

Team Nutrition Healthy School Nutrition Environment*

POST-project *Changing the Scene School Improvement Checklist*

How to use this checklist:

- Have a completed copy of the **Pre**-project Checklist handy before completing this **Post**-project form. Make copies of this checklist for all members, but complete one master copy.
- After your project is done (or at the end of the school year), complete this form as a team. Use the scoring criteria below to decide which number best fits each definition of success.
- Add the scores for each of the components and write that score underneath each section. Compare to your **pre**-project results.
- Use the space at the end of each section to indicate one major success in each of the components you targeted. Make notes about what can be done in the future to sustain changes and continue improving the school nutrition and physical environment.

0	1	2		3		4		
Not in place— not being considered	Not in place— but aware of need	Not in place— but plans being made		In place— partially implemented		In place— fully Implemented		
Component 1: A Commitment to Nutrition and Physical Activity								
Abbreviation: SFS=School Food Service								
Definitions of Success	0	1	2	3	4	Don't know	NA	Comments & Notes
1.1 Nutrition education and physical activity are included in the school's daily education program from pre-K through grade 12.								
1.2 Administrators support development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. They address issues such as the kinds of foods available on the school campus; mealtime schedules; eating space and atmosphere; nutrition education & physical activity.								
1.3 School staff, students and parents are part of the policy-making process and support a healthy school nutrition environment								
1.4 SFS are part of the team and participate in making decisions and policies that affect the school nutrition environment.								
1.5 The school has a health council to address nutrition/physical activity issues.								
COMPONENT #1 Column Totals Grand Total for all items (1.1– 1.5) = _____								

*Modified checklist version done by Michigan Team Nutrition, Michigan Department of Education and adapted by North Dakota Department of Public Instruction, Child Nutrition Programs

0	1		2			3		4
Not in place— not being considered	Not in place— but aware of need		Not in place— but plans being made			In place— partially implemented		In place— fully Implemented
Component 7: Commitment to Physical Education and Physical Activity** PA=Physical Activity, PE=Physical Education								
Definitions of Success	0	1	2	3	4	Don't Know	NA	Comments & Notes
7.1 Elementary school students have at least 20 minutes for recess each day.								
7.2 Students have adequate opportunity to be physically active at school in ways other than PE class (walking clubs during or out of school; safe walking/biking routes to school; noncompetitive/intramural sports).								
7.3 There is adequate PA equipment for students to use during recess (jump ropes, hula hoops, balls)								
7.4 Teachers integrate PA into class time (stretch breaks, activities that involve movement.)								
7.5 School has a PE curriculum								
7.6 School staff does not use PA as a punishment (withholding recess or PE class; requiring students to run laps or do push-ups)								
7.7 The school does not allow courses or activities to be substituted for PE (band or participation on sports teams can not be substituted for PE).								
7.8 All PE classes are taught by credentialed PE teachers.								
7.9 PE curriculum is consistent with state and national standards.								
7.10 Teachers implement the Exemplary Physical Education Curriculum (EPEC)								
COMPONENT #7 Column Totals Grand Total for All Items (7.1–7.10) = _____								

** Items for this component were developed by Michigan Team Nutrition to provide information about the Team Nutrition goal, "Be physically active."

11/3/03

* This form was adapted by Michigan Team Nutrition from the "School Improvement Checklist" in *Changing the Scene (CTS): A Guide to Local Action* developed by USDA. To order CTS, call the National Team Nutrition Office (USDA, FNS) at 703 305-1624 or order online at: www.fns.usda.gov/tn