

Summary of Evaluation Findings From 2004-2005 *Take Time!* Pilot (11 schools)

	Process of Creating Opportunities in the School	Short Term Outcomes: School environment changes (policies, activities and resources used)	Intermediate Outcomes: Students' and teachers' physical activity	Long Term Goals: benefits of physical activity (health and well being)
Teachers N=72	<ul style="list-style-type: none"> 41 (57%) reported that Take Time! was brought up once or occasionally at staff meetings 8 (11%) said it was frequently discussed at staff meetings 8 reported that a separate task force was developed to implement Take Time! 13 said that decisions were made by one or a few individuals Teachers reported that decisions about how to implement were generally left up to individual teachers The process for implementing Take Time! was not always clear 13 (18%) teachers said that Take Time was discussed at parent conferences 32 (44%) said parents were notified about Take Time! 60 (85%) of teachers said that the school administration supported their participation in Take Time! Only 3 (4%) said administration did not support them and 8 (11%) didn't know 	<ul style="list-style-type: none"> 42 (62%) of teachers said they adopted classroom or other policies, procedures or practices as part of the program Teachers used a variety of activities including walking, stretch breaks, yoga, calisthenics, runs around a field, jump rope. Tapes/CDs with songs for dancing were used including the program called Brain Gym Pedometers were used in some schools with miles logged Some schools did snowshoeing and skiing Calendars in the classroom were used by some to log progress Of the materials provided to schools the most often used (by 7 teachers) was the Menu of Ways to Take Time The majority of teachers (35) reported that they would like to see a policy requiring physical activity for all students at schools every day 	<ul style="list-style-type: none"> 54 (75%) of teachers set goals for physical activity in their classroom 10 minutes per day was most often cited by teachers as the goal set Of the 31 teachers who set a goal of 10 minutes per day, 22 (71%) said they were able to meet that goal 	<p>The majority of teachers reported that they noticed the following changes in students as a result of Take Time (the number of times this change was cited by teachers is in parentheses):</p> <ul style="list-style-type: none"> Decreased need for discipline (7) Increased ability to focus (33) Improved academic performance (10) Decreased stress level (25) Decreased absenteeism (2) 20 teachers (28%) did not notice any change 52% of teachers said they experienced a change in their work satisfaction with their work as a result of the Take Time program.
Students N=274	<ul style="list-style-type: none"> 130 of the students surveyed said that it was easier to be more physically active in school this year (36 cited walking as the reason) 125 students said that they have the right amount of time for physical activity 94 students they don't have enough time 244 students said they like having time to be physically active in school 			<p>Students were asked if anything changed because they have been more active and had the following responses:</p> <ul style="list-style-type: none"> Get in trouble less (32) Easier to think (161) Better grades (35) Less stress (75) Happier with school (115)

Administrators N=12	<ul style="list-style-type: none"> • 6 reported that Take Time was brought up one or occasionally at staff meetings • 2 stated that it was frequently discussed at staff meetings • 5 said decisions about Take Time were left to a few individuals • 2 said a separate task force was convened to address take time • 10 Administrator said their school took steps to inform parents about Take Time! • 10 Administrators said that steps were taken to support teachers' fulfillment of the Take Time requirements 	<ul style="list-style-type: none"> • 7 Administrators reported school-wide policies, practices or procedures that were adopted to support the Take Time program -- these included adding 5 minutes to recess and a walking program • 9 Administrators said physical activity goals were set for the school • 10 Administrators said they would like to see a policy requiring physical activity for all students every day 	<ul style="list-style-type: none"> • 7 Administrators said they participated in Take Time activities 	As a result of increased physical activity in school, administrators noticed the following changes in themselves: <ul style="list-style-type: none"> • Decreased stress (3) • Increased ability to focus (3) • Increased satisfaction with work (1) 3 did not notice any change
-------------------------------	---	---	---	--