

# School Check List

*Does your school promote student health and life-long healthy habits? Fill out this check list below to see if your school is doing all it should to promote healthy behaviors.*

|   | Yes | Not yet |
|---|-----|---------|
| 1. School schedule allows later start times for high school students.   |     |         |
| 2. All food, including vending machines, celebrations, snack bars, and school stores, include healthy food/drink options. |     |         |
| 3. All food sold on school campuses, during the school day, meets minimum nutrition requirements.                         |     |         |
| 4. Students have a variety of foods, including fruits, vegetables, and whole grains.                                      |     |         |
| 5. Students have a variety of before/after school programs that promote physical activity.                                |     |         |
| 6. PE is offered for a minimum of 150 minutes for elementary students and 225 minutes for middle/high school students.    |     |         |
| 7. Elementary students have a minimum of 30 minutes daily recess that promotes physical activity.                         |     |         |
| 8. Health/PE are integrated in other curriculum/opportunities for physical activity are provided during class time.       |     |         |
| 9. Only 100% fruit juice, low/non-fat milk, or water are sold at school.  |     |         |
| 10. School staff receive health promotion information/resources.  |     |         |

### How did you score?

Did you answer “yes” to most of the healthy school practices? If so, **CONGRATULATIONS!** Thanks for helping improve children’s health and for promoting life-long healthy habits. Don’t forget to go to [www.tippingthescales.com](http://www.tippingthescales.com) to find more information, tools, and resources.

Is your school “not yet” implementing healthy school practices? Why not get started today? Go to [www.tippingthescales.com](http://www.tippingthescales.com) to find information, tools, and resources. Don’t forget to provide educational materials to parents/children on **9 5 2 1 0** healthy behaviors.

