

nrgBalance Zones Sample Assessment 2010

Demographic Information

County Drop Down

Choose Public vs Private

School District Drop Down

School Building Drop Down

NOTE: The school building Principal DOES NOT need to complete the nrgBalance Zone Assessment or be part of the School Health Council.

The Principal information is requested to ensure that he/she is aware of the school's participation in nrgBalance Zones.

1. Principal Name:

2. Principal E-Mail:

3. AUN Number: **999999999**

The AUN is a 9-digit number assigned to all public school districts, other public schools, and private schools. This number will appear automatically for you when you select your school above.

4. Student Enrollment for this building:

5. School Building Number: **9999**

This is the PA Dept of Education assigned school building number. It populates for you automatically when you select your school.

6. List the contact information for the individual completing this online assessment.

This person's name, email, and phone number (unless otherwise indicated) will be listed as a contact in your county on the nrgBalance Web site.

Some of these fields will be pre-populated, i.e. (school mailing address). You may change these if necessary.

Name:

Title:

Business Address 1:

Business Address 2:

Business City:

Business State:

Business Telephone:

Contact E-mail:

- Check here if you do **not** want the above phone number to be listed with the contact person's name and email address.

School Health Council

1. Does your school have a representative committee/council (e.g. school administrators, teachers, school nurses, food service staff, parents, counselors, students) that exists to oversee school wellness policies and programs (including those related to nutrition and physical activity)?

- Yes
- In Process
- No

- a. If yes, please check all of the positions that are represented on this committee and fill in their e-mail addresses:

Title

E-mail Address

Separate multiple e-mails with semicolons

- School Administrators
- Health Education Teachers
- Physical Education Teachers
- General Classroom Teachers
- School Nurse
- Guidance Counselor
- Food Service Staff
- Parents/PTA/PTO
- School Board Member
- Students
- Local Government
- Industry (grocery stores, sporting goods stores, etc.)
- Community Organizations

not required

Nutrition Education/Physical Activity Opportunities

1. Does your school provide opportunities for and encourage students to participate in before-school and after-school physical activity programs such as intramurals and clubs? Y/N
2. How does your school provide nutrition education to students? (check all that apply)
- Nutrition education is integrated throughout the curriculum in the following subjects: (check all that apply)
 - a. Health Education
 - b. Science
 - c. Physical Education
 - d. Family and Consumer Science

- e. Math
- f. Environment and Ecology
- g. Reading, Writing, Speaking and Listening
- h. Other: _____

- Nutrition messages in school cafeteria are consistent with classroom nutrition education (includes menu promotions)
- Nutrition events (e.g., Apple Crunch and Go for the Greens) for students
- Cooking demonstrations and taste tests for students
- Food and beverage choices on school grounds are consistent with classroom nutrition education
- Nutrition education provided by outside agencies and other organizations
- Nutrition Education is not part of our required curriculum
- Other _____

3. On average, how many hours of nutrition education do students at your school receive per year? _____

nrgBalance Events

1. What events have or will your school participate in this school year (2009-2010)?
- Annual nrgBalance Webcast (September 22, 2009)
 - Walk to/at School Day (October 7, 2009)
 - Apple Crunch (October 28, 2009)
 - Go for the Greens (March 17, 2010)
 - Move it Outside (April 21, 2010)

Growth Screening

The Pennsylvania Growth Screening Program was designed to monitor child health trends, raise awareness of health issues related to childhood obesity, and connect schools, parents, students, and healthcare providers to address this health issue, as recommended by the Institute of Medicine, Preventing Childhood Obesity: Health in the Balance, 2005.

1. Please share student growth screening results for your school building.
- _____ Total number of students screened
 - _____ Number of students screened at 5th percentile or less
 - _____ Number of students screened at 6th through 84th percentile
 - _____ Number of student screened at 85th through 94th percentile
 - _____ Number of students screened at or above the 95th percentile