



# Healthy Schools, Healthy Communities™

## Fidelity Assessment Log

This log supports fidelity of program delivery for Healthy Schools, Healthy Communities™ (HSHC™) lessons series. Educators may find it helpful to take notes on the log throughout the series. This log does not need to be submitted to Michigan Fitness Foundation (MFF) but could prompt a conversation with your local team around improving fidelity of program delivery.

The evidence-base for Healthy Schools, Healthy Communities™ indicates that children in grades 3 - 5 demonstrated significant change in eating vegetables, eating different kinds of foods, trying new food, choosing water and other healthy drinks, washing hands, and asking someone at home to buy healthy foods. Parents reported their (PreK - grade 2) children ate more fruits and vegetables, chose healthier snacks, tried new foods, increased physical activity; and talked more about healthy eating and physical activity.

Program Element	Fidelity Criteria	Criteria met
<b>Training</b>	Participate in or view the yearly MFF HSHC™ Training (Recording available on MFF's virtual training platform, Connect Space.)	
<b>Setting</b>	Elementary school classrooms, preschools, or community settings	
<b>Participant Grades</b>	Pre-K and Kindergarten	
	Lower Elementary: Grades 1 - 2	
	Upper Elementary: Grades 3 - 5	
<b>Minimum Unit/Lesson Length</b>	PreK/K: at least 30 minutes per unit	
	Lower and Upper Elementary: at least 45 minutes per unit	
<b>Minimum Number of Units/Lessons</b>	Pre-K/K: 5 of 6 units	
	Lower Elementary: 5 of 8 units	
	Upper Elementary: 5 of 8 units	
<b>Lesson Frequency</b>	Weekly or Monthly	
<b>Lesson Order</b>	Teach Unit 1 first, then may use other units in any order	
<b>Required Components</b>	Recipe from the Healthy Snack Tasting booklet	
	Fit Bits™ Physical Activity Break	
	Unit Activity (at least one of the three provided)	
	Healthy Homework	
	Family Letter	
<b>Supplemental (Optional) Components and Materials</b>	Health Through Literacy™ Classroom Book Set	
	Activities supporting Core Subject Areas	
	Health Through Literacy™ Take-Home Book Bag	
	Michigan Harvest of the Month™ materials	
	Graduation Certificate	
<b>Modifications</b> <i>Were any modifications made from your original plan? (Select all that apply.)</i>	<input type="checkbox"/> Changed sequence of lessons <input type="checkbox"/> Decreased number of lessons <input type="checkbox"/> Increased number of lessons <input type="checkbox"/> Combined lessons <input type="checkbox"/> Shortened lesson time <input type="checkbox"/> Combined classrooms <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Replaced tasting with food demo (live or video) <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Tasting component was omitted <input type="checkbox"/> Other: _____	
<b>Please provide a brief explanation for any required criteria partially addressed or not met:</b>	<b>Strategies to improve fidelity of program delivery for this intervention:</b>	