



Successful Students Scorecard

Welcome to the **Successful Students Scorecard**! The **Scorecard** will help you learn more about your school's implementation of your district's USDA-required **Local Wellness Policy**. Completing the **Successful Students Scorecard** also earns your school designation as a **Successful Students School**, just for answering the questions!

The USDA-required Local Wellness Policies, when implemented, create school environments that promote healthy eating and physical activity. The **Successful Students Scorecard** will help you assess how your school is doing now in its implementation of the district-wide policy. It will also guide you to resources that can help move your school closer toward achieving your Local Wellness Policy goals.

This is how the Scorecard works.

First, [print](#) the **Scorecard** questions. Use the **Scorecard** questions to talk to the people within your school who know the answers to the questions. This is a valuable first step in moving forward with your Local Wellness Policy.

The following staff may be of help:

- Cafeteria manager
- Physical Education teacher
- Health Education teacher
- Principal
- School nurse
- School PTA/PTO president
- Coaches

After getting input on the **Scorecard** questions, enter your answers [here](#). Don't worry if you have to stop mid-way and re-start entering your data. Your **Scorecard** will remember you when you return and enter your email address. The **Scorecard** questions will resume where you left off. Note that there are questions specific to elementary, middle and high schools. You will see all of the questions as you proceed through the Scorecard; however, you will be able to answer only those for your school type.

When you click CONTINUE after entering all your data, your **School Scorecard** will display on your screen. Your **School Scorecard** provides feedback on how your school is doing, and points you to resources that may help your school improve. Click [here](#) to get instructions on how to manage your **School Scorecard** once you have completed your data entry.

You will have the option of sharing your report with others by email. You will also have the opportunity to download the **Successful Students School** promotional materials (called the **Promo Kit** when you finish). These materials include:

- a banner for your school's Web site
- a fill-in-the blank press release about your school's Successful Students designation
- a Successful Students banner
- a Successful Students certificate suitable for framing

If you need assistance, email us at help@NCActionForHealthyKids.org.

What is your e-mail address? _____

1. What is the name of your school? _____
 - a. Elementary School
 - b. Middle School
 - c. High School

Local Wellness Policy

2. Many schools are just beginning to implement the Local Wellness Policy that school boards were required to adopt for districts. Where is your **school** in the process of implementing the **district's** Local Wellness Policy?
 - a. Implementation has not yet started
 - b. Do not know/not sure
 - c. In the process of being implemented
 - d. Fully implemented
3. Has one or more of the following individuals been designated to measure implementation of the district's Local Wellness Policy in your school?
 - Principal
 - Assistant Principal
 - School Counselor/Social Worker
 - Administrative Staff
 - Cafeteria Manager
 - School Nurse
 - Physical Education Teacher
 - Health Education Teacher
 - School Health Advisory Council (SHAC) Chair
 - Someone else
 - a. No
 - b. Do not know/not sure
 - c. Yes
4. Does your school have dedicated funds to implement the district's Local Wellness Policy?
 - a. No
 - b. Do not know/not sure
 - c. Yes, limited
 - d. Yes, adequate
5. Some schools have a committee or council that advises the principal on school health policies and programs, including Local Wellness Policy. Does your school have such a committee or council?
 - a. No
 - b. Do not know/not sure
 - c. Our school does not have a designated committee or council, but our School Improvement Team advises on school health policies and programs including the Local Wellness Policy
 - d. Yes
6. Have students been involved in one or more of the following activities related to your school district's Local Wellness Policy?
 - Developing policy
 - Implementing policy in your school
 - Measuring implementation of the policy in your school
 - a. No
 - b. Do not know/not sure
 - c. Yes

7. Have families been involved in one or more of the following activities related to your school district's Local Wellness Policy?
- Developing policy
 - Implementing policy in your school
 - Measuring implementation of the policy in your school
- a. No
 - b. Do not know/not sure
 - c. Yes
8. Has your school communicated about the district's Local Wellness Policy with one or more of the following?
- Staff
 - Students
 - Families
 - School Board
 - Community
 - Media
- a. No
 - b. Do not know/not sure
 - c. Yes
9. Has your school reported on progress with implementation of the district's Local Wellness Policy in your school through one or more of the following?
- Faculty meetings
 - School Board meetings
 - School Improvement Team Meetings
 - School Wellness or School Health Advisory Committee or Council (SHAC) meetings
 - PTA/PTO meetings
 - Booster Clubs
 - School Web site
 - School newsletter, voice mail broadcasts, text messaging, podcasts, etc.
 - News media (newspaper, TV, radio)
- a. No
 - b. Do not know/not sure
 - c. Yes

Nutrition and Nutrition Education

10. **ELEMENTARY SCHOOL ONLY** -- Does your school district's Local Wellness Policy state that your Child Nutrition Program follow the mandated N.C. Nutrition Standards for Elementary Schools no later than the first day of the 2010-11 school year?
- a. No
 - b. Do not know/not sure
 - c. Yes
11. **MIDDLE AND HIGH SCHOOL ONLY** -- Does your school district's Local Wellness Policy state that your Child Nutrition Program follow the N.C. Nutrition Standards for Elementary Schools until similar standards are developed for middle and high schools?
- a. No
 - b. Do not know/not sure
 - c. Yes

12. How often are whole grains (breads, cereals or pastas) offered in your school cafeteria?
 - a. Never
 - b. Do not know/not sure
 - c. 1-2x/week
 - d. 3-5x/ week

13. How often is low-fat or non-fat milk (plain or flavored) offered in your school cafeteria?
 - a. Never
 - b. Do not know/not sure
 - c. Daily

14. How often are legumes (dried peas and beans) offered in your school cafeteria?
 - a. Never
 - b. Do not know/not sure
 - c. 1x/week
 - d. 2x/ week

15. How often are fresh fruits offered in your school cafeteria?
 - a. Never
 - b. Do not know/not sure
 - c. 1-2x/week
 - d. 3-5x/ week

16. How often are dark green or deep yellow or orange fruits and vegetables offered in your school cafeteria?
 - a. Never
 - b. Do not know/not sure
 - c. 1-2x/week
 - d. 3-5x/week

17. Does your school district's Local Wellness Policy address the amount of time students have to eat school breakfast and lunch?
 - a. No
 - b. Do not know/not sure
 - c. Yes

18. In your school, do students have at least 10 minutes to eat school breakfast once they are seated?
 - a. We do not have a school breakfast program
 - b. No
 - c. Do not know/not sure
 - d. Yes

19. In your school, do students have at least 20 minutes to eat school lunch once they are seated?
 - a. No
 - b. Do not know/not sure
 - c. Yes

20. Does the planning of school meals include student input?
 - a. No
 - b. Do not know/not sure
 - c. Some of the time/occasionally
 - d. Always or most of the time

21. Does the planning of school meals include cultural and ethnic favorites?
- No
 - Do not know/not sure
 - Some of the time/occasionally
 - Always or most of the time
22. Does the planning of school meals include vegetarian options?
- No
 - Do not know/not sure
 - Some of the time/occasionally
 - Always or most of the time
23. **ELEMENTARY SCHOOLS ONLY** -- Is your school currently designated as a HealthierUS School?
- No
 - Do not know/not sure
 - Yes, we are a Silver School
 - Yes, we are a Gold School
24. Does your school district's Local Wellness Policy address the types of foods and beverages available in student vending machines?
- No
 - Do not know/not sure
 - Yes
 - Our school district does not have student vending machines
25. Do the foods and beverages in the student vending machines in your school meet the N.C. General Statute 115C-264.2. Vending Machine Sales?
- No
 - Do not know/not sure
 - Yes
 - Our school does not have student vending machines
26. **MIDDLE AND HIGH SCHOOLS ONLY** -- Do the foods and beverages in the student vending machines in your school meet additional nutrition standards or guidelines beyond those required in N.C. General Statute 115C-264.2. Vending Machine Sales?
- No
 - Do not know/not sure
 - Yes
 - Our school does not have student vending machines

27. **MIDDLE AND HIGH SCHOOLS ONLY** -- Are one or more of the following items available in the student vending machines in your school?
- Bottled Water
 - Low-fat milk (flavored and unflavored \leq 200 calories)
 - Non-fat milk (flavored and unflavored \leq 200 calories)
 - 100% fruit juice in 8 oz. servings
 - Low-fat yogurt
 - Low-fat cheese
 - Dried fruit
 - Canned fruit
 - Fresh fruit
 - Nuts/seeds in 1 oz. portions
 - Whole-grain products
 - Low-fat grain products
- a. No
 - b. Do not know/not sure
 - c. Yes
 - d. Our school does not have student vending machines
28. Does your school district's **Local Wellness Policy** address school fundraisers?
- a. No
 - b. Do not know/not sure
 - c. Yes
 - d. Our school district does not have fundraisers
29. Does your school use one or more of the following **guidelines** for fundraisers?
- Foods and beverages used in fundraisers meet the **N.C. Nutrition Standards for à la carte foods and beverages**
 - Sale of **non-food items** is required
 - Type of foods and beverages that can be sold is limited
- a. No
 - b. Do not know/not sure
 - c. Yes
 - d. Our school does not have fundraisers
30. Does your school district's **Local Wellness Policy** address the types of foods and beverages available for concessions?
- a. No
 - b. Do not know/not sure
 - c. Yes
 - d. Our school district does not have concessions
31. Does your school use one or more of the following **guidelines** for concessions?
- Foods and beverages sold for concessions meet the **N.C. Nutrition Standards for à la carte foods and beverages**
 - Sale of some healthy options is required
 - Type of foods and beverages that can be sold is limited
- a. No
 - b. Do not know/not sure
 - c. Yes
 - d. Our school does not have concessions

32. Does your school district's **Local Wellness Policy** address the types of foods and beverages sold in school stores?
- No
 - Do not know/not sure
 - Yes
 - Our school district does not have school stores
33. Does your school use one or more of the following **guidelines** for school stores?
- Foods and beverages sold in school stores meet the **N.C. Nutrition Standards for à la carte foods and beverages**
 - Sale of some healthy options is required
 - Type of foods and beverages that can be sold is limited
- No
 - Do not know/not sure
 - Yes
 - Our school does not have school stores
34. Does your school district's **Local Wellness Policy** address the types and/or the amounts of foods and beverages available for school parties/celebrations?
- No
 - Do not know/not sure
 - Yes
 - Our school district limits the number of parties/celebrations
35. Does your school use one or more of the following nutrition **guidelines** for foods and beverages served for parties/celebrations?
- Foods and beverages served for parties/celebrations meet the **N.C. Nutrition Standards for à la carte foods and beverages**
 - Type of foods and beverages that can be offered for parties/celebrations is limited
 - Use of **non-food items** for parties/celebrations is promoted
 - Use of **non-food activities** for parties/ celebrations is promoted
- No
 - Do not know/not sure
 - Yes
 - Our school limits the number of parties/celebrations
36. Does your school district's **Local Wellness Policy** address staff use of foods and beverages to reward students?
- No
 - Do not know/not sure
 - Yes
37. Do the staff in your school use foods and beverages to reward students?
- Yes
 - Do not know/not sure
 - Yes, foods and beverages are allowed as rewards in our school if they meet the **N.C. Nutrition Standards for à la carte foods and beverages**
 - No

38. Does your school district's Local Wellness Policy address the types of foods and beverages brought from home for breakfast, lunch or snacks?
- No
 - Do not know/not sure
 - Yes
39. Does your school have guidelines for foods brought from home for breakfast, lunch or snacks?
- No
 - Do not know/not sure
 - Yes, guidance is provided to families on what constitutes a healthy breakfast, lunch or snack
 - Yes, commercial foods brought for breakfast or lunch are prohibited
40. Does your school district's Local Wellness Policy address nutrition education?
- No
 - Do not know/not sure
 - Yes
41. Does nutrition education in your school follow the Healthful Living Standard Course of Study?
- Nutrition education is not provided in our school or it does not follow the Healthful Living Standard Course of Study
 - Do not know/not sure
 - Yes
42. In addition to following the Healthful Living Standard Course of Study, does nutrition education in your school meet one or more of the following guidelines?
- skills-based, sequential and integrated
 - consistent nutrition messages are disseminated throughout the school
 - extends beyond the school environment by engaging families and the community
 - coordinated with agencies and community organizations to promote student involvement in nutrition projects
- Nutrition education is not provided in our school or it does not follow any of the guidelines listed
 - Do not know/not sure
 - Yes
43. **MIDDLE AND HIGH SCHOOLS ONLY** -- Is nutrition education taught by licensed health education teachers at your school?
- No
 - Do not know/not sure
 - Some of the time/occasionally
 - Always or most of the time

Physical Activity

44. **ELEMENTARY SCHOOLS ONLY** -- Does your school district's Local Wellness Policy address the amount of physical activity students receive in physical education class?
- No
 - Do not know/not sure
 - Yes

45. Does your school district's Local Wellness Policy address the withholding of recess, intramurals, physical education or other physical activity as punishment? (This includes missing physical activity to make up work or to do extra work.)
- No
 - Do not know/not sure
 - Yes
46. **ELEMENTARY AND MIDDLE SCHOOLS ONLY** -- Does your school district's Local Wellness Policy address the number of minutes of daily moderate to vigorous physical activity that students receive each day? (This activity could be offered through intramurals, recess, classroom-based activity such as Energizers or Take 10!, physical education, CATCH or SPARK.)
- No
 - Do not know/not sure
 - Yes
47. Does your school district's Local Wellness Policy address opportunities for students to participate in before-school and after-school physical activity programs, such as intramurals and clubs?
- No
 - Do not know/not sure
 - Yes
48. Does your school district's Local Wellness Policy address walking or biking to school?
- No
 - Do not know/not sure
 - Yes

Managing your completed *Successful Students School Scorecard*

Once you complete your *Successful Students Scorecard* data entry and hit CONTINUE, your *Scorecard* will display on your computer screen.

You have several options.

- To print your *Scorecard*, click FILE, PRINT from your Internet browser screen where your Scorecard is displayed.
- To save your *Scorecard*, click FILE, SAVE AS, and then save your *Scorecard* to your computer's hard drive either as an HTML file or as a TEXT file (or other format of your choice.)
- To email your *Scorecard* to someone else, click FILE, SEND, PAGE BY EMAIL. This will open an email message using your computer's default email software. If your computer does not have a designated email software installed, you will see an error message. You will then have to save your file and email it from a different computer.

Successful Students Web Definitions

Local Wellness Policy

Guideline

A guideline is any document that aims to streamline particular processes according to a set routine. Guidelines can be written (handbook or manual) or unwritten rules or instructions for operation.

Local Wellness Policy

Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 required that each local education agency (LEA) participating in a school lunch program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 must establish a Local Wellness Policy by School Year 2006. As required by law, this policy must, at a minimum, include goals for nutrition education, physical activity and other school-based activities that promote student wellness, nutrition guidelines, guidelines for reimbursable school meals, a plan for measuring implementation of the policy (including one or more designees within the LEA) and community involvement in development of the Local Wellness Policy. In North Carolina, each LEA submitted its local wellness policy to the Child Nutrition Services Section of the Department of Public Instruction by July 1, 2006.

Source: www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html

Policy

A policy is an official statement of vision and judgment that addresses the needs of a school system, school or classroom. Policies generally address what should be done, why it should be done and who should do it. Policies can be formal or informal and written or unwritten.

School Health Advisory Council (SHAC)

A School Health Advisory Council or SHAC is an advisory group composed of individuals selected primarily from the health and education segments of the community. The group acts collectively in providing advice to the school system on aspects of the school health programs. The members of the council are appointed by the school system to advise the school system. The North Carolina State Board of Education Policy ID Number: HSP-S-000 (Healthy Active Children Policy) states that each school district shall establish and maintain a SHAC to help plan, implement, and monitor this policy as well as other health issues as part of the coordinated school health plan. The SHAC shall be composed of community and school representatives from the eight areas of a coordinated school health program, representatives from the local health department and school administration.

Source: www.nchealthyschools.org/schoolhealthadvisorycouncil

Nutrition and Nutrition Education

Child Nutrition Program

Programs authorized in the Child Nutrition Act and the National School Lunch Act, including the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, Summer Food Service Program and Special Milk Program.

Source: *The Road to SMI Success*, www.fns.usda.gov

Commercial Foods

Commercial foods include those food items that are brought into the school environment from outside sources such as a fast-food chain or other restaurant.

GS115C-264.2: Vending Machine Sales

Each school may, with the approval of the local board of education, sell to students beverages in vending machines during the school day so long as: (1) Soft drinks are not sold (i) during the breakfast and lunch periods, (ii) at

elementary schools or (iii) contrary to the requirements of the National School Lunch Program; (2) Sugared carbonated soft drinks, including mid-calorie carbonated soft drinks, are not offered for sale in middle schools; (3) Not more than fifty percent (50%) of the offerings for sale to students in high schools are sugared carbonated soft drinks; (4) Diet carbonated soft drinks are not considered in the same category as sugared carbonated soft drinks; and (5) Bottled water products are available in every school that has beverage vending. Nothing in this statute prohibits a school from adopting stricter policies with respect to beverage vending. The following applies to snack vending; (1) in elementary schools, no snack vending is available to students; and (2) in middle and high schools, seventy-five percent (75%) of snack vending products must be no more than 200 calories per snack vending package.

Source: www.ncga.state.nc.us/Statutes/Statutes.asp

HealthierUS Schools

The USDA has established standards to certify Silver or Gold Schools. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead. Schools must meet a basic set of criteria. To be certified, a school must:

- be an elementary school
- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- provide nutrition education to students
- provide students the opportunity for physical activity
- maintain an Average Daily Participation of 70 percent or higher of school enrollment for reimbursable lunches
- adhere to guidelines established by USDA for foods served/sold in schools outside the National School Lunch Program

Source: <http://teammnutrition.usda.gov/HealthierUS/index.html>

N.C. Nutrition Standards for Elementary Schools

The N.C. Nutrition Standards for Elementary Schools apply to à la carte foods, school meals and after-school snacks and promote gradual change to increase fruits, vegetables and whole-grain products and decrease foods high in total fat, trans fat, saturated fat, cholesterol and sugar. Use of the N.C. Nutrition Standards for Elementary Schools is also allowed and encouraged for middle and high schools.

Non-food Activities

Non-food activities are those things that teachers, parents and students can do together as a reward, incentive or part of a classroom party or celebration. Rewards can include a walk break, fun walk with the principal or teacher, guest presenter in class, field trip, extra music and reading time, music while doing school work, extra computer time, or a chat break or free time at the end of class. For a celebration or party, students can enjoy watching a movie, playing games, dancing, participating in a pep rally or some other group activity. For fundraisers not involving food, the school can host a dance, walk-a-thon, jump-rope-a-thon, golf tournament, teacher/student; teacher/parent or celebrity ballgame, car wash, auction or talent show.

Non-food Items

Non-food items are those things that can be used with students as a reward or incentive, as part of a classroom activity, party or celebration, or school fundraiser. Rewards can include a paperback book, homework coupon, coupon for prizes and privileges, certificate/trophy/ribbon/plaque, gift certificate to local non-food merchants or a free pass to sporting event or play. Younger students may appreciate prizes from a treasure box, such as pencil toppers, stickers, pencils, stars or smiley faces. Some of these same items can be used as part of a celebration instead of giving students candy. Non-food examples that can be sold for fundraisers include raffle tickets, gift wrap, greeting cards, school spirit items, Frisbees®, jump ropes or household items such as kitchenware or plants.

School Meals Initiative Guidelines

The School Meals Initiative for Healthy Children (SMI) helps foodservice directors and staff offer healthier school meals, promote nutrition education and create school nutrition environments that support healthy lifestyle behaviors.

SMI has established a framework to plan and evaluate school meals using nutrition standards based on the Dietary Reference Intakes, appropriate calorie levels and goals outlined in the Dietary Guidelines for Americans.

Source: www.fns.usda.gov/tn/Resources/NAPintro.pdf

Skills-based, Sequential, Integrated Nutrition Education

Skills-based, sequential, integrated nutrition education focuses on healthy eating behaviors, not just knowledge; emphasizes active, hands-on practicing of skills needed to make healthy food choices; uses interactive learning methods; builds knowledge and skills from year to year; has continuity through grade levels; and integrates into other subject areas such as math, science and English language arts.

Physical Activity

Coordinated Approach to Child Health (CATCH)

CATCH is an evidence-based Coordinated School Health Program designed to promote physical activity and healthy food choices and prevent tobacco use by elementary school-aged children.

Source: www.catchinfo.org/

Energizers

Energizers are short, classroom-based physical activities. The activities last approximately 10 minutes, integrate grade-appropriate learning materials, involve no equipment and require little teacher preparation.

Source: www.ncpe4me.com/energizers.html

Healthful Living Standard Course of Study

The Healthful Living Standard Course of Study establishes competency goals and objectives for the teaching and learning of behaviors that contribute to a healthful lifestyle and improved quality of life for all students.

Source: www.ncpublicschools.org/curriculum/healthfulliving/scos/

Intramurals

Intramurals are team and dual/individual activities, tournaments, meets and/or special events, clubs, open-gym days and dance activities that are limited to participants and teams from within a specific school or institutional setting.

Source: www.aahperd.org

Moderate to Vigorous Intensity Physical Activity

Moderate-intensity physical activity is any activity performed at 50 to 69 percent of maximum heart rate. For most people, it is the equivalent to sustained walking, is well within most individuals' current physical capacity, and can be sustained comfortably for prolonged period of time (at least 60 minutes). A person should feel some exertion but also should be able to carry on a conversation comfortably during the activity. Vigorous-intensity physical activity is hard or very hard physical activity requiring sustained, rhythmic movements and performed at 70 percent or more of maximum heart rate according to age. Vigorous activity is intense enough to represent a substantial physical challenge to an individual and results in significant increases in heart and respiration rate.

Source: www.EatSmartMoveMoreNC.com - North Carolina's Recommended Standards for Physical Activity in School

Physical Activity

Physical activity describes any bodily movement that is produced by moving muscles and using energy.

Source: www.EatSmartMoveMoreNC.com - North Carolina's Recommended Standards for Physical Activity in School

Physical Education Classes

Physical education is a course taught by a certified physical education teacher that provides the environment where students learn, practice and receive assessment on developmentally-appropriate motor skills, social skills and knowledge as defined in the North Carolina Healthful Living Standard Course of Study.

Source: www.EatSmartMoveMoreNC.com - North Carolina's Recommended Standards for Physical Activity in School

Recess

Recess is regularly scheduled periods within the school day for physical activity and play. Recess provides an opportunity in the school day for daily physical activity, along with social and cognitive benefits.

Sports, Play and Active Recreation for Kids (SPARK)

SPARK is designed to maximize physical education class activity time, without sacrificing learning. Materials are available for early childhood, elementary, middle school and high school physical education.

Source: www.sparkpe.org

Take 10!®

Take 10!® is a classroom-based physical activity program for kindergarten to fifth grade students that integrates academic learning objectives (in Language Arts, Math, Social Studies, Science and Health) with movement. Program materials provide safe and age-appropriate 10-minute physical activities.

Source: www.take10.net