

Promoting Active Communities Award Application

Michigan's Promoting Active Communities (PAC) assessment and award application is available for online completion and submission at www.mihealthtools.org/communities. To be considered for the PAC award, the application must be completed and submitted online. However, communities may find this print version of the application useful for previewing the assessment before they register or for collecting data, which can then be transferred to the online application.

This print version includes all the PAC assessment questions and is similar but not identical to the online version. When you complete the questions online, the computer provides assistance. For example, the online assessment displays relevant questions based on your previous answers automatically, performs all calculations for you, checks to make sure all questions are answered, and checks for inconsistent or illogical information. Community population and geographic information is also provided with the online version along with links to numerous online resources to assist your community in completing the assessment and obtaining ideas for ways to make your community more conducive to active living. Additionally, scorecards are provided on the online application; each time you enter data and save, the scorecard is updated.

Please note the following on this print version:

- Instructions for skipping/answering questions and calculation instructions are provided in red. (These functions are performed automatically with the online version.)
- Terms that you can find in the Promoting Active Communities glossary located at the PAC website are in **bold face** in the print version. In the online version, these appear in bold blue letters throughout the application. All you need to do is click on the word and the definition will appear.
- Icons in the print version represent links to the ***Design Guidelines for Active Michigan Communities***  and Promoting Active Communities Resource Guide . In the online version, these links are active. When you click, the link will take you to the Design Guidelines or Resource Guide where you can learn more about the topic referenced in the question, section or subsection.

All Michigan communities are eligible to apply for the Promoting Active Communities award. Communities that achieve an award are recognized at an annual event. Look at the PAC website Frequently Asked Questions for this year's award application deadline (www.mihealthtools.org/communities/default.asp?tab=faqs).

For more information, please visit the Promoting Active Communities website at www.mihealthtools.org/communities. Or contact Sarah Panken at slpanken@michiganfitness.org or 517-908-3822.

SECTION 11: SCHOOLS

To complete this section, please select *one public Elementary School in your community*. If there are no public elementary schools within your community's boundaries, choose one that serves your community's children. Only this elementary school will be scored for the award application.

Note: If the only elementary school in your community is a school that also serves middle school and/or high school students (that is, grades 7 and above), please complete the information for this school, but answer for the elementary school students.

You will need to speak with a school administrator, transportation director, physical education or health education teacher, and/or a school nurse or other health professional from the school you select to answer the questions in this section.

Note: If you have questions about any aspect of the assessment, please contact Sarah Panken (via email at slpanken@michiganfitness.org or via phone at 517-908-3822).

Learn more! Follow the  and  links.

Background Questions

11.1 Which public school districts serve your community's children?

Note: Because more than one school district may serve your community's children, we have provided space for up to three school districts. If your community is served by more than three, please indicate the three that serve the most children in your community.

School District 1:

School District 2:

School District 3:

11.2 How many public schools (K-8) serve the children of your community?

Number of **Elementary Schools**

Number of **Middle Schools**

Number of **combined Elementary/Middle Schools**

11.3 For which elementary school will you be completing this section? Please provide school name and address.

Name of Elementary School:

Street Address of Elementary School:

City:

State:

Zip Code:

11.4 Does this elementary school also include middle school or high school grade levels (grades 6 and higher)?

- Yes
- No

11.5 What is the total enrollment of this elementary school?

Note: Please enter a whole number with no commas or periods. If your school contains middle or high school grades, include only the elementary school, grades K-5 enrollment.

11.6 How many of these students live:

a. within 1 mile of the school?

b. within 2 miles of the school?

Note: Please enter whole numbers with no commas or periods; if no students live within these distances, enter zero.

Healthy School Action Tool

11.7 Has this elementary school completed the Health School Action Tool (HSAT) online assessment*?

- Yes; Indicate Year: _____
- No

*The Healthy School Action Tool is Michigan's tool for assessing the health of a school environment. To find out more about the HSAT, go to www.mihealthtools.org/schools

Safe Routes to School

Michigan has joined the International **Safe Routes to School** (SR2S) movement to encourage students to walk and bicycle to school on safe routes and to obtain needed physical activity. A Michigan SR2S toolkit that includes materials and procedures for the SR2S process is available at www.saferoutesmichigan.org.

11.8 Has this elementary school used the SR2S process or a similar process to assess the number of students who walk or bike to school?

- Yes
- No

If yes, answer 11.8a and 11.8b

11.8a What percentage of students who live within ½ mile of school walk or bike to school on a regular basis?

- 0% to 10%
- 11% to 25%
- 26% to 50%
- 51% to 75%
- More than 75%

11.8b What percentage of students who live within 1 mile of school walk or bike to school on a regular basis?

- 0% to 10%
- 11% to 25%
- 26% to 50%
- 51% to 75%
- More than 75%

11.9 Has this elementary school used the SR2S or a similar process to assess the safety and security of routes used by students who walk to school? *Safety* means that when people are out being active, they feel confident that they will come to no physical harm, such as from automobile crashes or poorly maintained sidewalks. *Security* means that pedestrians and cyclists can move without fear of crime or some other threat, such as an unleashed dog.

- Yes
- No

11.10 Has this elementary school developed a SR2S or similar action plan to correct hazards along routes children use or could use to walk and bike to school, including education, encouragement, enforcement, and engineering strategies where needed?

- Yes
- No

11.11 Does this elementary have sidewalks on both sides of the streets leading to and from the school building that allow safe passage without conflicts from automobile traffic?

- Yes
- No



11.12 Does this elementary school have crossing guards present at major intersections leading up to the school?

- Yes

- No

11.13 Does this school allow elementary school students to ride their bicycles to school?

- Yes
- No

11.13.a (Answer if no to 11.13) Why are children not allowed to ride their bicycles to school?

11.14 Does this elementary school have **bike racks** or a safe place for students to keep bicycles at school?

- Yes
- No

11.15 Has this elementary school participated in **Walk to School Day** in the last 12 months? **RG**

- Yes
- No

Physical Education

11.16 Has this elementary school adopted the **Michigan State Board of Education Policy on Quality Physical Education**? **RG**

- Yes
- No

11.17 Does this elementary school use the **Michigan Exemplary Physical Education Curriculum (EPEC)** or comparable curriculum? **RG**

- Yes
- No

11.18 During the past 12 months, how often was physical education provided for all elementary grades:

- Physical education is not offered throughout the entire school year or for all grades
- 90 minutes or less every week throughout the entire school year
- 91 to 149 minutes every week throughout the entire school year
- 150 minutes or more every week through the entire school year

Note: If PE is not offered throughout the entire school year, then your minutes should not be averaged. Answer "Physical education is not offered..." as indicated above.

Other Physical Activity Opportunities

11.19 Does this elementary school provide free or low-cost extracurricular activities and non-competitive physical activities that help develop skills and attitudes needed to participate in lifetime physical activities?

- Yes
- No

11.20 Has this elementary school participated in **ACES** (All Children Exercising Simultaneously) in the last 12 months? **RG**

- Yes
- No

11.21 Has this elementary school participated in a school walking, mileage, or pedometer program in the last 12 months? **RG**

- Yes, all elementary grades and classes
- Yes, some elementary grades and classes
- No

Physical Activity Policies

11.22 Does this elementary school have the following written policies and are they routinely enforced?

	No written policy	Yes, written policy but not routinely enforced	Yes, written policy & routinely enforced
a. Offer daily opportunities for unstructured physical activity for at least 20 minutes (recess)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Prohibit the use of physical activity as punishment (for example, making children run laps or do push ups)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Prohibit restricting participation in unstructured physical activity (recess) as punishment or to make up missed instructional time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>