

SCHOOL SUCCESS STORY FORM

SHARE YOUR SUCCESS!

Healthy School Environment Initiatives

Introduction

When you share your school's success, you help other schools make improvements in their school environments. The School Success Story website (<http://www.mihealthtools.org/schoolsuccess>) enables schools to submit their success stories through an easy online process and to publish these success stories on the same website for the benefit of other schools.

This print version of the Success Story Form serves two purposes:

- 1) It allows you to preview the information collected on the online form so you are familiar with what the process entails.
- 2) You can use it to fill out some or all of the information ahead of time so you can be more efficient in completing the online form.

This print version is very similar but not exactly the same as the form on the website. For example, the online form has edits to make sure that your information is complete prior to submitting the form. The website form automatically skips questions that are unnecessary based on your previous answers and provides other shortcuts, such as identifying the county in which your school is located by clicking the county name.

The contact information you provide when you submit your success story will be used to recognize your school by attributing the success to your school and to get in touch with you if we need further information and clarification.

In addition to the success story, we ask a few questions to provide valuable background information and to put your success story in context for other schools who use the website and read the success stories. By completing and submitting this form online, you are giving permission for your school and contact information to be shared and for your success story to be published.

Success Story Form

Information About Your School

County in which the School Is Located:

School District:

Name of School:

School Street Address:

City/Town:

State:

Zipcode:

School Enrollment:

Please check all the grade levels within your school: (Check all that apply)

- Kindergarten
- 1st
- 2nd
- 3rd
- 4th
- 5th
- 6th
- 7th
- 8th
- 9th
- 10th
- 11th
- 12th

Is your school: (Select one)

- Public
- Private
- Charter
- Other, please describe: _____

Information About You

Your First Name:

Your Last Name:

Your Job Title:

Your Phone:

Your Email Address:

Confirm Email:

Tell us about a specific success your school has achieved in their school environment. This success story may be related to asthma management, healthy eating, physical activity, sun safety, tobacco-free lifestyles, violence and injury prevention or another health topic.

Please complete this form for each separate success story and submit each separately. Do not combine several success stories into one submission. There is no limit to the number of success stories your school can submit and we encourage you to submit as many success stories as you like.

1a. Which of the following types of successes best describes the success story you are writing about? (Check the one category that best describes your success; if your success story falls into more than one category or is not listed, choose "other" and give a precise description)

- Asthma Management Success**- such as adopting the State Board of Education Model Asthma Policy; providing school staff, students and families education about the seriousness of asthma; requiring that all students with asthma maintain a current asthma action plan on file; decreasing the number of environmental asthma triggers in the school environment such as furred and feathered animals in the classrooms.
- Healthy Eating Success** – such as expanding or promoting school breakfast or offering healthier options at lunch, for a la carte items, in vending machines, at school stores or at concessions. Also includes such programs as farm to school initiatives (using local foods within the school), healthy eating special events, and policy changes (such as not using food as a reward or developing written policies to promote healthy eating).
- Nutrition Education Success** – such as providing nutrition education curriculum, training, and resources. Includes providing nutrition messages that are in accordance with the USDA Food Pyramid. Also includes initiatives offering nutrition education family outreach events, and creating nutrition education policy changes.
- Physical Activity (PA)/Physical Education (PE) Success** – such as longer or more recesses, more minutes of PE, recess before lunch, PA breaks in the classroom, PA programs before and after school, clubs or programs that promote PA, special PA events, enhanced PE curriculum, or purchasing new equipment to provide more PA options. Also includes policy changes like not using PA as punishment or establishing a written policy to promote PA or offer PE.
- Sun Safety Success**– such as establishing a sun safety policy or offering education about sun safety.
- Tobacco-Free Success** – such as developing a written policy for a tobacco-free environment, providing education about tobacco-free lifestyles, establishing a tobacco-free environment, or providing onsite or referral services for effective cessation.
- Violence and Injury Prevention Success** - such as developing a crisis response plan; establishing policies for anti-bullying, positive behavioral support and safe schools; improving school climate; offering services related to violence and injury prevention; including violence and injury prevention in the health education curriculum; or offering programs for staff, families and communities related to violence and injury prevention.
- Organizational Success** – such as establishing an *active* Coordinated School Health Team or other committee with representatives from key players at the school or having health initiatives included in the school improvement plan
- Parent Champions for Success** – changes initiated by parents in any of the above categories (*Asthma Management, Healthy Eating, Nutrition Education, Physical Activity, Physical Education, Sun Safety, Tobacco-Free environment, Violence and Injury Prevention or a key player in the schools' Coordinated School Health Team or Wellness Committee.*)
- Other, please describe** _____ **(skip 1b on next pages)**

1b. Please take a moment to further categorize your success. Select the one best option from the list below that describes your success story. If none fit, select other and provide your own category description.

Choices for those who selected Asthma Management Success

- Establishing/adopting model asthma policies
- Education for staff, students and families about asthma
- Maintaining current asthma action plans for students with asthma
- Decreasing asthma triggers in the school environment
- Other, please describe: _____

Choices for those who selected Healthy Eating Success

- School breakfast
- School lunch
- New Look of School Milk
- Healthier a la carte
- Healthier vending
- Healthy fundraising
- Not using food as a reward
- Healthier school stores/concessions
- Healthy eating written policy
- Local food initiatives such as Farm-to-School
- Healthy options offered at school/classroom parties, celebrations and events
- Family and community involvement in support of healthy eating
- Policies related to healthy eating/lifestyles promotion for school staff
- Other, please describe: _____

Choices for those who selected Nutrition Education Success

- Classroom nutrition/health education
- Nutrition education through Farm-to-School or school gardening initiatives
- Quality nutrition education curriculum used in classrooms
- Quality nutrition education training and resources offered to teachers
- Taste-testing, cooking/food demonstrations or other events related to healthy foods
- Outreach events to educate students and their families and/or community members about healthy food choices at home
- Nutrition education written policy
- Programs/initiatives about making healthy food choices in all school venues (students and staff)
- School Health Services/Counselors providing education about healthy eating and lifestyles
- Educational programs/events in support of healthy eating/lifestyles for staff
- Other, please describe: _____

Choices for those who selected Sun Safety Success

- Sun safety written policy
- Sun safety education
- School health services directed toward sun safety
- Family/community involvement in support of sun safety
- Other, please describe: _____

Choices for those who selected Tobacco-Free Success

- Tobacco-free environment
- Tobacco-free environment written policy
- School counseling/psychological services directed toward smoking prevention/cessation
- School health services directed toward smoking prevention/cessation
- Family/community involvement in support of tobacco-free lifestyles
- Programs/opportunities for staff for smoking cessation
- School events that promote tobacco-free lifestyles
- Other, please describe:_____

Choices for those who selected Physical Activity (PA)/Physical Education Success

- Longer or more recesses
- Programs before/after school
- Walking club/Pedometer program
- PA breaks in the classroom
- Purchased new equipment
- Not using PA as punishment
- Recess before lunch
- Physical activity written policy
- More minutes of PE class
- Promotion of PE
- Enhanced PE Curriculum
- Physical Education written policy
- School counseling/psychological services directed toward more PA
- School health services directed toward more PA
- Family/community involvement in support of PA/PE
- Programs/opportunities for staff for physical activity
- Physical activity school events
- Other, please describe:_____

Choices for those who selected Violence & Injury Prevention Success

- Development/Implementation of a crisis response plan
- Establishment of written policies on positive behavior support, anti bullying, safe schools, quality character education, standards for emergency use of seclusion and restraints
- School climate improvements
- Health education for violence and injury prevention topics
- Program/opportunities for staff related to violence and injury prevention
- School counseling/psychological services related to violence and injury prevention
- School health services directed toward violence and injury prevention
- Family and community involvement in support of violence and injury prevention
- Other, please describe:_____

Choices for those who select Organizational Success

- Establishment of an Active Coordinated School Health Team or similar committee with representation from key school players and focused in improving the school health environment
- Inclusion of Healthy School Initiatives in School Improvement Plan
- Other, please describe:_____

Choices for those who select Parent Champions for Success

- Healthier a la carte, vending, or school meal choices
- Not using food as a reward
- Adequate time to eat
- Healthier food offerings in school stores/concessions/school events
- Sun safety playground/Field trips
- Recess (longer, more, recess before lunch)
- PA breaks in the classroom
- Healthy Fundraising (Jump Rope for Heart, Walk-A-Thon)
- Enhanced PE curriculum, more minutes/days of PE class, or other promotion of PE
- Equipment/materials purchase to support health/healthier school environment
- Healthier classroom parties/celebrations/school events
- Classroom health education for nutrition, physical activity, tobacco-free lifestyles, sun safety, asthma management, and/or violence/injury prevention.
- Establishment of an active parent committee or active parent representation on the Coordinated School Health Team (or similar committee) focused on improving the school health environment
- Health promotion for staff
- Parent role modeling
- Other, please describe: _____

2. At what level did your success take place? (Check all that apply)

- Building level
- District level
- Classroom level
- Other, please describe: _____

3. How long did it take your school to accomplish this success?

- 1 to 3 months
- 4 to 6 months
- 7 to 9 months
- 10 to 12 months
- 1 to 1 ½ years
- 1 ½ to 2 years
- Greater than 2 years

4. What was the nature of the costs associated with your success? (Check all that apply)

- Materials/supplies
- Release time/substitute costs
- No cost **(skip question 4a.)**
- Other, please describe: _____

4a. Please indicate the approximate total cost:

- \$100 or less
- \$101 - \$500
- \$501 - \$1,000
- \$1,001 - \$2,500
- \$2,501 - \$5,000
- Greater than \$5,000

5. What factors were instrumental to your success? (Check all that apply)

- Coordinated School Health Team
- Completing an assessment (such as Healthy School Action Tool Assessment, School Health Index or Changing the Scene)
- Administrative support
- Other team/committee (other than a Coordinated School Health Team)
- Funding
- Other, please describe: _____

6. Please provide a brief description of the success you achieved (2000 characters or less), including what made you decide to take these actions, the impact it has had on your school, and any other important aspects of the success and the process of achieving it.

Please complete this form for each separate success story and submit each separately. Do not combine several success stories into one submission. There is no limit to the number of success stories your school can submit and we encourage you to submit as many success stories as you like.

Not all success stories may be published. The MDCH Success Story Team reserves the right to selectively publish success stories.

7. Who is actively involved in your Coordinated School Health Team (or committee/team that helps promote healthy changes in your school)? (Check all that apply)

- School Administration (Principal, Assistant Principal, Superintendent)
- Nutrition Services (Food Service Director or Manager)
- Physical Education (PE teacher)
- Health Education (Health teacher, educator or school health coordinator)
- Classroom teacher (not PE or Health)
- Health Services Provider or School Nurse
- School Counselor, Psychologist or Social Worker
- Family Involvement (Parent/Guardian)
- Student (on the team for middle/high school; input for elementary school)
- Community Involvement (Health Department, MSU Extension, Heart Association, Cancer Society, Asthma or Tobacco or Other Health Coalition, Safe and Drug-Free School Coordinator, Law Enforcement Representative)
- Other, please describe: _____
- Our school does not have a team **(skip question 7a.)**

7a. How many total times has this team formally met during the past 12 months?

- 0 times
- 1 times
- 2 to 3 times
- 4 or more times

8. Which of these assessments/evaluations aimed at assessing one or more aspects of the health of your school environment has your school/team completed in the past five years? (Check all that apply)

- Healthy School Action Tools (HSAT)*
- School Health Index (SHI) for Physical Activity, Healthy Eating and Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from the Centers for Disease Control and Prevention
- Changing the Scene (CTS) Healthy School Environment Improvement Checklist from U.S. Department of Agriculture, Team Nutrition
- Healthy School Report Card: An Association for Supervision and Curriculum Development Action Tool
- Other, please describe: _____
- None

*Since 2004, The Healthy School Action Tool Assessment is Michigan's preferred assessment tool that is a combination of the School Health Index and Changing the Scene.

Before submitting the online form, you will be asked to read the following.

If you've answered all the questions, you are ready to submit your success story. Please read and make sure you understand all the information below before you click the button to submit your success story.

- By clicking the button below to submit your success story, you are consenting to have your school information and story published on this and other related websites and in other print and web media used to assist other schools working toward a healthy school environment.
- By submitting this form, you are providing permission for us to contact you for further information/clarification.
- You will receive a confirmation page on this website when your success story is successfully submitted. You will also receive an email (to the email address you provided) confirming that your success story was submitted successfully.