

# How Does Your School Rate?

## A Quick Assessment Tool for PTAs and Parents



Physical activity and healthy eating should be an integral part of every child’s school day. Research shows that kids who eat well and participate in a quality daily physical activity program are not only healthier, but perform better academically.

How does your school rate? Use the following survey to get a quick idea of how successful your school is in supporting healthy eating and physical activity opportunities for students.

<b>Nutrition</b>			
1.	Is nutrition education part of the school curriculum?	YES	NO
2.	Does your school participate in the National School Lunch, School Breakfast, or After-School Snack programs?	YES	NO
3.	Do students have adequate time to eat school meals (i.e. at least 20 minutes to eat lunch after sitting down with their meal and at least 10 minutes to eat breakfast after sitting down with their meal)? Do the cafeteria food lines move efficiently enough to allow students adequate eating time?	YES	NO
4.	Do students go to recess before going to lunch?	YES	NO
5.	Are the school vending machines stocked with only healthy beverages or snack items (i.e. low-fat milk and dairy, bottled water, 100% fruit juice, low-fat and low-sugar snacks)?	YES	NO
6.	If food or beverages are sold for fundraising events, are only healthy, nutritious foods and beverages sold? Do fundraising events focus on promoting physical activity (e.g. walk-a-thons, skate-a-thons)?	YES	NO
7.	Are healthy foods and beverages served at all school meetings and events, including school parties, classroom snacks, teacher/staff meetings, PTA meetings, and family events?	YES	NO
8.	Are classroom rewards healthy offerings (i.e. candy is not offered as a reward, extra physical activity time is a reward)?	YES	NO
<b>Physical Education and Physical Activity</b>			
1.	Do all students receive formal quality instruction in physical education for a minimum of 150 minutes per week (elementary) or 225 minutes per week (secondary) the entire school year?	YES	NO
2.	Do all students participate in daily physical activity at school (including recess, classroom-based physical activity breaks, and at least 30 minutes a day of physical education)?	YES	NO
3.	If physical education is available, do the classes teach skills and behaviors promoting lifelong fitness (as opposed to competitive sports only)?	YES	NO
4.	Are school recreational facilities (i.e. gymnasium, fields, playground, tennis courts, basketball courts, pool) available for use by students both before and after school hours?	YES	NO
5.	Are students taught the importance of physical activity for good health and health maintenance?	YES	NO
6.	Are teachers encouraged to provide classroom-based physical activity breaks and incorporate physical activity into classroom academics to reinforce classroom learning?	YES	NO
7.	Is the privilege of recess, physical education, activity breaks, etc. available to all students, including those who are being disciplined?	YES	NO
8.	Is physical activity encouraged before and after school (promotion of walk and bike to school programs, active before and after school programs)?	YES	NO

*If you answered no to any of these questions, contact your school wellness team for more information and support.*

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### CanDo – Coalition for Activity and Nutrition to Defeat Obesity

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