

# EVERY VOICE COUNTS

## School Climate Survey Grade 7-8 Student Routines

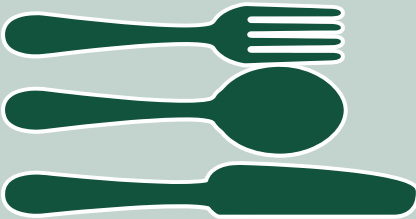
The Lambton Kent District School Board conducted a School Climate Survey October 12-29, 2021 to gather input from students in Grades 4-12, parents/guardians and staff to help with planning programs and decision-making related to supporting safe and inclusive school environments. The following is an overview of the results for Grades 7-8. Contact your school for more detailed information.

### ZONE TOWNSHIP CENTRAL SCHOOL

### BOARD DATA

**37%**

Eat breakfast everyday



**15%**

Spend at least 1 hour a day doing physical activity



**47%**

Eat breakfast everyday

**30%**

Spend at least 1 hour a day doing physical activity

**64%**

Spend 3 hours or more of screen time outside of school on school days



**64%**

Get 7 hours or more of sleep on a school night



**62%**

Spend 3 hours or more of screen time outside of school on school days

**69%**

Get 7 hours or more of sleep on a school night