

## Health & Wellness Section

### Green & Healthy Schools Assessment



Notice: Participation in the Green & Healthy Schools program is completely voluntary. To apply for desired state recognition in one or more topic areas, provide complete information as requested on this form. Names of participating schools will be posted on the Green & Healthy Schools website and information about implemented school practices may be used to promote healthy and environmentally sound behaviors and educate students. Wisconsin Open Records Law requires the Department to provide records, including personal information, upon request [ss. 19.31-19.39, Stats]. This form is prepared as part of the Department's policy on education as authorized by NR 1.70 (3) of the Wisconsin Administrative Code.

Healthy, sustainable schools create an environment where students can become active participants in their school, homes and community. These schools help students achieve their full academic potential and support them in developing lifelong healthy behaviors. A healthy lifestyle not only includes proper eating and exercise habits, it also includes spending time outdoors and in the community. This assessment will help you evaluate your school's physical activity, nutrition and outdoor education programs and start you thinking about how to adapt these programs to make your school a model for the entire community.

School Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Conducted By:

Please include administrators, teachers, school staff, students and parents involved in this assessment.

Name

Title and/or Grade Level

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#### School Population:

Students: \_\_\_\_\_

Staff: \_\_\_\_\_

#### A. Student/Classroom Assessment

Have each student complete the "Personal Healthy Lifestyle Assessment" (see accompanying PDF document on the Green & Healthy School website).

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## B. School Health and Nutrition

1. Does your school have a salad bar during lunch?  
☐ Yes ☐ No
2. Does your lunch menu offer at least three (3) different servings of fruits each week?  
☐ Yes ☐ No
3. Does your lunch menu offer at least five (5) different servings of vegetables each week?  
☐ Yes ☐ No
4. Does your school lunch menu include at least one (1) serving of a whole-grain food each day?  
*Note: Look to see that grains such as wheat, rice, oats or corn are referred to as “whole” in the list of ingredients and that the whole grain is listed as the first grain ingredient.*  
☐ Yes ☐ No
5. What kinds of milk are offered in your school every day? Check all that apply:  

<input type="checkbox"/> Fat-free (skim)	<input type="checkbox"/> Reduced Fat (2%)
<input type="checkbox"/> Low-fat (1%)	<input type="checkbox"/> Reduced Fat or Whole Flavored
<input type="checkbox"/> Low-fat or Fat-free Flavored	<input type="checkbox"/> Whole Milk
<input type="checkbox"/> Organic milk options	
6. Does your school lunch menu offer any organic or locally-grown food options?  
☐ Yes ☐ No  
If yes, please describe.
7. Does your school have a garden?  
☐ Yes ☐ No  
If yes, what kinds of plants/foods are grown in the garden?
8. How are they used after they are harvested?
9. Does the school have vending machines?  
☐ Yes ☐ No  
If yes, how many? \_\_\_\_\_
10. Do students have unlimited access to the vending machines?  
☐ Yes ☐ No
11. What types of food and beverages are available in the vending machines?
12. Are healthy options available?  
☐ Yes ☐ No

If yes, please describe.

13. What does your school do to promote school meals, healthy eating and healthy food choices?
14. Is all ice used for consumption only made from drinking water as defined by Administrative Code NR 809? *Note: If ice has been in contact with food or used to keep food cool, it may not be used for human consumption.*  
☐ Yes ☐ No
15. Does your school have a program to encourage frequent hand washing?  
☐ Yes ☐ No
16. Does your school have time built into the schedule for washing hands prior to food consumption?  
☐ Yes ☐ No
17. Does your school maintain adequate supplies for hand washing?  
☐ Yes ☐ No
18. Does your school have a designated PE (physical education) instructor running the PE classes?  
☐ Yes ☐ No
19. How many times each week does a typical PE class meet?  
☐ Once each week  
☐ Two times each week  
☐ Three times each week  
☐ More than three times each week
20. Which resources does your school provide for staff and students?  
☐ Counseling services ☐ School psychologist  
☐ Nurse/health care provider ☐ School social worker

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### C. Outdoor Activity

1. How many minutes do students participate in recess each week?  
☐ 0-30 minutes ☐ 31-60 minutes ☐ over 60 minutes
2. How many minutes do students spend outdoors each week?  
☐ 0-30 minutes ☐ 31-60 minutes ☐ over 60 minutes
3. Is it structured or unstructured?  
☐ Structured ☐ Unstructured ☐ Some of both
4. What physical activities outside of class time do students participate in (e.g., youth sports leagues, open gym time, after school programs, etc.)?

5. Describe the outdoor environments that students have access to.

- ☐ Asphalt: \_\_\_\_\_
- ☐ Forest, prairie, pond, etc.: \_\_\_\_\_
- ☐ Grassy area(s): \_\_\_\_\_
- ☐ Playground equipment: \_\_\_\_\_
- ☐ Tennis courts, basketball courts, etc.: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

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#### D. Curriculum

1. In what grade(s) is nutrition education offered?

2. What topics are discussed in your school's nutrition education curriculum? (organics, food pyramid, food preparation, caloric balance, etc.) Please describe:

3. What types of coordinated nutrition activities have been conducted over the last year? Check all that apply:

- ☐ Cafeteria promotions
- ☐ Cooks in the classroom
- ☐ School meal program includes foods that are part of current lessons
- ☐ Staff serves as role models for students
- ☐ Student gardens, Farm to School Programs, Wisconsin Homegrown Lunch
- ☐ Understanding organics
- ☐ Other (please describe): \_\_\_\_\_

4. Do your students and staff have access to an on-site indoor exercise room?

- ☐ Yes ☐ No

5. Does your school have an outdoor classroom?

- ☐ Yes ☐ No

If yes, describe how it is used.

6. How much of students' time is spent learning indoors versus learning outdoors each day?

- ☐ Indoors \_\_\_\_\_ ☐ Outdoors \_\_\_\_\_

7. What extracurricular activities are available to students?

- ☐ Afterschool Programs ☐ School Sports Teams
- ☐ Boy Scouts/Girl Scouts/4-H ☐ Volunteer Opportunities/Community Groups
- ☐ Ecology/Nature Club ☐ Other: \_\_\_\_\_
- ☐ Non-school Sports Teams

8. Are there any student-led environmental initiatives at your school?

- ☐ Yes ☐ No

If yes, please describe.

9. Are professional development opportunities available for teachers and staff to help train them in Environmental Education curricula and techniques?

☐ Yes

☐ No

## E. Connecting School and Community

1. Use the chart below to describe field trip opportunities that are available to your school.

Category	Name of closest facility/organization	Has school used this resource in the past year?	
		Yes	No
Botanical garden/Arboretum			
Community garden			
Community Supported Agriculture (CSA)			
County or City Park(s)			
“Green” local businesses			
Local farm			
Marsh/wetland/pond			
Nature center/preserve			
Natural history museum			
Overnight hiking, camping, or other field trips			
Prairie			
School forest			
State Park(s)			
Urban forest			
Zoo			
Other:			
Other:			

3. What does your school do to promote physical activity at school, in the home and in the community?

4. What community organizations have partnerships with the school to promote being active outside of school hours?

- |   |  |
|---|--|
| <input type="checkbox"/> After school programs          | <input type="checkbox"/> Parks and Recreation Department |
| <input type="checkbox"/> Bicycling association          | <input type="checkbox"/> PTA or PTO                      |
| <input type="checkbox"/> Boys and Girls Club(s)         | <input type="checkbox"/> YMCA/YWCA                       |
| <input type="checkbox"/> Other (please describe): _____ |  |

5. Does your school have a mentoring program?

- ☐ Yes ☐ No

If yes, who are the mentors and who are the mentees?

6. Does your school recognize and/or participate in the following events? Check all that apply.

Activity	Describe participation
<input type="checkbox"/> Earth Day	_____
<input type="checkbox"/> National Environmental Education Week	_____
<input type="checkbox"/> National Get Outdoors Day	_____
<input type="checkbox"/> National Public Lands Day	_____
<input type="checkbox"/> Stewardship Week	_____
<input type="checkbox"/> Walk to School Day	_____
<input type="checkbox"/> Wisconsin Arbor Day	_____
<input type="checkbox"/> Other:	_____
<input type="checkbox"/> Other:	_____

7. Within the past year, have you had any local natural resource or other environmental educators and/or professionals come to speak at your school?

- ☐ Yes ☐ No

If yes, please describe.

8. Does your school have a Zero Tolerance policy for harassment and bullying?

- ☐ Yes ☐ No

9. Which of the following practices does your school employ to promote nutrition, physical activity and overall school health? Check all that apply.

- |  |  |
|--|--|
| <input type="checkbox"/> Chefs Move to Schools   | <input type="checkbox"/> Nutritious, Delicious Wisconsin       |
| <input type="checkbox"/> EPA's Sunwise           | <input type="checkbox"/> School Health Advisory Council (SHAC) |
| <input type="checkbox"/> Fuel Up to Play 60      | <input type="checkbox"/> Team Nutrition                        |
| <input type="checkbox"/> Got Dirt or Got Veggies | <input type="checkbox"/> USDA's Healthier US Schools Challenge |
| <input type="checkbox"/> Let's Move              | <input type="checkbox"/> Wisconsin School Health Award Winner  |
| <input type="checkbox"/> Movin' and Munchin'     | <input type="checkbox"/> Other: _____                          |

## F. Action Plan

Based on the information you found out from this investigation, what recommendations do you have for your school to improve its health and environmental education programs? Use the chart on page 7 to brainstorm and organize your ideas for action.

## Healthy Lifestyle Assessment: Ideas for Action

Based on the information you gathered from the Healthy Lifestyle Assessment, what action ideas do you have to improve health and environmental education efforts at your school? Use this sheet to record your ideas.

Section	General Ideas	Classroom Connections/ Lesson Plan Ideas	Community Involvement/ Activity Ideas	Outside Sources (organi- zations, community mem- bers, professionals)
A. Student Assessment				
B. School Health & Nutrition				
C. Outdoor Activity				
D. Curriculum				
E. Connecting School & Community				