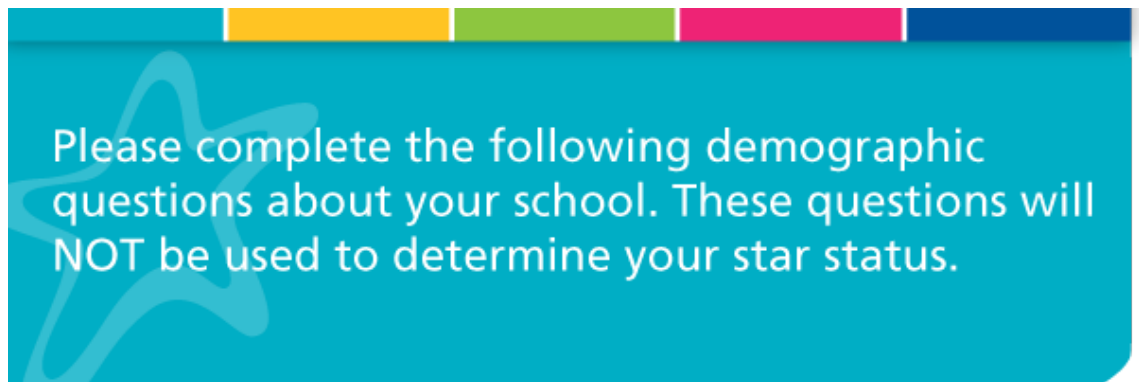


# Healthy Champions - Schools 2017/2018

Please note: To register your district, please complete an assessment for EACH school building.



School Name \_\_\_\_\_

District \_\_\_\_\_

Primary Contact \_\_\_\_\_

Contact Title \_\_\_\_\_

Contact Email \_\_\_\_\_  
(ex: test@yourserver.com)

Contact Phone Number \_\_\_\_\_  
(ex: (xxx) xxx-xxxx)

Address 1 \_\_\_\_\_

Address 2 \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_

State \_\_\_\_\_

Zip Code \_\_\_\_\_

Type of School  Elementary School  
 Middle School  
 High School  
 Other (please specify)

Other: \_\_\_\_\_

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**Building level data**

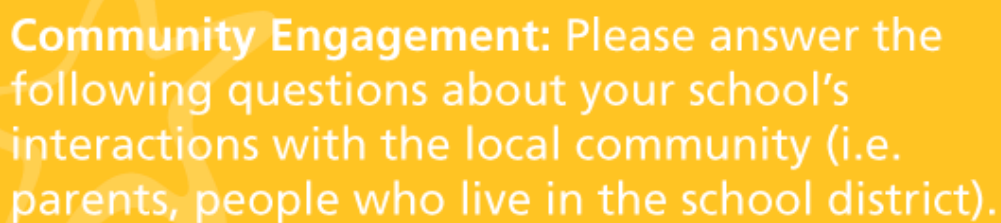
Total number of students served in your building \_\_\_\_\_

Grades Served

- K
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

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**Community Engagement:** Please answer the following questions about your school's interactions with the local community (i.e. parents, people who live in the school district).

Does your school participate in health related activities throughout the community?

- Yes  
 No

Does your school communicate with the families of students about health-related activities or programs?

- Yes  
 No

Does your school offer school-sponsored intramural programs or physical activity clubs for boys and girls?


- Yes  
 No

Can all students use your school's indoor or outdoor physical activity facilities outside school hours?

- Yes  
 No

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**Health Education Curriculum:** Please answer the following questions about your school's health education curriculum for students.

Does your school's health education curriculum address how physical activity can contribute to a healthy weight?


- Yes  
 No

Does your school's health education curriculum address reading and using food labels?

- Yes  
 No

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**Nutrition Services and Other On-site Food and Beverage Sources:** Please answer the following questions about any food available for students to purchase at your school.

Does your school provide places to purchase food and beverages?

- Yes  
 No

**Nutrition Services and Other On-site Food and Beverage Sources:** Please answer the following questions about any food available for students to purchase at your school.

If your school does NOT provide places to purchase food and beverage, please proceed to the next page.

Please use these tables as you answer the following questions.

### ***Smart Snacks in School – Nutrition Standards for Foods***

#### **Any food sold in schools must:**

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

#### **Foods must also meet several nutrient requirements:**

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 200 mg\*\*
  - Entrée items: ≤ 480 mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

\*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

*Adapted from CDC School Health Index 2015.*

### **Smart Snacks in School – Nutrition Standards for Beverages**

#### **All schools may sell:**

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain water**.*

*Middle schools and high schools may sell up to 12-ounce portions of milk and juice.*

*Elementary schools may sell up to 8-ounce portions of milk and juice.*

#### **Additional beverage options for high school:**

- No more than 20-ounce portions of:
  - Calorie-free, flavored water (with or without carbonation)
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

*Adapted from CDC School Health Index 2015.*

Does your school require that all foods sold adhere to the USDA's "All Food Sold in Schools" standards? (aka: Smart Snacks in School)

- Yes  
 No

Does your school make safe, unflavored drinking water available throughout the day at no cost?

- Yes  
 No

Does your school encourage non-food related fundraising activities?

- Yes  
 No

Does your school offer both fruits and vegetables every day of the week?

- Yes  
 No

Does your school offer only fat-free or low-fat milk?


- Yes  
 No

Does your school identify healthier food and beverage choices with signs or symbols?

- Yes  
 No

Please describe the type of signs or symbols used.

\_\_\_\_\_



**Health Promotion and Policy:** Please answer the following questions about your school's health promotion and policies.

Does your school have a health council or equivalent?

- Yes  
 No

Does your school health council (or equivalent) meet four or more times per year?

- Yes  
 No

Does your school health council (or equivalent) implement policy change for physical activity or nutrition at least annually?

- Yes  
 No

Does your school set objectives for student health promotion?

- Yes  
 No

Does your school have a champion(s) who is a strong advocate for healthy choices and policies?

- Yes  
 No

Select the role that this champion(s) serves in your school. (select all that apply)


- Administrator  
 Teacher  
 Nutrition Service Provider  
 Nurse  
 Other (please specify)

Other:

Does your school promote or support walking and bicycling to school?

- Yes  
 No





**Physical Education and Physical Activity:** Please answer the following questions about your school's physical education curriculum and other physical activity opportunities.

Does your school offer physical education classes?

- Yes  
 No

Do all students receive physical education class throughout the school year?

- Yes  
 No

Do all students in each grade receive physical education for the recommended number of minutes per week throughout the school year? (150 minutes for Elementary Schools, 225 minutes for Middle/High Schools)

- Yes  
 No

Does your school use assessment tools to evaluate physical education curriculum? (i.e., School Health Index, PECAT)

- Yes  
 No

Please indicate which tools have been used.

\_\_\_\_\_

Does your school prohibit using physical activity and withholding physical education class as punishment?

- Yes  
 No

Are physical activity breaks (or energizers) used in the classroom by teachers in your school? (i.e., TAKE 10!, GoNoodle, Active Academics)

- Yes  
 No




**Organization Policies for Faculty/Staff: Please answer the following questions about how your organization supports employee health.**

- For employee meetings where food is served, does your school make healthier food and beverage options available?  Yes  
 No
- Does your school post signs at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs?  Yes  
 No
- Does your school provide educational seminars, workshops or classes on physical activity and nutrition for employees?  Yes  
 No
- Does your school make any health promotion programs available to family members of employees?  Yes  
 No
- Does your school have an active health promotion committee that includes a focus on employees?  Yes  
 No
- Does your school promote and market health promotion programs to employees?  Yes  
 No

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Thinking about the sections of this assessment (health promotion, nutrition, physical activity, employee wellness, partnerships) tell us why your organization is a champion for bringing healthy choices to life.

Our organization is a champion for bringing healthy choices to life because of our work...

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(250 words or less)