



# PSE RESOURCE GUIDE

2

## School Wellness

- General Resources
- Assessment Instruments
- Evaluation Tools
- Sample Policies

Draft 12-16-13

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).

## PSE: School Wellness

- Major PSEs for this channel
  - Schools and/or districts establish model wellness policies that include afterschool and meet or exceed the USDA minimums.
  - Schools and/or districts, retail and/or worksite participate in Farm to School/Farm to Fork procurement systems
  - Schools and/or districts have Joint Use Agreements for recreational, gardening, and cooking facilities.

<b>ASSESSMENT INSTRUMENTS</b>	<p><b>Wellness School Assessment Tool (WellSAT) – The Rudd Center</b>  <i>This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies.</i>  <a href="http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT_FINAL.pdf">http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT_FINAL.pdf</a></p> <p><b>School Health Index – Centers for Disease Control and Prevention</b>  <i>This is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.</i>  <a href="http://www.cdc.gov/healthyyouth/shi">http://www.cdc.gov/healthyyouth/shi</a>                      → Suggested Modules: 1-4,7,8</p> <p><b>Healthy School Report Card - Healthy School Communities</b>  <i>This online analysis tool helps to build a Healthy School Improvement Plan through strengthening the school wellness plan, tracking progress, scoring current school wellness plan and prioritizing goals.</i>  <a href="http://www.healthyschoolcommunities.org/HSRC/pages/reportcard/index.aspx">http://www.healthyschoolcommunities.org/HSRC/pages/reportcard/index.aspx</a>                      X                      → Note: Purchase of the Healthy School Report Card tool is required to use the online analysis tool.</p> <p><b>School Nutrition...by Design!- California Department of Education</b>  <i>This tool provides the design principles behind developing a healthy school nutrition environment, quality indicators that reflect the “ideal” school nutrition environment, and recommended strategies that support healthy lifestyles during and after school.</i>  <a href="http://www.cde.ca.gov/ls/nu/he/documents/schnutrtn071206.pdf">http://www.cde.ca.gov/ls/nu/he/documents/schnutrtn071206.pdf</a>                      → <b>Assessment Planning Tool</b>  <i>This assessment and planning tool, to be used in conjunction with School Nutrition...by Design!, will help you determine the status of your school nutrition environment and establish a starting point for implementing strategies that will move your students toward better health.</i>  <a href="http://www.cde.ca.gov/ls/nu/he/documents/bydesigntool.doc">http://www.cde.ca.gov/ls/nu/he/documents/bydesigntool.doc</a></p> <p><b>The Wellness Policy Tool</b>  <i>Developed by the Action for Healthy Kids and incorporates existing school health assessments to create or update a school wellness policy. This Web link contains links to various other assessment checklists such as the</i></p>
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*Healthy School Action Tool developed by the Michigan Department of Public Health and Department of Education.*

<http://www.actionforhealthykids.org/resources/wellness-policy-tool>

**Healthy Schools Program - Alliance for a Healthier Generation**

*This is a six step the “roadmap” for making school health changes. This online inventory and assessment tool includes resources) on the Healthy Schools Program- which support employee wellness, school wellness, policy and systems, school meals, health education, and physical education.*

[https://schools.healthiergeneration.org/6\\_step\\_process/](https://schools.healthiergeneration.org/6_step_process/)

→ Note: You must login as a member

**Gretchen Swanson Center Farm to School Toolkit**

*The best resource on this toolkit is a well thought out step-by-step implementation guide with a **self-assessment tool** that was designed to help a school food purchaser determine if his or her school is ready to implement a Farm to School program based on interest and facility/staff capabilities. Barriers and benefits are also addressed, while presenting potential solutions to those barriers.*

<http://toolkit.centerfornutrition.org/>

**Walkability Checklist - Safe Routes to School**

*This tool helps give insight into the walkability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's walkability and provides both immediate answers and long-term solutions to a neighborhood's potential problems.*

<http://www.saferoutesinfo.org/program-tools/education-walkability-checklist>

**October Walk to School Month Walkability Checklist**

*A tool that can be used to improve the safety of your child’s route to school. Use the Walkability Checklist with your child on a day while walking to or from school. Younger children will need an adult’s help to complete the Walkability Checklist. Older children may be able to complete the checklist on their own if they can read at or above a 4th grade reading level.*

<http://www.caactivecommunities.org/wp-content/uploads/2011/09/Walkability-Checklist-for-Students-and-Adults.pdf>

**Bikeability Checklist - Safe Routes to School**

*This tool helps give insight into the bikeability of a neighborhood. It contains insightful questions, allowing the user to evaluate a neighborhood's bikeability and providing both immediate answers and long-term solutions to a neighborhood's potential problems.*

<http://www.saferoutesinfo.org/program-tools/education-bikeability-checklist>

**School PA Policy Assessment (S-PAPA)-**

*Assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. It uses open-ended, dichotomous, multichotomous, and checklist formatting and has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23min to administer.*

[http://www.midss.ie/sites/www.midss.ie/files/s-papa\\_instrument\\_0.pdf](http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf)

**Physical Education Curriculum Analysis Tool (PECAT) - (CDC)**

*The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.*

<http://www.cdc.gov/healthyyouth/pecat/>

**Resource to Sustain and Strengthen Local Wellness Initiatives – National Food Service Management Institute (NFSMI), University of Mississippi**

*This is a guide to help school districts conduct an evaluation of local wellness policies. This guide details step-by-step instructions for conducting an evaluation, deciding what the results mean, and communicating the findings to stakeholders.*

<http://www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf>

**Environmental Inventory Tool (EIT)**

*The Environmental Inventory Tool (EIT) assesses nutrition and physical activity factors related to the school environment via observation of the school cafeteria and other school facilities. The seven sections include an assessment of the lunch period, reimbursable lunch meals, salad bar, school vending machines, indoor and outdoor dining areas, and the PA facilities. There is an additional section on school nutritional and wellness policies completed by a school administrator.*

[G:\CPNS\ RESEARCH\Campaigns 5 a Day REU\Power Play\Evaluation\\_FFY 2011\FFY 2012 Power Play! Evaluation Study\Instruments & Logs\Environmental Inventory Tool\EIT\\_FINAL - 10 24 11.doc](G:\CPNS\ RESEARCH\Campaigns 5 a Day REU\Power Play\Evaluation_FFY 2011\FFY 2012 Power Play! Evaluation Study\Instruments & Logs\Environmental Inventory Tool\EIT_FINAL - 10 24 11.doc)

**Teacher/Classroom Assessment**

*This brief 15-minute survey was designed to collect teacher/classroom practices related to nutrition and physical activity. The survey included questions on who provides nutrition education and physical activities, what types of nutrition and PA programs are being delivered, the use of food or physical activity as rewards or punishments, and policies on bringing foods into the classroom.*

[G:\CPNS\ RESEARCH\Campaigns 5 a Day REU\Power Play\Evaluation\\_FFY 2011\FFY 2012 Power Play! Evaluation Study\Instruments & Logs\Teacher Survey & Participation Checklist\Teacher Interview\\_PRE\\_FINAL - 10 24 11.docx](G:\CPNS\ RESEARCH\Campaigns 5 a Day REU\Power Play\Evaluation_FFY 2011\FFY 2012 Power Play! Evaluation Study\Instruments & Logs\Teacher Survey & Participation Checklist\Teacher Interview_PRE_FINAL - 10 24 11.docx)

**Surveillance Data –**

**School Health Policies and Practices Study (SHPPS)**

*The School Health Policies and Practices Study (SHPPS) is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels.*

	<p><i>SHPPS was most recently conducted in 2012 to answer the following questions:</i></p> <ul style="list-style-type: none"> <li>• <i>What are the characteristics of each component of school health at the state and district level?</i></li> <li>• <i>Are there persons responsible for coordinating each school health program component, and what are their qualifications and educational backgrounds?</i></li> <li>• <i>What collaboration occurs among staff from each school health program component and with staff from outside agencies and organizations?</i></li> <li>• <i>How have key policies and practices changed over time?</i></li> </ul> <p><a href="http://www.cdc.gov/HealthyYouth/shpps/index.htm">http://www.cdc.gov/HealthyYouth/shpps/index.htm</a></p>
<p><b>* Schools and/or districts establish model wellness policies that include afterschool that meet or exceed the USDA minimums.</b></p>	<p><b>Healthy Schools Program – Alliance for a Healthier Generation</b>  <i>This tool provides a framework of criteria identifies specific best practices to create healthier school environments. The criteria are based on the best available evidence of programs, policies and practices that positively impact healthy eating and physical activity behaviors among students and staff.</i>  <a href="https://schools.healthiergeneration.org/wellness_categories/">https://schools.healthiergeneration.org/wellness_categories/</a></p> <p><b>Student Wellness - Alliance for a Healthier Generation</b>  <i>Student Wellness Toolkits highlight specific criterion from the Alliance’s Framework to help keep the campus healthy at all hours of the day.</i>  <a href="https://schools.healthiergeneration.org/wellness_categories/student_wellness/why_student_wellness/">https://schools.healthiergeneration.org/wellness_categories/student_wellness/why_student_wellness/</a></p> <ul style="list-style-type: none"> <li>→ <a href="#">Student Wellness Toolkit - Elementary</a> </li> <li>→ <a href="#">Student Wellness Toolkit - Middle School</a> </li> <li>→ <a href="#">Student Wellness Toolkit - High School</a> </li> <li>→ <a href="#">Policy and Systems Toolkit</a> </li> </ul> <p><b>Wellness Policy Tool - Action for Healthy Kids</b>  <i>This tool was developed to help you create a local wellness policy that meets your district's unique goals for nutrition and physical activity and take the next steps to put the policy into action to positively impact students' health and lifelong choices.</i>  <a href="http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/">http://www.actionforhealthykids.org/for-schools/wellness-policy-tool/</a></p> <p><b>Local Wellness Policy Resources - School Nutrition Association</b>  <i>This page provides a list of recommended resources.</i>  <a href="http://www.schoolnutrition.org/Content.aspx?id=2168">http://www.schoolnutrition.org/Content.aspx?id=2168</a></p> <p><b>Local School Wellness Policy – Centers for Disease Control and Prevention</b>  <i>This page highlights the background and requirements of the Healthy, Hunger-Free Kids Act as well as a list of recommended resources.</i>  <a href="http://www.cdc.gov/healthyyouth/npao/wellness.htm">http://www.cdc.gov/healthyyouth/npao/wellness.htm</a></p> <p><b>Local Wellness Policy: How to Get Started – Arizona Department of Education</b>  <i>The LWP Step-by-Step Guide is a chart designed to help walk you</i></p>

	<p><i>through the process of developing a wellness policy. It outlines the recommended steps needed for successful implementation. Provides examples of model policies.</i>  <a href="http://www.azed.gov/health-nutrition/school-health/wellness-policy/get-started/">http://www.azed.gov/health-nutrition/school-health/wellness-policy/get-started/</a></p> <p><b>Promoting Health in Minnesota Schools: School Wellness Policies</b>  <i>The Public Health Law Center developed a series of sample school wellness policies to fit in the Minnesota School Boards Association's model school wellness policy. Specific school wellness policies topics that are available include safe routes to school, recess, physical education, farm to school, school gardens, healthy fundraising, healthy concessions, healthy classroom snacks and celebrations, school health councils, "no punishment or reward", and active classrooms.</i>  <a href="http://publichealthlawcenter.org/resources/promoting-health-minnesota-schools-school-wellness-policies">http://publichealthlawcenter.org/resources/promoting-health-minnesota-schools-school-wellness-policies</a></p>
<p><b>Specific policies</b></p>	<p><b>Healthy Fundraising:</b>  <b>Sweet Deals: School Fundraising Can Be Healthy and Profitable – Center for Science in the Public Interest</b>  <i>This report describes many practical options for healthy fundraisers and provide contact information for more than 60 fundraising companies with which schools can conduct healthier fundraisers.</i>  <a href="http://www.cspinet.org/schoolfundraising.pdf">http://www.cspinet.org/schoolfundraising.pdf</a></p> <p><b>Healthy Celebrations:</b>  <b>Healthy Classroom Celebrations Model Policy and Resources Center for Science in the Public Interest</b>  <i>This page provides resources that support the implementation of healthy classroom celebrations.</i>  <a href="http://www.cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html">http://www.cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html</a></p> <p><b>Healthy School Celebrations - Eat Smart, Move More North Carolina</b>  <i>This sheet provides tips on healthy classroom celebrations.</i>  <a href="http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf">http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf</a></p> <p><b>Healthy Celebrations: Promoting a Healthy School Environment - Rudd Center for Food Policy &amp; Obesity at Yale University</b>  <i>This Article provides tips on how schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with nutrition education experiences.</i>  <a href="http://www.education.com/reference/article/healthy-celebration-school-environment/">http://www.education.com/reference/article/healthy-celebration-school-environment/</a></p> <p><b>Physical Education/Physical Activity</b></p> <p><b>Educating the Student Body: Taking Physical Activity and Physical Education to School – Institute of Medicine</b>  <i>Recommendations for strengthening and improving programs and policies for physical activity and physical education in the school</i></p>

*environment – including before, during and after school.*

- Recommendations:  
[http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody\\_Insert.pdf](http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_Insert.pdf)
- Report brief:  
[http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody\\_rb.pdf](http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_rb.pdf)
- Video:  
<http://iom.edu/reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School/video.aspx>

**Youth Physical Activity Guidelines Toolkit – Centers for Disease Control and Prevention (CDC)**

*To promote the guidelines and support youth physical activity, CDC and several partner organizations developed the Youth Physical Activity Guidelines Toolkit, which highlights strategies that schools, families, and communities can use to support youth physical activity.*  
<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

**Farm to School Policy**

**Georgia Organics**

*Farm to School district wellness policy toolkit*  
<http://georgiaorganics.org/wp-content/uploads/2012/10/F2SWellnessPolicyToolkit.pdf>

**The National Farm to School Network**

*Every state has a page, with links to their policies*  
<http://www.farmtoschool.org/states.php>

**Minnesota Willmar Public Schools Farm to School Wellness Policy**

*Example Language*  
<http://www.farmtoschool.org/MN/policy.htm>

**Public Health Law Center at William Mitchell College of Law**

- *Farm to School resources, including related legal/policy considerations*  
<http://publichealthlawcenter.org/topics/healthy-eating/farm-school>
- *Sample Wellness Policy Language*  
<http://www.publichealthlawcenter.org/sites/default/files/resources/snip-fs2-schoolwellnesssamplepolicylanguage-2011FarmtoSchool.pdf>

**Health in All Policies (HiAP) Task Force Report**

*A HiAP approach recognizes that health and prevention are impacted by policies that are managed by non-health government and non-government entities, and that many strategies that improve health will also help to meet the policy objectives of other agencies.*  
[http://www.sgc.ca.gov/hiap/docs/publications/HiAP\\_Task\\_Force\\_Report.pdf](http://www.sgc.ca.gov/hiap/docs/publications/HiAP_Task_Force_Report.pdf)

	<p><b>Center for Integrated Agricultural Systems</b>  <i>CIAS leads diverse projects on food systems, or what happens from the farm gate to an eater's plate. This work is helping to get local, sustainably-grown food to eaters through schools, Community Supported Agriculture farms, and unique partnerships with growers, processors, farmers' markets, grocers and other food-related businesses.</i>  <a href="http://www.cias.wisc.edu/category/farm-to-fork/">http://www.cias.wisc.edu/category/farm-to-fork/</a></p> <p><b>The International Food Information Council</b>  <i>The International Food Information Council (IFIC) Foundation is dedicated to the mission of effectively communicating science-based information on health, nutrition and food safety for the public good.</i>  <a href="http://www.foodinsight.org/about-ific-and-food-safety.aspx">http://www.foodinsight.org/about-ific-and-food-safety.aspx</a></p> <p><b>Agricultural Institute of Marin</b>  <i>Agricultural Institute of Marin's Farm to Fork program works to expand the reach of local food.</i>  <a href="http://www.agriculturalinstitute.org/farm-to-fork/#">http://www.agriculturalinstitute.org/farm-to-fork/#</a></p> <p><b>California Farm to School</b>  <i>This site has California-specific farm to school information, including farmers in your area to connect with, educational resources, and funding opportunities.</i> <a href="http://www.farmtoschool.org/ca/programs.htm">http://www.farmtoschool.org/ca/programs.htm</a></p> <p><b>Urban and Environmental Policy Institute</b>  <i>Blog posts on farm to school and farm to table projects.</i>  <a href="http://www.uepi.oxy.edu/our-projects/california-farm-to-school/">http://www.uepi.oxy.edu/our-projects/california-farm-to-school/</a></p>
<p><b>Offer Youth Empowerment programming in school</b></p>	<p><b>Inspiring Youth, Growing Change—Nurturing Strong Minds for a Healthy Community – Network for a Healthy California</b>  <i>This report documents changes resulting from the local projects, from the youth in the project to the built environment and Highlights lessons learned about the impacts, successes, and challenges of the Youth Engagement Initiative.</i>  <a href="http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf">http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf</a></p> <p><b>Inspiring Youth as Partners – Network for a Healthy California</b>  <i>This document is for organizations and individuals thinking about, wanting to, or preparing to work with young people in an authentic partnership to support their skills and leadership around their health and well-being. This document showcases the six incredible youth teams from San Francisco to San Bernardino who took the opportunity to learn more about the importance of eating more fruits and vegetables.</i>  <a href="http://www.cdph.ca.gov/programs/cpns/Documents/Network-BRO-200-2009-02.pdf">http://www.cdph.ca.gov/programs/cpns/Documents/Network-BRO-200-2009-02.pdf</a></p> <p><b>Youth Voice - Learn and Serve America Institution: Points of Light Foundation</b>  <i>A guide for engaging youth in leadership and decision-making in</i></p>

	<p><i>service-learning programs.</i>  <a href="http://www.servicelearning.org/filemanager/download/7/YVGuide.pdf">http://www.servicelearning.org/filemanager/download/7/YVGuide.pdf</a></p> <p><b>Students Taking Charge</b>  <i>A guide takes you through a variety of activities to help students find their voice, investigate the school, plan for improvement, and mobilize for action.</i>  <a href="http://studentstakingcharge.org/index.php/group_leader_center/facilitators_pdf/">http://studentstakingcharge.org/index.php/group_leader_center/facilitators_pdf/</a></p> <p><b>Rooted in Community National Network (RIC)</b>  <i>This is a national grassroots network that empowers young people to take leadership in their own communities. We are a diverse movement of youth and adults working together and committed to fostering healthy communities and food justice through urban and rural agriculture, community gardening, food security, and related environmental justice work.</i>  <a href="http://www.rootedincommunity.org/">http://www.rootedincommunity.org/</a></p>
<p><b>* Qualifying schools/school districts have formal Joint Use Agreements for recreational, garden, and cooking facilities with surrounding communities, parks, community centers, and/or other resources</b></p>	<p><b>Opening School Grounds to the Community After Hours - ChangeLab Solutions</b>  <i>This is a toolkit for increasing physical activity through joint use agreements. It shares lessons learned from successful agreements, offering guidelines and templates for other communities seeking to increase their own access to school recreational facilities.</i>  <a href="http://changelabsolutions.org/sites/default/files/CA_Joint_Use_Toolkit_FINAL_(CLS_20120530)_2010.01.28.pdf">http://changelabsolutions.org/sites/default/files/CA_Joint_Use_Toolkit_FINAL_(CLS_20120530)_2010.01.28.pdf</a></p> <p><b>Promoting PA through Joint Use Agreements</b>  <i>This guide provides information for North Carolina school systems, school administrators, members of local government, parks and recreation staff, community based organizations, and community members on how to share physical activity resources through joint use agreements in North Carolina.</i>  <a href="http://www.eatsmartmovemorenc.com/PromotingPhysicalAct/Texts/Promoting%20Physical%20Activity%20through%20Joint%20Use%20Agreements_FINAL.pdf">http://www.eatsmartmovemorenc.com/PromotingPhysicalAct/Texts/Promoting%20Physical%20Activity%20through%20Joint%20Use%20Agreements_FINAL.pdf</a></p> <p><b>General Joint Use Agreement information-</b>  <i>This resource shows how joint use is a way to increase opportunities for children and adults to be more physically active. It refers to two or more entities — usually a school and a city or private organization — sharing indoor and outdoor spaces like gymnasiums, athletic fields and playgrounds. The concept is simple: share resources to keep costs down and communities healthy.</i>  <a href="http://www.jointuse.org/">http://www.jointuse.org/</a></p> <p><b>Eliminating Barriers for Community Recreational Use of School Property: Policy Guidance on Liability and Shared Use</b>  <i>Research indicates that one of the main obstacles to joint use of school property is a fear among school administrators that schools will face</i></p>

*additional legal liability for injuries that result. This brief describes the most common elements of a possible policy proposal, including: 1) findings of fact, 2) a statement of purpose, 3) definitions, 4) liability provisions and exceptions, and 5) related measures that will ensure effective implementation, suggesting key considerations for policy development.*

<http://publichealthlawcenter.org/sites/default/files/resources/phlc-fs-shareduse-samplestatute-language-2012.pdf>

**ChangeLab Solutions: Playing Smart – A Joint Use Toolkit-**

*This is a nuts-and-bolts guide designed to help school staff and other community leaders craft and implement joint use agreements.*

<http://changelabsolutions.org/childhood-obesity/joint-use>

**Joint Use and State Law - (ChangeLab Solutions)**

*This is a Fifty-State Scan of Laws Addressing Community Use of Schools is a state-by-state overview of statutes about whether school property can be used by the community for recreation.*

<http://changelabsolutions.org/publications/state-rules-JUAs>

**Joint Use and Liability - (ChangeLab Solutions)**

*To assist school and government attorneys in assessing liability risks, NPLAN commissioned a 50-state survey of the laws governing liability for after-hours recreational use of school facilities.*

<http://changelabsolutions.org/publications/liability-schools-50-states>

**Promoting PA through shared use of school and community recreation resources-**

*This brief summarizes research on community access to school sport and recreation facilities outside of school hours, as well as studies that examine the shared use of school facilities and programs with other community groups or agencies. It also describes challenges commonly associated with the shared use of recreational facilities, and opportunities for policy-makers at the state and local level.*

[http://www.activelivingresearch.org/files/ALR\\_Brief\\_SharedUse\\_April2012.pdf](http://www.activelivingresearch.org/files/ALR_Brief_SharedUse_April2012.pdf)

**Choose Health LA – School Wellness Policies** *Seven school districts in LA County are advancing Joint Use Agreements aimed at increasing physical activity for students and families in their districts. Website provides model joint use agreements, examples of key partnerships and more resources.*

<http://www.choosehealthla.com/live-healthy/safe-recreation/>

**Maximizing Opportunities for PA through Joint Use Facilities**

*(CSBA/CA Project LEAN) A policy brief published in 2009 with many resources, best practices and steps to develop a joint use opportunity during times of shrinking budgets.*

[http://www.californiaprojectlean.org/docuserfiles/JointUse\\_PolicyBrief%20%2809\\_2009%29%5B1%5D.pdf](http://www.californiaprojectlean.org/docuserfiles/JointUse_PolicyBrief%20%2809_2009%29%5B1%5D.pdf)

	<p><b>Partnerships for Joint Use</b>  <i>A research report by Center for City for Schools in Berkeley California that establishes an empirical understanding of the full range of joint use and how specific strategies fit into a larger picture of more efficiently and appropriately utilizing public school spaces for educational and community purposes.</i>  <a href="http://media.cefpi.org/CCS_Partnerships.pdf">http://media.cefpi.org/CCS_Partnerships.pdf</a></p> <p><b>Joint Use best practices – Central California Regional Obesity Prevention Program (CCROPP)</b>  <i>A success story on San Joaquin joint use of school grounds published by The California Endowment</i>  <a href="http://www.ccropp.org/uploads/TCE_SuccessStories_Joint_Use_SJV.pdf">http://www.ccropp.org/uploads/TCE_SuccessStories_Joint_Use_SJV.pdf</a></p> <p><b>Obesity prevention on a budget-</b>  <i>This toolkit presents a range of budget conscious policy approaches that leverage existing resources and partnerships to reduce local obesity rates by increasing opportunities for healthy eating and physical activity</i>  <a href="http://www.leadershipforhealthycommunities.org/images/stories/obesity_prevention_on_budget.final.pdf">http://www.leadershipforhealthycommunities.org/images/stories/obesity_prevention_on_budget.final.pdf</a></p> <p><b>Joint Use Agreement Checklist (ChangeLab Solutions, 2009)</b>  <i>This checklist is designed to identify issues for the parties to consider when developing a JUA to share existing facilities. Not all of the issues presented will be applicable in all situations, and there may be issues unique to communities that are not included in this assessment.</i>  <a href="http://changelabsolutions.org/publications/checklist-developing-joint-use-agreement-jua">http://changelabsolutions.org/publications/checklist-developing-joint-use-agreement-jua</a></p>
<p><b>Promote active transport (walking) to school by establishing a Walking School Bus system</b></p>	<p><b>Walking to School</b>  <i>This tool-kit has designed resources that can be implemented in- and after-school curricula, planning guides, and toolkits to assist parents, teachers, pediatricians and community leaders in creating an environment that promotes healthy eating and active living.</i>  <a href="http://www.childreninbalance.org/">http://www.childreninbalance.org/</a></p> <p><b>Fire up Your Feet</b>  <i>This website provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at school.</i>  <a href="http://fireupyourfeet.org/">http://fireupyourfeet.org/</a></p> <p><b>Sacramento County Safe Routes to School (SRTS) Toolkit</b>  <i>This resource provides tools for data collection, a recommended step for implementing a successful SRTS program. Many of the background data identified in this section are great for use in Safe Routes to School grant applications. The type and amount of data you collect will depend on your project needs, your interest in the data, and your capacity to collect the data. There are no required data for starting an SRTS program, but some data are required for SRTS funding. This resource discusses: Baseline walking and biking numbers; Surveys of parent</i></p>

	<p>concerns; Student attendance; Road data; Walk audits and behavior observation; Bike audits.  <a href="http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf">http://www.walksacramento.org/wp-content/uploads/2012/06/SacramentoCountySRTSToolkitFINAL.pdf</a></p>
<p><b>Promote active transport (biking, skating) to school by becoming a SRTS partner, including installing bike racks, and support the efforts with bike safety education workshops, walking club during lunch, and Walking Club for students during lunch recess</b></p>	<p><b>California SRTS Technical Assistance Resource Center</b>  <i>This tool kit assists local communities with creating Safe Routes to School (SRTS) programs by providing trainings, technical assistance, and resources to implement safe and successful SRTS strategies throughout California.</i>  <a href="http://www.casaferoutestoschool.org/safe-routes-to-school-basics/">www.casaferoutestoschool.org/safe-routes-to-school-basics/</a></p> <p><b>CCS Partnership: Creating Safe Walking and Bicycling Communities: Safe Routes to School Decision Maker’s Toolkit.</b> <i>This guide explains active transportation and the conditions in a community that support safe walking and bicycling to schools and other neighborhood destinations. -</i>  <a href="http://www.ccspartnership.org/resources/safe-routes-to-schools/">http://www.ccspartnership.org/resources/safe-routes-to-schools/</a></p> <p><b>How to build and sustain a Safe Routes to School (SRTS) program</b>  <i>this resource has information to improve walking and bicycling conditions near a school and spread interest into other parts of the community. Coalitions that persist in their efforts and make measurable improvements based on their evaluation will be rewarded with safer places for children to walk and bicycle and more children choosing safe routes to school.</i>  <a href="http://www.saferoutesinfo.org/program-tools/build-and-sustain-program">http://www.saferoutesinfo.org/program-tools/build-and-sustain-program</a></p> <p><b>Implementing a SRTS in low-income communities and schools A Resource Guide for Volunteers and Professionals.</b>  <i>The intent is to inspire nonprofit organizations, schools and community residents to come together to implement and sustain successful, culturally sensitive and inclusive Safe Routes to School initiatives.</i>  <a href="http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf">http://www.saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf</a></p> <p><b>SRTS classroom resources for middle school students:</b>  <i>This resource provides five illustrated examples of ways to approach, interact with, and fully engage middle schoolers in activities pertaining to school travel.</i>  <a href="http://www.saferoutesinfo.org/program-tools/what-are-some-good-classroom-resources-middle-school-students">http://www.saferoutesinfo.org/program-tools/what-are-some-good-classroom-resources-middle-school-students</a></p> <p><b>Safe Routes to School: Steps to create a Safe Routes to School Program:</b>  <i>Walking school bus guide, crossing guard guidelines, mileage clubs, and many more resources.</i>  <a href="http://guide.saferoutesinfo.org/encouragement/on-campus-walking-activities.cfm">http://guide.saferoutesinfo.org/encouragement/on-campus-walking-activities.cfm</a></p>

	<p><b>SRTS guide for teachers:</b>  <i>This guide is a comprehensive online reference manual designed to support the development of Safe Routes to School (SRTS) programs. It provides links to other SRTS publications and training resources. Readers of the online guide can pick and choose specific topics based on their interests and needs, such as guidelines for adult school crossing guards, tools to create school route maps, and ways to include children with disabilities in SRTS initiatives.</i>  <a href="http://guide.saferoutesinfo.org/">http://guide.saferoutesinfo.org/</a></p>
<p><b>Promote increased physical activity during the school day (in the classroom, recess, PE)</b></p>	<p><b>North Carolina Energizers</b>  <i>Classroom based physical activities for teachers to integrate with academic concepts</i>  <a href="http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf">http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf</a></p> <p><b>Active Academics</b>  <i>Active lessons to help learning on the common Core Standards; energizers for classrooms and PE enhancement activities for teachers</i>  <a href="http://www.activeacademics.org/?pid=48&amp;tips-for-using">http://www.activeacademics.org/?pid=48&amp;tips-for-using</a>  <a href="http://www.activeacademics.org/?pid=22&amp;research-and-resources">http://www.activeacademics.org/?pid=22&amp;research-and-resources</a></p> <p><b>Just a Minute (JAM) School Program</b>  <i>The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools. JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.</i>  <a href="http://www.healthetips.com/jam-program.php">http://www.healthetips.com/jam-program.php</a></p> <p><b>Take 10!</b>  <i>Program designed to help children understand the importance of fun physical activity and other healthful behaviors, including nutrition.</i>  <a href="http://www.take10.net/">http://www.take10.net/</a></p> <p><b>Child and Adolescent Trial for Cardiovascular Health (CATCH)-</b>  <i>Large school-based field trial aimed at improving school food service, nutrition, and physical education.</i>  <a href="http://www.ncbi.nlm.nih.gov/pubmed/9408786">http://www.ncbi.nlm.nih.gov/pubmed/9408786</a> - abstract  <a href="http://www.childtrends.org/?programs=child-and-adolescent-trial-for-cardiovascular-health-catch">http://www.childtrends.org/?programs=child-and-adolescent-trial-for-cardiovascular-health-catch</a> - overview  <a href="http://catchusa.org/index.html">http://catchusa.org/index.html</a> - curricular</p> <p><b>Sports Play Active Recreation for Kids (SPARK)</b>  <i>Intervention that uses physical education specialists to implement instructional strategies to increase the amount of time students spend in moderate-to-vigorous physical activity (MVPA) in physical education.</i>  <a href="http://www.sparkpe.org/">http://www.sparkpe.org/</a></p> <p><b>Let's Move! Active Schools</b>  <i>Provides school champions with a simple, 6-step process to help them</i></p>

	<p><i>build a team, make a plan, and access free resources and tools, including in-person trainings, program materials and activation grants.</i>  <a href="http://www.letsmove.gov/active-schools">http://www.letsmove.gov/active-schools</a></p> <p><b>Eat Well &amp; Keep Moving- (CDC)</b>  <i>Complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students to make healthier choices while building skills.</i>  <a href="http://www.eatwellandkeepmoving.org/">http://www.eatwellandkeepmoving.org/</a></p> <p><b>Children’s Power Play Initiative (CA) -Network for Health California</b>  <i>Initiative to motivate and empower California children ages 9-11 years to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day.</i>  <a href="http://www.cdph.ca.gov/programs/cpns/Pages/ChildrensPowerPlayCampaign.aspx">http://www.cdph.ca.gov/programs/cpns/Pages/ChildrensPowerPlayCampaign.aspx</a></p>
<p><b>Drinking water in schools</b></p> <p><b>Install hydration stations; ensure compliance with NSLP Drinking Water regulations</b></p>	<p><b>The OSNAP Initiative: Strategies to Increase Drinking Water Access in After School Programs</b>  <i>A research-tested access to water intervention from The Harvard School of Public Health Prevention Research Center designed to increase healthy nutrition for children, including the frequency with which water is served during snack at afterschool programs.</i>  <a href="http://www.centertrt.org/content/docs/Intervention_Documents/Intervention_Templates/OSNAP_Template.pdf">http://www.centertrt.org/content/docs/Intervention_Documents/Intervention_Templates/OSNAP_Template.pdf</a></p> <p><b>Drinking Water in Schools</b>  <i>In 2010, legislation passed at both the federal and California state levels to require schools to make free water accessible to students:</i></p> <ul style="list-style-type: none"> <li>• <b>Federal Healthy, Hunger-Free Kids Act:</b> schools that participate in the National School Lunch Program (NSLP) are required to make water available for free to students during school mealtimes.</li> <li>• <b>California State Senate bill 1413 (Leno)</b> requires school districts to make water available to students where school meals are served or eaten.</li> <li>• <b>Schools should be in compliance by the 2011-12 school year.</b></li> </ul> <p><b>California Department of Education</b>  <a href="http://www.cde.ca.gov/ls/nu/he/water.asp">http://www.cde.ca.gov/ls/nu/he/water.asp</a>  <i>The California Department of Education (CDE) encourages school districts to consider a proactive approach to expanding access and increasing water consumption by both students and district staff. Website shares information on the current regulations, and suggestions for implementation.</i></p> <p><b>Information on encouraging water consumption</b>  <i>Mike Danzik</i>  <i>Nutrition Services Division Nutrition Education Specialist</i>  <i>California Dept. of Education</i>  <i>916-445-7346</i>  <a href="mailto:mdanzik@cde.ca.gov">mdanzik@cde.ca.gov</a>.</p>

	<p><b>Planning of new construction or modernization projects</b>  <i>Contact the CDE’s School Facilities Planning Division Field Representative assigned to your county. The list of county assignments is available at School Facility <a href="#">Field Staff</a> or by phone at 916-322-2470.</i></p> <p><b>Youth Engagement Initiatives: Water Access in Schools</b>  <i>Through the Youth Engagement Initiative, youth throughout California identify and address nutrition and health issues important to them and their communities. This report includes case studies addressing water access in schools in Vale Middle School (Humboldt County) and Del Norte High School (Del Norte School District).</i>  <a href="http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf">http://www.cdph.ca.gov/programs/cpns/Documents/InspiringYouthGrowingChange.pdf</a></p> <p><b>Youth Group Receives Grant to Improve Water Fountains</b>  <i>After fundraising from donations and grants for a new hydration station, the Del Norte CHANGE youth group applied for and received a matching grant that will allow them to install <u>two</u> hydration stations at Del Norte High School.</i>  <a href="http://www.northcoastnutrition.org/youth-group-receives-grant-to-improve-water-fountains">http://www.northcoastnutrition.org/youth-group-receives-grant-to-improve-water-fountains</a></p> <p><b>Water in Schools</b>  <a href="http://www.waterinschools.org/stateofthetap.shtml">http://www.waterinschools.org/stateofthetap.shtml</a>  <i>A project by the <a href="#">California Food Policy Advocates</a> to address the availability of tap water in the schools in California. Outlines what’s required, the current state of water in schools, and solutions and suggestions on how to address the issue. This project is supported by the <a href="#">California Obesity Prevention Program</a> of the <a href="#">California Department of Public Health</a> with funding from the <a href="#">Centers for Disease Control and Prevention</a>.</i></p> <p><b>Promoting Water Consumption in Schools</b>  <a href="http://waterinschools.org/factsheets/factsheet_twopg.pdf">http://waterinschools.org/factsheets/factsheet_twopg.pdf</a>  <i>Two-page fact sheet (PDF) from the <a href="#">Water in Schools project</a> that outlines the issues as well as possible options that other school districts are using to address water accessibility for students.</i></p>
<p><b>Install and support salad bars as part of overall effort to increase fruit and vegetable consumption</b></p>	<p><b>Let’s Move! Salad Bars to School</b>  <i>Part of First Lady Michelle Obama’s Let’s Move initiative is to provide free salad bars to schools—short online application.</i>  <a href="http://www.saladbars2schools.org">www.saladbars2schools.org</a> Also includes a Salad Bar resource page with multiple toolkits, resources, posters, etc.  <a href="http://saladbars2schools.org/resources">http://saladbars2schools.org/resources</a></p> <p><b>CDE’s Team California for Healthy Kids – Salad Bars</b> are a specific strategy to increase access to healthy foods in Superintendent Torlakson’s initiative <a href="http://www.teamcaliforniaforhealthykids.org/what-we-do/healthy-diets/">http://www.teamcaliforniaforhealthykids.org/what-we-do/healthy-diets/</a></p>

	<p><b>Salad bar resources from National Council of Fruit and Vegetable Coordinators</b> includes salad bar resource guide, food safety guide, salad bar line training videos for students, training powerpoints, promotional brochures, speaking points,  <a href="http://astphnd.org/areas.php?sid=&amp;area_id=1">http://astphnd.org/areas.php?sid=&amp;area_id=1</a></p> <p><b>A Field Guide to Salad Bars in School</b>  <i>A step-by-step guide to developing, implementing, and promoting school salad bars.</i>  <a href="http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/docsandpdf/guidetosbinschools.pdf">http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/docsandpdf/guidetosbinschools.pdf</a></p> <p><b>Roadmap to Improving Food &amp; PA Environments – School Section</b>  <i>Draws on the experience of the communities participating in the Healthy Eating, Active Communities Program. It provides advice, tips, and tools on the steps of doing PSE work: Coalition, Assess/Prioritize Issues, Develop Intervention Strategies, Take Action, Reflect and Evaluate, Celebrate Success in the school sector.</i>  <a href="http://www.partnershipph.org/sites/default/files/HEAC_Roadmap.pdf">http://www.partnershipph.org/sites/default/files/HEAC_Roadmap.pdf</a></p>
<p><b>*Qualifying school districts participate in Farm to School procurement systems</b></p>	<p><b>Farm to School Yolo</b>  <i>Yolo County example of farmers growing Harvest of the Month items to support classroom tasting, having HOTM at grocery stores, and offering HOTM at worksites</i>  <a href="http://www.harvesthubbyolo.org/farm-to-school">http://www.harvesthubbyolo.org/farm-to-school</a></p> <p><b>California Farm to School</b>  <i>Resource guide helps to connect with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting California's farmers. Use this site to learn more about farm to school, find schools and farmers in your area to connect with, and make farm to school a reality in your area.</i>  <a href="http://www.cafarmtoschool.org/">http://www.cafarmtoschool.org/</a></p> <p><b>National Farm to School Network</b>  <i>The National Farm to School Network supports the work of local Farm to School programs all over the country by providing free training and technical assistance, information services, networking, and support for policy, media and marketing activities. Website includes an interactive map with a link to state Farm to School website.</i>  <a href="http://www.farmtoschool.org/">http://www.farmtoschool.org/</a></p> <p><b>National Food Good Network</b>  <i>The National Good Food Network Database is a searchable resource of knowledge, people/organizations and funders focused on the work of scaling up good food</i>  <a href="http://www.ngfn.org/">http://www.ngfn.org/</a></p>

**The USDA Farm to School Census**

*The census gathered procurement data related to local sourcing, with documentation of additional farm to school activities (e.g. the prevalence of school gardens, promotional activities, and curriculum integration, etc.) as a secondary objective. It is anticipated that data products will be ready in Oct. 2013.*

<http://www.fns.usda.gov/cnd/f2s/f2s-census.htm>

**Georgia Organics – Farm to School district wellness policy toolkit**

<http://georgiaorganics.org/wp-content/uploads/2012/10/F2SWellnessPolicyToolkit.pdf>

Georgia Organics is also running a “5 Million Meals Challenge” campaign to have 5 million locally sourced meals served in schools by the end of 2013 (many resources on their site, including supporting research, farm to school curriculum, school garden information)

<http://georgiaorganics.org/for-schools/5millionmeals>

**Oregon Farm to School and School Garden Policy Approach Intervention**

*Center-TRT assessment of an emerging intervention that uses evidence-based strategies to change the school food and learning environments to increase access to healthy, locally grown foods. A secondary focus is on influencing students’ knowledge of, attitudes toward, and behaviors related to consuming those foods.*

<http://www.centertrt.org/?a=intervention&id=1110>

**Center TRT Oregon Farm to School Logic Model and Evaluation**

*Evaluation materials for the Oregon Farm to School intervention described above.*

<http://www.centertrt.org/?a=intervention&id=1110&section=10>

**Farm to School Evaluation Toolkit**

*Evaluation toolkit for the Farm to School program evaluation. Includes school lunch recall tool, fruit and vegetable neophobia scales and semi-structured interview guides.*

[http://www.farmtoschool.org/files/publications\\_385.pdf](http://www.farmtoschool.org/files/publications_385.pdf)

**Know Your Farmer Know Your Food**

*(KYF2) is a USDA-wide effort to carry out President Obama's commitment to strengthening local and regional food systems. The mission is to support the critical connection between farmers and consumers and to strengthen USDA's support for local and regional food systems. Through KYF2, USDA integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment.*

[http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF\\_MISSION](http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF_MISSION)

	<p><b>Vermont FEED</b> <i>Works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Lots of resources including guidebooks, videos and evaluation of farm to school programs.</i> <a href="http://www.vtfeed.org/tools">http://www.vtfeed.org/tools</a></p> <p><b>Minnesota Toolkit for School Foodservice</b> <i>This toolkit helps school foodservice start, build, and sustain their Farm to School efforts and includes sections on Getting Started, Food Safety, research related to farm to school,</i> <a href="http://www1.extension.umn.edu/food/farm-to-school/toolkit/">.http://www1.extension.umn.edu/food/farm-to-school/toolkit/</a></p>
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