

Team Nutrition Healthy School Nutrition Environment*

PRE-project *Changing the Scene School Improvement Checklist*

How to use this checklist:

- Form a Healthy School Nutrition Environment Team and schedule a meeting. Suggested team members: administrator, school board member, teacher, principal, foodservice director or manager, parent, student, community member (such as Extension or local nutrition staff) or school nurse. Make copies of this checklist for all members, but complete one master copy as a team. Add up the points for each column. Add the scores for each of the components and write that score underneath each section. If you need additional information before you can choose a response, put a check under the “Don’t Know” column and assign a team member to find the answer if possible. Adjust the score when you change from “don’t know” to one of the other responses.
- After completing the checklist and writing a score for each component, look through the checklist and circle the “1’s”. These are priority areas but select the area to focus on this year based on budget, time needed to make a difference, district/building priorities and expertise and resources of your team.
- Use the notes from each section to make an action plan for items you will focus on. Decide who will do what and by when.
- At the end of the year, complete the **Post**-project version of the checklist to calculate change scores for each section & as a whole.

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