the kids, I'm not sure what is fully in place. I did my best guesses from what I've seen and overheard.
Parent/Guardian	North Hills Middle School	I believe it should be allowed for students to have small healthy snacks
Parent/Guardian	North Hills Middle School	As I answered these questions it became apparent to me that there may need to be greater communication with parents in regards to this information.
Parent/Guardian	North Hills Middle School	Remaining virtual for 95% of the past year has severely impacted physical education/ activity in this survey. There is no accountability in virtual PE classes.

Parent/Guardian	North Hills Middle School	I think many of the policies, especially for K-6, are over the top and often negate parental decisions.
Parent/Guardian	North Hills Middle School	My oldest is new to the middle school this year. I did not have any background information (from the middle school level) to work with when answering these questions. Also, because of the different year, I have not been able to observe the inside of the building at events.
Parent/Guardian	North Hills Middle School	I think there could be more flexibility on occasional snacks and treats. But the daily menu should really be more nutritious. It doesn't make sense that kids can't have cupcakes on their birthdays but the school serves corn dogs (!?!) and cookies and cream milk. I'd MUCH rather see only healthy options on the regular lunch menu. It's a great and missed opportunity to normalize healthy eating and to provide less processed food choices.
Parent/Guardian	North Hills Middle School	School must promote mental health and cognitive behavioral therapy immediately and for the next several years in order to address the cumulative effects of virtual school, discontinued activities, and lack of social development. It is already underrepresented in the current policy and it will only become more important as students return to school and process the collective and individual traumas.
Parent/Guardian	North Hills High School	<p>I think things at the high school are done appropriately for the grade level. The parties and snacks are no longer an issue. My son is an athlete, so I'd rather him get to make the choice about how much to eat at lunch than have the blanket rules set on him as they were in elementary school (by 6th grade, he was no longer satisfied with the same calorie content that given to a kindergartener). I very much prefer the high school model to the elementary "one size fits all" approach. Yes, some kids need to cut back, but some need to maintain or increase caloric content. I'd rather make choices as a parent, with the school providing education, than have the school limiting options for the kids.</p> <p>I picked 'unknown' for many questions as I wasn't sure given that this is high school versus the younger grades. I believe the education is there, just depends on the classes they take.</p>

Parent/Guardian	North Hills High School	I think its ridiculous that during a fun run that kids can't have a sugar free Popsicle for a reward. There is no reason why our kids can't have a treat every once in awhile. You take away all snacks and not teach that moderation is good, kids will start binging these foods when they move away from there parents or go out.
Parent/Guardian	North Hills High School	These are great ideas. I feel Mental health wellness is equally important. I would suggest making mental health wellness a priory into the wellness program. The video on 1/6/21 was a start. Thanks!
Parent/Guardian	North Hills High School	Nutrition information should be listed on the menus. Vending machines should not allow cash and should be connected through the lunch pin code account.
Parent/Guardian	North Hills High School	Physical activity is not offered everyday. Classes are every other day. Kids are not permitted to get drinks or use the bathroom when needed. They have 4 minutes to get to class and THAT'S when they can use these facilities. My child came numerous times complaining she was denied the bathroom.
Parent/Guardian	North Hills High School	I hear little from my student or the district regarding wellness. Food choices are horrid and not healthy, no emphasis on local plant based meals or food choices. Lots of processed, dairy, and low fiber choices. Physical activity and education is minimum.
Parent/Guardian	North Hills High School	The High School Cafeteria (& probably more) needs to add trough sinks for hand washing. Currently, to wash with soap & water, students must use a bathroom pass, which is limited due to the numbers allowed in a small space etc. This would promote better hygiene beyond Covid times. Also, is Mental Health not part of Wellness? Disappointed to not see any questions regarding the topic.
Parent/Guardian	North Hills High School	Wish these questions would have used an agreement scale. Feel like parents who are uninformed about school policies cannot answer about whether or not a policy is implemented. They could give you feedback on how they feel the school is doing based on their impressions/needs.

Parent/Guardian	North Hills High School	<p>I think the district does a good job of balancing the challenges of education/introducing healthy foods at meals with providing meals that kids are happy to eat.</p> <p>Also, the physical ed class offerings at the high school are great. More kids should be encouraged to take them. They can be good stress relievers students.</p>
Parent/Guardian	North Hills High School	<p>We need to stop feeding our kids previously frozen fruits and veggies. They're disgusting and turn kids off to these healthy options. Please move to fresh uncooked items.</p>
Parent/Guardian	North Hills High School	<p>In fairness, our student does not attend school all day and therefore we aren't up on all of the detail with the lunchroom nutrition. Our student is in high school and a lot of the questions seem to be geared toward elementary school students who tend to have special celebrations.</p>
Parent/Guardian	North Hills High School	<p>Honestly I have no idea whether the high school does any of these things or not</p>
Parent/Guardian	North Hills High School	<p>Maybe the healthy foods programs go just a little too far , maybe some students would like to have a treat that is not all that healthy once in a while. Just maybe!</p>