



## Eco-Schools USA Healthy Living- School-Wide Audit



### Learning Objectives

- To assess the current amount of time staff and students spend outside (“Green Hours”) both during and after school.
- To collect and record data about active outdoor time.

### Curriculum Links

Mathematics, Science, Social Studies, Citizenship, Physical Education, Technology

### Eco-Schools USA Pathways

Healthy Living, School Grounds, Energy

### Background

The state of our health is directly related not only to our long-term physical well-being but also to emotional and social factors - our general happiness, confidence and outlook on life. There is also a clear relationship between health and educational attainment.

Studies show outdoor time helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance. In addition, children who spend time in nature regularly are shown to become better stewards of the environment.

Schools need, therefore, to be part of the equation when it comes to helping students to lead healthy and active lives.

### Materials Needed for this Audit

- It will be critical to get feedback from a large number of the school population.
- No other outside materials are needed to conduct the audit

### Procedure

1. Set aside time to complete the Healthy Schools audit.
2. Analyze the results and report the findings to the school community.
3. Formulate an action plan and be sure to monitor and evaluate along the way.
4. Keep this report with your records. This information will be needed when responding to periodic Eco-Schools USA surveys, when applying for awards, and when communicating with the community and members of the media.

School \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Names of Reviewers \_\_\_\_\_

**Use this worksheet to help you prepare a Healthy Living Action Plan.**

**Step 1:** Have students and teachers answer the questions below. If your school population is more than 500 students go to at least 50% of the school's classrooms and answer the questions below. If less than 500 students, try to get information from at least 70% of the school's classrooms.

**Step 2:** After you complete the Classroom Assessment, complete the School Assessment.

**NOTES:**



## Eco-Schools USA Healthy Living

### Classroom Assessment Worksheet

<b>Classroom #:</b>	<b>Teacher:</b>
<b>Grade Level:</b>	<b>Subject:</b>
<b>Total # in Class (students &amp; faculty):</b>	<b>Date of Assessment:</b>
<b>Estimate how many hours per week students and staff spend outside doing school-related activities:</b>	
Outdoor Recess:	_____ hours
Outdoor P.E./Athletics:	_____ hours
Walking <b>to/from</b> School:	_____ hours
Class Outside:	_____ hours
Outdoor Field Trips (zoos, nature centers, etc.):	_____ hours
Outdoor after school sports practice:	_____ hours
After-school outdoor activities (school-sponsored, not sports teams):	_____ hours
Additional time spent working in the schoolyard habitat or taking care of the school's garden(s):	_____ hours
Other (please describe, in addition to # of hours):	
<input type="text"/>	_____ hours
<input type="text"/>	_____ hours
<input type="text"/>	_____ hours
<input type="text"/>	_____ hours



## Eco-Schools USA Healthy Living

### Classroom Assessment Worksheet – page 2

**Estimate how many hours per week students and staff spend outside when they are not at school:**

**\*NOTE\*** A survey of some kind might help you collect this data.

Dog walking: \_\_\_\_\_ hours

Outside jobs: \_\_\_\_\_ hours

Playground time: \_\_\_\_\_ hours

Park time: \_\_\_\_\_ hours

Yard work: \_\_\_\_\_ hours

Walking to do errands: \_\_\_\_\_ hours

Family Walks: \_\_\_\_\_ hours

\_\_\_\_\_ hours

Hanging out in the backyard/neighborhood:

Afterschool outdoor activities/sports (not school-sponsored, i.e. biking, riding, running, hiking, etc.): \_\_\_\_\_ hours

Other (Please describe, in addition to number of hrs):


\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours

**NOTES:**



## Eco-Schools USA Healthy Living School Assessment Worksheet

**Step 1:** Have each classroom in your school complete the *Healthy Living Classroom Assessment Worksheet*.

**Step 2:** Total all of the classroom assessments from Step 1 for numbers 1 and 2 in this section.

**1. Calculate the average amount of time per week students and staff spend outside doing school-related activities:**

Outdoor Recess: \_\_\_\_\_ hours

Outdoor P.E./Athletics: \_\_\_\_\_ hours

Walking **to/from** School: \_\_\_\_\_ hours

Class Outside: \_\_\_\_\_ hours

Outdoor Field Trips (zoos, nature centers, etc.): \_\_\_\_\_ hours

Outdoor after school sports practice: \_\_\_\_\_ hours

After-school outdoor activities (school-sponsored, not sports teams): \_\_\_\_\_ hours

Additional time spent working in the schoolyard habitat or taking care of the school's garden(s): \_\_\_\_\_ hours

Other (please describe, in addition to # of hours): \_\_\_\_\_ hours


\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours



## Eco-Schools USA Healthy Living

### Classroom Assessment Worksheet – page 2

2. Calculate average amount of time per week students and staff spend outside when they are not at school: \*NOTE\* A survey of some kind might help you collect this data.

Dog walking: \_\_\_\_\_ hours

Outside jobs: \_\_\_\_\_ hours

Playground time: \_\_\_\_\_ hours

Park time: \_\_\_\_\_ hours

Yard work: \_\_\_\_\_ hours

Walking to do errands: \_\_\_\_\_ hours

Family Walks: \_\_\_\_\_ hours

Hanging out in the backyard/neighborhood: \_\_\_\_\_ hours

Afterschool outdoor activities/sports (not school-sponsored, i.e. biking, riding, running, hiking, etc.): \_\_\_\_\_ hours

Other (Please describe, in addition to number of hrs): \_\_\_\_\_ hours


\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours

\_\_\_\_\_ hours

NOTES:

How many classes does your school offer that have an outdoor component of the curriculum? \_\_\_\_\_  
Please list:

How many clubs does your school offer that have an outdoor component? \_\_\_\_\_  
Please list:

1. Does your school have a student-monitored garden on property?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Does your school have outdoor space that is suitable for holding class outdoors?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. How many school-sponsored outdoor field trips does your school host per year?		
4. Has the school implemented wellness policies that address physical activity?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Does the school have a walk/bike to school program?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

NOTES:

Summary of the data collected: