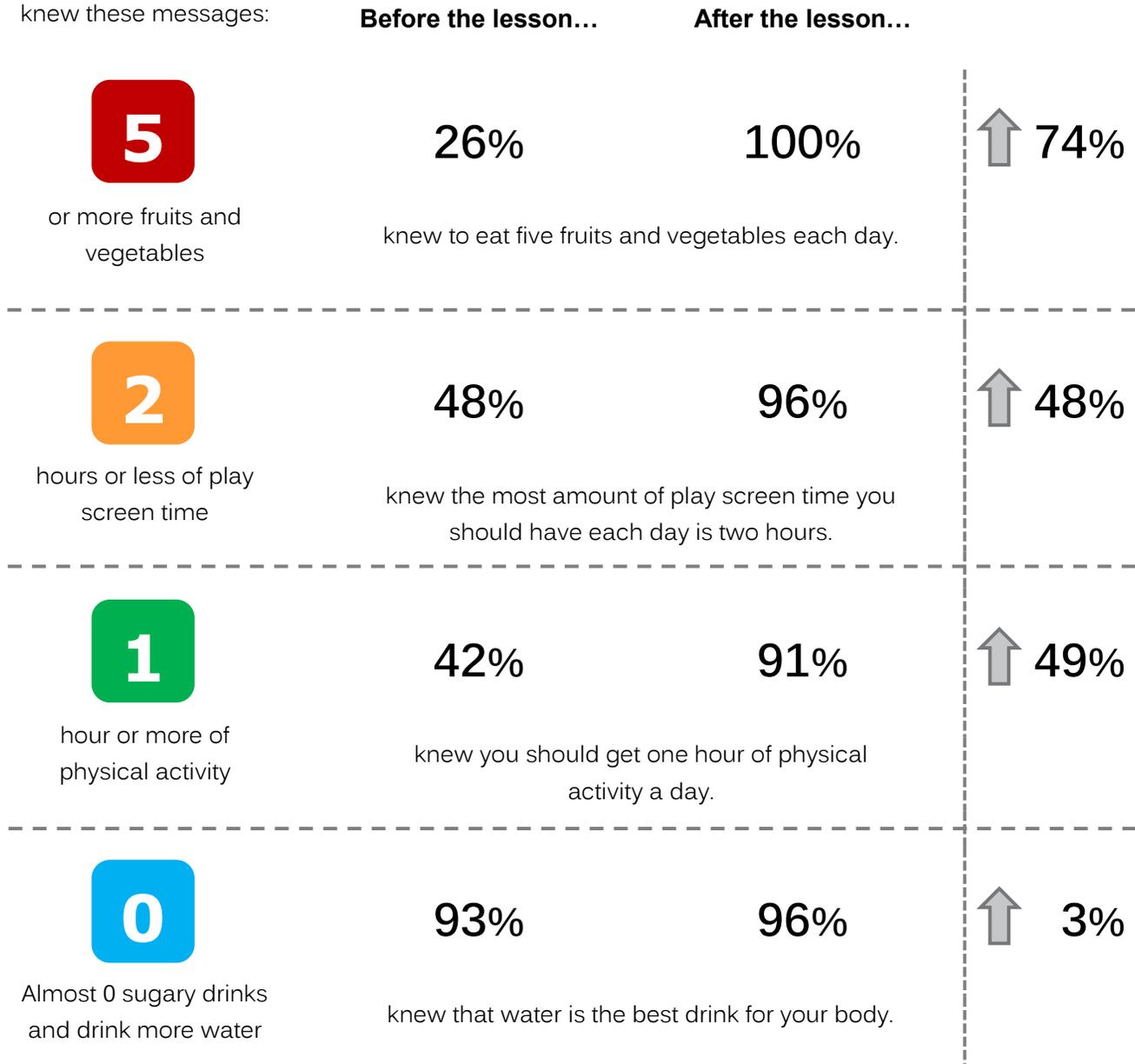


One-Pager with Results and Recommendations (School Education Program Results): Co-developed by evaluation staff, coalition coordinator, and community partner (school teacher); for use with school teacher and principal.

Prepared for American Evaluation Association Conference | Session 1776 | October 28, 2016

On December 14-17, 2015, 58 third-grade students at ABC Elementary participated in the 5-2-1-0 program, learning about healthy and active lifestyles. This program was taught by community professionals from the Coalition.

How many students knew these messages:



This report has been prepared exclusively for ABC Elementary School and should not be shared without the school's permission.

February 2016

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Recommendations for moving forward

Research tells us that students who are physically active and who eat healthier snacks tend to have:

- ✓ More focus and a longer attention span
- ✓ Improved classroom behaviors
- ✓ Reduced feelings of anxiety, stress, and depression
- ✓ Better grades and school attendance

Reinforce healthy eating habits

1. Students can take home MyPlate placemats that outline the correct serving size for different food groups (provided by Coordinator).
2. Give parents a handout with suggestions on how to “Eat at least 5 Fruits and Vegetables Every Day” (provided by Coordinator).

Continue to support students in choosing healthy activities

1. Give students a quick brain boost during the school day using GoNoOdle. GoNoOdle helps teachers and parents get kids moving with short interactive activities. Contact name@organization.com to set up your complimentary GoNoOdle account sponsored by Cook Children's.
2. Students can create their own Activity Bags, with fun ideas and toys to use for physical and non-screen time activities. Suggested items for Activity Bags include:

floor puzzles	board games	story books
activity dice	arts and crafts	jump ropes

See the “Take Home Activity Bags” handout for more ideas (provided by Coordinator).

This research and recommendations are adapted from 5210 Let's Go! at www.letsgo.org.