

Healthy Schools Checklist

Part A: School Organisation, Ethos and Environment

Please indicate on the scale below how you rate the current situation in your school. Be as honest as possible as this will help you to identify areas on which to concentrate.

		NEVER	SOMETIMES	ALWAYS	N/A
PHYSICAL ACTIVITY	1. Physical education programs provide a balance of non-competitive and competitive activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. All students participate in quality physical activity programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3. Students are provided with 2 hours of physical activity per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	4. Adequate knowledge is given to students to foster positive attitudes toward physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5. Physical activity is integrated into learning areas and extra-curricular activities other than physical education (e.g. Science, maths)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	6. Physical education and physical activity sessions maximise the participation of all students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	7. Students are kept moderately to vigorously active at least 50% of most or all physical education class sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	8. All students are given the opportunity to participate in a variety of physical activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	9. Teachers are supported in attending professional learning sessions relevant to physical activity and sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10. Healthy eating is integrated into learning areas and extra-curricular activities other than physical education (e.g. Science, maths)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	11. Adequate knowledge is given to students to foster positive attitudes toward healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	12. Experiential and skill-based learning is used to teach healthy eating and food preparation (e.g. taste testing, school gardens, cooking classes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEALTHY EATING	14. The school promotes healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	15. Parents pack healthy lunches for their kids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	16. Healthy meal programs are offered to students who come to school hungry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	17. The school has a garden for students to learn about fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	18. Adequate time is available for students to eat lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	19. The school follows food safety standards (e.g. keeping hot foods hot, cold foods cold)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	20. The school canteen follows DET Healthy Food and Drink Policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	21. A healthy eating/nutrition policy exists in the	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

school				
22. The healthy eating/nutrition policy is being fully implemented in the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Parents, staff and students are aware of the healthy eating/ nutrition policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Areas for improvement/ideas for health improvement goals:

Part B: Curriculum, Teaching and Learning

Please indicate on the scale below how you feel about the current situation in your school. Be as honest as possible, as this will help you to identify areas on which to concentrate.

	NEVER	SOMETIMES	ALWAYS	N/A
1. Physical education programs provide a balance of non-competitive and competitive activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. All students participate in quality physical activity programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Students are provided with 2 hours of physical activity per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Adequate knowledge is given to students to foster positive attitudes toward physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Physical activity is integrated into learning areas and extra-curricular activities other than physical education (e.g. Science, maths)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Physical education and physical activity sessions maximise the participation of all students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Students are kept moderately to vigorously active at least 50% of most or all physical education class sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. All students are given the opportunity to participate in a variety of physical activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Teachers are supported in attending professional learning sessions relevant to physical activity and sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Healthy eating is integrated into learning areas and extra-curricular activities other than physical education (e.g. science, maths)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Adequate knowledge is given to students to foster positive attitudes toward healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Experiential and skill-based learning is used to teach healthy eating and food preparation (e.g. taste testing, school gardens, cooking classes etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Areas for improvement/ideas for health improvement goals:

Part C: Partnerships and Services

Please indicate on the scale below how you feel about the current situation in your school. Be as honest as possible, as this will help you to identify areas on which to concentrate.

	NEVER	SOMETIMES	ALWAYS	N/A
1. Parents are involved in students' sport and physical activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Students are encouraged and assisted to join local clubs and participate in community activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Physical education and physical activity are strongly supported by parents within the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The school works with community organisations to promote participation in sport and physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The school works with parents to promote healthy eating among students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Parents are involved in planning and implementing healthy eating activities in the school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Community organisations are involved in healthy eating among students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. All students are encouraged to participate in sports.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Teachers stress the importance of health and physical activity with students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. The school community promotes health through increased physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. The school is adequately resourced to promote healthy eating and physical activity to students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. The school community promotes health through healthy eating initiatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Areas for improvement/Ideas for health improvement goals:

Part D: Physical Activity Assessment

YEAR LEVEL	PHYSICAL ACTIVITY SESSIONS PER WEEK	MINUTES PER SESSION
Kindergarten		
Year 1		
Year 2		
Year 3		
Year 4		
Year 5		
Year 6		
Year 7		
Year 8		
Year 9		
Year 10		
Year 11		
Year 12		

Areas for improvement/ideas for health improvement goals:
