**Café-O-Yea Student-Led Demonstrations**

**Coordinator’s Planning and Evaluation Report**

Use this form to report on the process you and other wellness champions or supporters used to plan, implement and evaluate a series of three, spring semester Café O Yea (COY) Student-Led Demonstrations (Demos). When your school’s COY series is completed, finalize your report and submit to HealthCorps by e-mail or via electronic portal.

**Step 1 – Provide the HealthCorps School ID, name and address, and identify yourself, below.**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| School ID | School Name | City | State |

|  |  |
| --- | --- |
|  | 🖵 1st year at this school |
| HealthCorps Coordinator’s name | 🖵 2nd year at this school |

**Step 2 – Based on Review your Healthy School Snapshot, choose one guideline and its related COY topics as your focus area for the spring semester.**

**HealthCorps Pillar: NUTRITION**

🖵 **Dietary Guideline: Decrease sugary beverage consumption.**

Select from two suggested COYs:

🖵 Rethink Your Drink 🖵 Hydration Station

🖵 **Dietary Guideline: Increase frequency of breakfast consumption.**

Select from one suggested COY:

🖵 Big Deal about Breakfast

🖵 **Dietary Guideline: Increase fruit and vegetable intake to 2 ½ cups per day.**

Select from two suggested COYs:

🖵 Fruit and Veggie of the Month 🖵 Build Your Plate the Healthy Way

🖵 **Dietary Guideline: Decrease frequency of fast food meals/junk food consumption.**

Select from two suggested COYs:

🖵 Snacking Right & Light 🖵 Eating Healthy on a Budget

**HealthCorps Pillar: FITNESS**

🖵 **Dietary Guideline: Increase physical activity/Reduce sedentary behavior.**

Select from six suggested COYs:

🖵 Fitness Zone: Cardio & Strength Challenge 🖵 Crazy Soccer Race

🖵 Fruit for Fitness 🖵 Dancer-cise

🖵 We Need Movement 🖵 Energize & Wake Up Yoga

**HealthCorps Pillar: MENTAL RESILIENCE**

🖵 **Dietary Guideline: Increase conflict resolution skills/Decrease negative perception of challenges.**

Select from six suggested COYs:

🖵 Be a Buddy, not a Bully 🖵 Gratitude

🖵 Aromatherapy 🖵 De-stress for Success Yoga

🖵 Stress Busters 🖵 Positivi-Tree

**Step 3 – Using the tables below, schedule three (3) COYs, corresponding to choices made in Step 2, above.**

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| --- | --- | --- |
| **1st COY** | Enter COY name (use Step 2 selections):  Enter recipe/Activity: | |
| Venue: | 🖵 Cafeteria 🖵 Gym 🖵 Library 🖵 Classroom 🖵 Auditorium 🖵 Schoolyard  🖵 Other venue (specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Scheduled for: \_\_\_ /\_\_\_ / 17  Conducted on: \_\_\_ /\_\_\_ / 17 |
| Post-demo count of student leaders: | No. of student leaders assisting with demo: \_\_\_\_\_\_ (recommended: 2 to 4)  Grades represented by student leaders (No.): \_\_\_\_ 7th \_\_\_\_ 8th \_\_\_\_ 9th \_\_\_\_ 10th \_\_\_\_ 11th \_\_\_\_ 12th  Genders represented by student leaders (No.): \_\_\_\_ Male \_\_\_\_ Female | Notes: |
| Post-demo count of other champions: | \_\_\_\_ Food service staff \_\_\_\_ Gym/fitness staff \_\_\_\_ Teachers \_\_\_\_ Parents  \_\_\_\_ Community members/organizations  \_\_\_\_ Other champion(s) (specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |
| Reach: | Total No. of students who observed/participated in the demo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |

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| **2nd COY:** | Enter COY name (use Step 2 selections):  Enter recipe/Activity: | |
| Venue: | 🖵 Cafeteria 🖵 Gym 🖵 Library 🖵 Classroom 🖵 Auditorium 🖵 Schoolyard  🖵 Other venue (specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Scheduled for: \_\_\_ /\_\_\_ / 17  Conducted on: \_\_\_ /\_\_\_ / 17 |
| Post-demo count of student leaders: | No. of student leaders assisting with demo: \_\_\_\_\_\_ (recommended: 2 to 4)  Grades represented by student leaders (No.): \_\_\_\_ 7th \_\_\_\_ 8th \_\_\_\_ 9th \_\_\_\_ 10th \_\_\_\_ 11th \_\_\_\_ 12th  Genders represented by student leaders (No.): \_\_\_\_ Male \_\_\_\_ Female | Notes: |
| Post-demo count of other champions: | \_\_\_\_ Food service staff \_\_\_\_ Gym/fitness staff \_\_\_\_ Teachers \_\_\_\_ Parents  \_\_\_\_ Community members/organizations  \_\_\_\_ Other champions) (specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |
| Reach: | Total No. of students who observed/participated in the demo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |

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| --- | --- | --- |
| **3rd COY:** | Enter COY name (use Step 2 selections):  Enter recipe/Activity: | |
| Venue: | 🖵 Cafeteria 🖵 Gym 🖵 Library 🖵 Classroom 🖵 Auditorium 🖵 Schoolyard  🖵 Other venue (specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Scheduled for: \_\_\_ /\_\_\_ / 17  Conducted on: \_\_\_ /\_\_\_ / 17 |
| Post-demo count of student leaders: | No. of student leaders assisting with demo: \_\_\_\_\_\_ (recommended: 2 to 4)  Grades represented by student leaders (No.): \_\_\_\_ 7th \_\_\_\_ 8th \_\_\_\_ 9th \_\_\_\_ 10th \_\_\_\_ 11th \_\_\_\_ 12th  Genders represented by student leaders (No.): \_\_\_\_ Male \_\_\_\_ Female | Notes: |

|  |  |  |
| --- | --- | --- |
| **3rd COY (cont’d:** | Enter COY name (use Step 2 selections): | |
| Post-demo count of other champions: | \_\_\_\_ Food service staff \_\_\_\_ Gym/fitness staff \_\_\_\_ Teachers \_\_\_\_ Parents  \_\_\_\_ Community members/organizations  \_\_\_\_ Other champion(s) (specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |
| Reach: | Total No. of students who observed/participated in the demo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Notes: |

**Step 4 – Reflect on your experience and the experience of student leaders and other champions and stakeholders who helped plan, implement and evaluate these three COYs.**

**a.** **What was the most important or useful information, suggestions, insights that led to your school’s choice of guideline and choice of specific COYs?** In particular, were results of your school’s SnapShot report help with planning or implementing these COYs?

**b. What worked well (Strengths)?**

**c. What was challenging (Weaknesses)?**

**d. How did planning and conducting these COYs help build (or compromise) relationships with key stakeholders in your school (Opportunities and Threats)?** Consider relationships with School Food Service, Gym/Physical Ed, After School Programs, School Administrators, etc.

**Step 5 – Future plans.**

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

🖵 Dietary Guideline: Decrease sugary beverage consumption.

🖵 Dietary Guideline: Increase frequency of breakfast consumption.

🖵 Dietary Guideline: Increase fruit and vegetable intake to 2 ½ cups per day.

🖵 Dietary Guideline: Decrease frequency of fast food meals/junk food consumption.

🖵 Dietary Guideline: Increase physical activity/Reduce sedentary behavior.

🖵 Dietary Guideline: Increase conflict resolution skills/Decrease negative perception of challenges.

**b. Why would this choice be the most likely theme for your school’s next series of Café-O-Yea Student-Led Demos?**

Submitted to HealthCorps on: \_\_\_\_\_/\_\_\_\_ / 17