

Wholesome Routines & The Poe Center
Instructions for School Physical Activity and Nutrition (SPAN)
Survey



Great news!! The SPAN Survey is now even easier!!

Students will go directly to a website link and take the SPAN survey as instructed. Only the students present in your class on the given survey day need to take the survey. If a student enrolled at your school after the survey was taken in September, or we do not have consent, they do **NOT** need to take the survey at this time. The goal is that the completion of the survey would not interfere with instructional time outside of the one computer lab class.

Please follow these **5** easy steps for your class to take the SPAN survey:

1. Arrange for your class as a group to have 45 minutes to 1 hour of computer access time between May 14th and June 1st, 2007.
2. Have each student open the internet browser and type in this website:

<http://www.drive2fitness.org/index.php?page=130&sid=33>

3. Please read the accompanying script to help students answer each of the 56 questions on their own. The first 7 questions are for personal data and will be kept completely CONFIDENTIAL. The rest of the questions are about their personal nutrition and physical activity habits and thoughts.
4. When each student completes the survey, click on the “Done” button at the bottom of the survey and it will be submitted.
5. Email or fax the accompanying confirmation sheet to receive rewards for each student in your class, regardless of participation in Wholesome Routines.

Script for Administering Survey:

Hello 4th graders and thank you for participating in the Wholesome Routines program this year! One part of Wholesome Routines is to get some information from all 4th grade students at the beginning and the end of the school year. You took this survey at the beginning of the school year and you'll be taking it again today.

Please tell your class:

*This survey will ask questions about YOU so **there are no wrong answers**—YOU know more about yourself than anyone else does! **This is not a test** so you will not get a grade and **no one at home or school will see your answers**. Please don't talk to your neighbor during the survey, just choose the best answer you can and move on to the next question. If you have a question while you are taking the survey, please raise your hand and a teacher will help you.*

This survey has questions about the kinds of food you eat and the physical activities you do. For each question, you will see several choices and you should choose the ONE best answer for YOU.

The first 6 questions ask personal information. Please answer these questions as we go through the instructions:

Pause between each question to give students time to answer on their computers.

1. **What is your birth date?** Choose your birthday month, day, and year from the drop down boxes by clicking on the little arrows in the 3 boxes.
2. **What is today's date?** Enter today's date the same way you entered your birth date. Teachers, please remind your class what today's date is so everyone enters the correct date!
3. **How old are you?** Click on the box next to your age.
4. **Are you a boy or a girl?** Click on the box next to boy or girl.
5. **How do you describe yourself?** Click on the box next to the ethnicity that best describes you.
6. **What language do you use with your parents most of the time?** Click on the box next to the language that you speak with your parents or guardians most of the time. If you speak a language that is different from the languages listed, please click on the box next to the word "Other" and then type the name of the language that you use in the big box below.

Now you can move on to the survey questions. Once you answer each question, move on to the next one. Use the scroll bar on the right side of your screen to go down the page and answer all the questions. Please double check to make sure you have answered each question. When you have answered all the questions, click on the box that says "Done". Your survey will be submitted, and then you will be receiving a reward!

Thank you again for your participation!

*If you have any questions or concerns, please contact us:

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In order to confirm that all classrooms have completed the survey during the specified data collection period, please fill out the form below and email or fax this page to the Poe Center by June 1, 2007. *This ensures that students will receive rewards for completing the survey.*



I, _____ certify that my class completed the
(Teacher's Name)

SPAN Survey on May/June _____, 2007.
(day)

School Name

Number of Students enrolled in class

PLEASE EMAIL or FAX TO THE POE CENTER BY JUNE 1, 2007!
FAX NUMBER: 919-231-4315

Thank you!