

Exemplary Practices Indicators

INDICATORS FOR PRACTICE #1: APPROACH PROGRAM DEVELOPMENT IN NUTRITION AND PHYSICAL ACTIVITY WITH VISION, PURPOSE AND INTENTIONALITY

INDICATORS		1	2	3	4	5
<i>Program/Site Vision and Goals</i>						
1	We have a powerful vision of students and their families adopting healthy lifestyles and maintaining them over the course of their lifetimes.					
2	Our vision brings people with different interests, perspectives and experiences together in a common purpose.					
3	Our staff understands our vision and how to move toward achieving it in their everyday work with students.					
4	Our goals in the area of nutrition are clear, easily understood and achievable.					
5	Our goals in the area of physical activity are clear, easily understood and achievable.					
<i>Staff Development</i>						
6	We provide research-based training in nutrition and physical activity to our staff.					
7	We provide ongoing coaching and mentoring to ensure the effective translation of training into daily practices and approaches.					
<i>Staff Knowledge, Attitudes and Skills</i>						
8	The positive attitudes and behavior of our staff are evident in their healthy eating habits and regular physical activity.					
9	Our staff uses research-based resources, materials and curricula that build students' skills.					
10	Our staff uses approaches that are interesting and engaging to students.					
11	Our staff is clear about the connections between nutrition and health, and physical, mental and emotional well-being, and academic achievement.					
12	Our staff is knowledgeable about research-based trends in the fields of nutrition and physical activity.					
13	Our staff regularly offers suggestions and provides feedback to strengthen the activities we provide in nutrition education and physical activity.					
14	Our staff is working on improving their own nutrition and physical activity.					

INDICATORS		1	2	3	4	5
<i>School, Family and Community Relationships</i>						
15	We have established positive working relationships with the school district(s) and schools.					
16	A variety of community partners share our vision and help us develop and strengthen the quality of our program and the nutrition and physical activities students are engaged in.					
17	We recognize and value parents and guardians as partners in our program.					
18	We work closely with parents and guardians to provide them with information about the importance of healthy food choices and physical activity.					
19	We educate parents and guardians about available resources and ways to access them.					
<i>Evaluation and Assessments</i>						
20	We have a system in place that makes it possible for us to track our progress toward the achievement of our goals.					
21	We engage students in tracking their progress toward the achievement of their goals in the areas of nutrition and physical activity.					
22	We identify, celebrate and publicize our successes.					

INDICATORS FOR PRACTICE #2: INTEGRATE NUTRITION AND PHYSICAL ACTIVITY APPROACHES WITH YOUTH DEVELOPMENT PRINCIPLES

INDICATORS		1	2	3	4	5
<i>Staff Knowledge, Attitudes and Skills</i>						
1	Our staff understands the principles and practices of youth development.					
2	Our staff understands that how they approach their work is as important as the activities they provide.					
3	Our staff creates and maintains a physically safe environment for all staff and students.					
4	Our staff creates and maintains an emotionally safe environment for all staff and students.					
5	Our staff demonstrates respect for differences in the physical and cognitive abilities, appearances and skills of students.					
6	Our staff demonstrates respect for diversity in abilities, skill levels and interests of students.					
7	Our staff develops a sense of belonging and self-confidence as well as knowledge and skill building among students.					
8	Our staff holds high, equitable and developmentally appropriate expectations for all students in our program.					
<i>Student Knowledge, Attitudes and Skills</i>						
9	Students feel supported by and connected with our staff.					
10	Students are confident that they can openly discuss their concerns or anxieties with our staff.					
11	Students participate in the planning, development and debriefing of a variety of activities that reflect their interests.					
12	Students engage in a variety of experiential learning experiences that allow them to internalize and master new and life-long skills.					
13	Students are respectful of each other, regardless of differences in physical and cognitive abilities, appearance and skills.					
14	Students engage in a variety of small group, large group and individual activities.					
15	Students are enthusiastic and excited about learning new things and acquiring new skills in the areas of nutrition and physical activity.					
16	Students are increasingly knowledgeable about the importance of developing and maintaining healthy habits.					
17	All students have the opportunity to participate in activities, regardless of their gender, age, physical size or abilities.					
18	Students have regular opportunities to assess what is working and what could be improved in the physical activity and nutrition education activities in which they are participating.					

INDICATORS FOR PRACTICE #3: OFFER EXCITING, ENGAGING AND MEANINGFUL LEARNING EXPERIENCES

INDICATORS		1	2	3	4	5
<i>Staff Knowledge, Attitudes and Skills</i>						
1	Our staff offers health-enhancing activities in nutrition education and physical activity that are exciting and engaging to students.					
2	Our staff offers activities and projects that are appropriate for students' ages and developmental levels.					
3	Our staff is knowledgeable about research-based, behavior-focused nutrition education and approaches.					
4	Our staff is knowledgeable about research-based, behavior-focused physical activities and approaches.					
5	The curricula our staff use and approaches they take are exciting to students and incorporate their interests, choices and preferences.					
6	Our staff offers activities that are culturally relevant and reflect the different interests of children in our program.					
7	Our staff is aware of cultural differences, preferences and styles of students in our program.					
<i>Student Knowledge, Attitudes and Skills</i>						
8	Students actively participate in ways that strengthen their physical, cognitive and social skills.					
9	Students are continually exposed to new ideas and experiences, which motivate them to adopt healthy lifestyles and acquire life-long skills.					
10	Students have opportunities to participate in vigorous physical activity.					
11	Students have a variety of opportunities to practice making healthy food choices.					
<i>Partnerships with Schools, Parents and Community-Based Organizations</i>						
12	Our nutrition approaches are aligned with the <i>Health Framework</i> , the eight components of coordinated school health and the <i>Health Education Content Standards</i> .					
13	Our physical activity approaches are aligned with the <i>Physical Education Framework</i> , the eight components of coordinated school health, and the <i>Physical Education Model Content Standards</i> .					

INDICATORS		1	2	3	4	5
14	We engage parents and guardians as partners in developing and implementing nutrition and physical activity in our program.					
15	We engage community partners in developing and implementing nutrition and physical activity in our program.					
<i>Evaluation and Assessments</i>						
16	We consistently link activities and projects with specific desired outcomes in nutrition.					
17	We consistently link activities and projects with specific desired outcomes in physical activity.					
18	We have tools in place to measure and manage progress toward achieving our program's goals and individual student goals.					
19	We regularly assess changes in the attitudes and behavior of staff and students as they relate to nutrition.					
20	We regularly assess changes in the attitudes and behavior of staff and students as they relate to physical activity.					

INDICATORS FOR PRACTICE #4: COMMIT TO COMMUNITY, FAMILY AND SCHOOL ENGAGEMENT

INDICATORS		1	2	3	4	5
<i>Community Engagement</i>						
1	Our leadership team and staff are committed to engaging schools, parents and guardians, families and community members to support children and young people in our program.					
2	We draw on community resources to offer a wide range of opportunities for students that otherwise would not be available to them because of the limited financial resources of their families.					
3	We utilize community resources such as <i>Network</i> programs to provide students with opportunities to learn about the importance of nutrition.					
4	We utilize community resources such as <i>Network</i> programs to provide students with opportunities to learn about the importance of physical activity.					
5	We regularly provide opportunities for students to be involved in field trips and off-site learning experiences that promote physical activity and sound nutrition practice.					
<i>Parent and Family Engagement</i>						
6	We provide opportunities for students and their families to participate in or attend local sports, dance and other community events that highlight or reinforce the importance of health, nutrition and physical activity.					
7	We encourage parents and guardians to have their children take advantage of school breakfast and lunch programs.					
8	We keep students and parents and guardians informed about upcoming community family events.					
9	We regularly involve parents and guardians as contributors to nutrition and physical activity components of our program.					
10	We encourage parents to share personal experiences that have influenced positive nutrition and physical activity habits in their lives.					
<i>School Engagement</i>						
11	Our site staff works closely with Healthy Start, certificated teachers and school nurses, to provide support and expertise to our program.					
12	Our staff works closely with the school's food service staff and/or dietitian.					
13	Our site staff actively participates in the implementation of our district's wellness policy at the site level, and it includes the afterschool program.					
14	Our site directors serve on school health committees.					
15	Our site staff is aware of the curricula and standards for nutrition and physical education used during the school day and reinforces them with afterschool activities.					
16	Our staff shares information with certificated teachers about student progress in the areas of nutrition and physical activity.					

INDICATORS FOR PRACTICE #5: STRENGTHEN FOOD SECURITY

INDICATORS		1	2	3	4	5
<i>Staff Knowledge, Attitudes and Skills</i>						
1	Our leadership team, staff and partners understand what food security means.					
2	Our staff is knowledgeable about the ways in which food insecurity negatively impacts children and young people's lives and their risk of obesity.					
3	Our staff is familiar with the National School Lunch and Breakfast programs, the Food Stamp Program/SNAP, the WIC Program and other programs that provide food resources to low-income families.					
4	Our staff is knowledgeable about local food resources such as food banks, pantries, etc.					
5	Foods offered in our program are healthful and comply with state laws and requirements for schools.					
<i>Student Knowledge, Attitudes and Skills</i>						
6	Students in gardening classes have the opportunity to take fresh vegetables and fruits home with them after they're harvested.					
7	We encourage all students to participate in the school breakfast and lunch programs.					
8	We work with students to help them overcome barriers that may discourage them from participating in the school breakfast and lunch programs.					
9	We recognize that children and young people are capable of influencing the eating habits of their parents in a positive direction and actively encourage them to do so.					
<i>Partnerships With Schools, Parents and Community-Based Organizations</i>						
10	We routinely inform parents and guardians of the progress their children are making in choosing healthy foods.					
11	We have a system in place to regularly inform parents and guardians about the availability of federal food assistance programs they may be entitled to participate in.					
12	We routinely make information about food sources available to families of children enrolled in our program.					
13	We use a variety of approaches to educate parents about the importance of nutrition.					
14	We regularly hold special events that include healthy meals, which include fruits and vegetables, for children, young people and their families.					
15	We participate in the federal After School Snack Program, and work actively with our school district's food service staff to improve the quality, quantity and variety of snacks for students in our program.					
16	We proactively collaborate with our school district's food service program to provide additional fruits and vegetables for children and young people.					
17	We work with local organizations to provide additional fruits and vegetables as part of our snack program.					

INDICATORS FOR PRACTICE #6: SECURE ADEQUATE AND SUSTAINABLE FUNDING

INDICATORS		1	2	3	4	5
<i>Generating Balanced, Diversified and Sustainable Local Funding</i>						
1	We are clear about the ways in which our program generates new revenue and provides cost savings in our community.					
2	We are clear about the ways in which our program provides new revenue and cost savings to the school districts where our sites are located.					
3	We have developed strong relationships with public officials and community leaders.					
4	We are successful in convincing public officials and community leaders of the value of investing in our program.					
5	We have secured adequate state, federal and local funding to support our program.					
6	We stay informed about potential revenue sources and funding streams to support our program in general and its nutrition and physical activity components in specific.					
<i>Securing Funding for Nutrition and Physical Activity Components</i>						
7	We are clear about the importance of combating childhood obesity and take advantage of the financial opportunities available to support this effort.					
8	We have a system in place that enables us to draw on federal funding to support nutrition and physical activity through grants and other forms of support.					
9	We are knowledgeable about private foundation grants that are available to support our efforts in strengthening the health and well being of students in our program.					
10	We have developed close connections with <i>Network</i> agencies in our area.					
11	We have secured grants to support our work in nutrition and physical activity and are meeting our grants' goals and objectives.					
12	We receive adequate in-kind donations to provide supplies for nutrition and physical activity components in our program.					