

CAFE-O-YEA STUDENT DEMO - Coordinator's Planning and Evaluation Report

Use this form to plan and evaluate EACH Caf-O-Yea (COY) Student-Led Demonstration conducted at your school. Complete and submit this report within seven (7) days of the date of the COY event. For assistance with this form, please contact Dr. David Lounsbury (david.lounsbury@einstein.yu.edu).

Select your name from the list of participating HealthCorps Coordinator:

- ☐ David
- ☐ Sarah
- ☐ Tinika

Select your school:

- ☐ Del Norte High School, Crescent City, California
- ☐ Long Beach Polytechnic HS, Long Beach, California
- ☐ Hueneme HS, Oxnard, California
- ☐ Alisal HS, Salinas, California
- ☐ San Geronio HS, San Bernardino, California
- ☐ Upland HS, Upland, California
- ☐ William Penn HS, New Castle, Delaware
- ☐ Coral Gables HS, Miami, Florida
- ☐ Memorial HS, West New York, New Jersey
- ☐ Memorial HS, Millville, New Jersey
- ☐ Halsey Academy, Elizabeth, New Jersey
- ☐ University Heights HS, Bronx, New York
- ☐ HS of Fashion Industries, New York, New York
- ☐ Ginn Academy, Cleveland, Ohio
- ☐ Ada HS, Ada, Oklahoma
- ☐ Ardmore HS, Ardmore, Oklahoma
- ☐ Byng HS, Ada, Oklahoma
- ☐ Latta HS, Ada, Oklahoma
- ☐ Tishomingo HS, Tishomingo, Oklahoma
- ☐ Sharpstown HS, Houston, Texas

Is this your first or second year assigned to this school?

- ☐ 1st year at this school
- ☐ 2nd year at this school

Choose a HealthCorp Pillar:

- ☐ Nutrition (NU)
- ☐ Fitness (FT)
- ☐ Mental Resilience (MR)

Choose the guideline that best describes the focus of this Cafe-O-Yea:

- ☐ Decrease sugary beverage consumption (NU1)
- ☐ Increase frequency of breakfast consumption (NU2)
- ☐ Increase fruit and vegetable intake to 2 1/2 cups per day (NU3)
- ☐ Decrease frequency of fat food meals/junk food consumption (NU4)

Choose the guideline that best describes the focus of this Cafe-O-Yea:

- ☐ Increase physical activity/Reduce sedentary behavior (FT5)

Choose the guideline that best describes the focus of this Cafe-O-Yea:

- ☐ Increase conflict resolution skills/Decrease negative perception of challenges (MR6)

Choose a Cafe-O-Yea:

- ☐ Rethink Your Drink
- ☐ Hydration Station
- ☐ Big Deal about Breakfast
- ☐ Fruit and Veggie of the Month
- ☐ Build Your Plate the Health Way
- ☐ Snacking Right & Light
- ☐ Eating Healthy on Budget

Choose a Cafe-O-Yea:

- ☐ Fitness Zone: Cardio & Strength Challenge
- ☐ Fruit for Fitness
- ☐ We Need Movement
- ☐ Crazy Soccer Race
- ☐ Dancer-cise

Choose a Cafe-O-Yea:

- ☐ Energize & Wake Up Yoga
- ☐ Be a Buddy, Not a Bully
- ☐ Aromatherapy
- ☐ Stress Buster
- ☐ Gratitude
- ☐ De-stress for Success Yoga
- ☐ Positivi-Tree

Venue:

- ☐ Cafeteria
- ☐ Gym
- ☐ Library
- ☐ Classroom
- ☐ Auditorium
- ☐ Schoolyard
- ☐ Other

When do plan to do this Cafe-O-Yea?

When did you actually conduct this Cafe-O-Yea?

POST-DEMO: How many students leaders assisted with this demo?

POST-DEMO: What grades are represented by these students leaders?

- ☐ 7th
- ☐ 8th
- ☐ 9th
- ☐ 10th
- ☐ 11th
- ☐ 12th

POST-DEMO: What genders are represented by these students leaders?

- ☐ Males
- ☐ Females

POST-DEMO: How many FOOD SERVICE STAFF assisted with this Cafe-O-Yea?

POST-DEMO: How many GYM/FITNESS STAFF assisted with this Cafe-O-Yea?

POST-DEMO: How many TEACHERS assisted with this Cafe-O-Yea?

POST-DEMO: How many PARENTS assisted with this Cafe-O-Yea?

POST-DEMO: How many COMMUNITY MEMBERS/ORGANIZATIONS assisted with this Cafe-O-Yea?

POST-DEMO: How many OTHER CHAMPIONS/SUPPORTERS assisted with this Cafe-O-Yea?

POST-DEMO: Enter the total number of STUDENTS who observed/participated in this Cafe-O-Yea?

POST DEMO: What was the most important or useful information, suggestions, and insights that led to your school's choice of this Cafe-O-Yea?

POST DEMO: What worked well (Strengths)?

POST DEMO: What was challenging (Weaknesses)?

How did planning and conducting this COY's help build (or compromise) relationship with key stakeholders in your school (Opportunities and Threats)? Consider relationships with School Food Service, Gym/Physical Ed, After School Programs, School Administrators etc.

Based upon the experience with the spring series, which theme is your school most likely to try next? Select one:

- ☐ Decrease sugary beverage consumption (NU1)
- ☐ Increase frequency of breakfast consumption (NU2)
- ☐ Increase fruit and vegetable intake to 2 1/2 cups per day (NU3)
- ☐ Decrease frequency of fat food meals/junk food consumption (NU4)
- ☐ Increase physical activity/Reduce sedentary behavior (FT5)
- ☐ Increase conflict resolution skills/Decrease negative perception of challenges (MR6)