

### Summary of Survey Findings From 2005-2006 Take Time!

	<b>Process of Creating Opportunities in the School</b>	<b>Short Term Outcomes: School environment changes (policies, activities and resources used)</b>	<b>Intermediate Outcomes: Students' and teachers' physical activity</b>	<b>Long Term Goals: Benefits of physical activity (health and well being)</b>
<b>Teachers N=85</b>	<ul style="list-style-type: none"> <li>• Teachers felt supported to participate in <i>Take Time!</i></li> <li>• Teachers' favorite <i>Take Time!</i> resources included the boom box and CD's; stickers used in conjunction with calendars; and samples for physical activity breaks.</li> <li>• Teachers mentioned other resources they used for <i>Take Time!</i> activities</li> <li>• Most teachers did not discuss <i>Take Time!</i> with parents.</li> <li>• In general, teachers had very positive experiences implementing <i>Take Time!</i> even though they mentioned barriers such as finding enough time and all the academic expectations. Also mentioned quite often was space-especially in the winter; and the experience that some students may be hard to get motivated</li> </ul>	<ul style="list-style-type: none"> <li>• 68% adopted policies, procedures or activities as part of <i>Take Time!</i>.</li> <li>• 73% of respondents reported setting physical activity goals for their classroom.</li> <li>• 70% of those who set goals set a 10 minute goal;</li> <li>• 55% of respondents said they would like to see a policy requiring physical activity for all students every day while</li> </ul>	<ul style="list-style-type: none"> <li>• Teachers reported almost always participating in physical activity with their students</li> <li>• Teachers reported their physical activity goals as having been "almost always met".</li> </ul>	<ul style="list-style-type: none"> <li>• 82% (56 of 68) reported seeing <i>Take Time!</i> benefits for students:</li> <li>• 77% (43 of 56) reported increased ability to focus;</li> <li>• 48% (27 of 56) decreased stress level;</li> <li>• 30% (17 of 56) decreased need for discipline;</li> <li>• 20% (11 of 56) improved academic performance.</li> <li>• One teacher reported decreased absenteeism.</li> </ul> <p>Teachers noticed other positive changes:</p> <ul style="list-style-type: none"> <li>• Kids' enjoyment and having more fun</li> <li>• improved motor skills</li> <li>• improved endurance</li> <li>• better relationship with the teacher.</li> </ul> <p>Very few teachers (4 of 68, or 6%) reported negative changes as a result of <i>Take Time!</i>:</p> <ul style="list-style-type: none"> <li>• Not being able to fit in with all the academic expectations</li> <li>• Hard to get the class calmed down after exercise</li> <li>• kids with discomfort around physical activity may become object of bullying</li> <li>• students trying to sneak away during exercise.</li> </ul>

<b>Students N=212</b>	<b>Process of Creating Opportunities in the School</b>	<b>Short Term Outcomes: School environment changes (policies, activities and resources used)</b>	<b>Intermediate Outcomes: Students' and teachers' physical activity</b>	<b>Long Term Goals: Benefits of physical activity (health and well being)</b>
	<ul style="list-style-type: none"> <li>• Students overwhelmingly reported liking <i>Take Time!</i> activities.</li> <li>• 68% (128 of 187) reported it was “really fun” to be more active</li> </ul>	<ul style="list-style-type: none"> <li>• 94% (102 of 205) of respondents reported feeling good about the possibility of having more PE;</li> <li>• 90% (180/200) about more recess; 83% (165/198) about more physical activity breaks;</li> <li>• 93% (186 of 201) about more active special events like “field day”.</li> </ul>	<ul style="list-style-type: none"> <li>• 86% of student respondents reported taking part in <i>Take Time!</i> this school year.</li> <li>• 38% (81 of 215) reported not having enough time to be active during the school day.</li> <li>• 57% (121) reported the weather makes it hard to be active;</li> <li>• 53% (113) not enough time; 47% (99) recess taken away for punishment;</li> <li>• 26% (56) don't have enough equipment; 17% (36) not enough space</li> </ul>	<ul style="list-style-type: none"> <li>• 52% of respondents reported no changes.</li> <li>• 55% of respondents reported finding it easier to think;</li> <li>• 30% get in trouble less;</li> <li>• 30% have less stress;</li> <li>• 7% happier with school; and</li> <li>• 5% get better grades</li> </ul> <p>Students also reported some negative consequences to being more physically active. 38% reported getting in trouble more; 15% harder to think; 5% have more stress; 3% less happy with school; and 2% get worse grades.</p>

<b>Administrators N=11</b>	<b>Process of Creating Opportunities in the School</b>	<b>Short Term Outcomes: School environment changes (policies, activities and resources used)</b>	<b>Intermediate Outcomes: Students' and teachers' physical activity</b>	<b>Long Term Goals: Benefits of physical activity (health and well being)</b>
	<ul style="list-style-type: none"> <li>• Five administrators reported first-year participation in <i>Take Time!</i> while 5 reported continuing participation. One administrator didn't know if they were a first-time participant.</li> <li>• Generally, administrators reported following <i>Take Time!</i> recommendations for program implementation. The weakest implementation area (score of 3.4 out of 5) was documenting time students spent being active.</li> <li>• All administrators except one reported informing parents about <i>Take Time!</i>.</li> <li>• Time was the barrier most often mentioned by administrators</li> </ul>	<ul style="list-style-type: none"> <li>• 40% reported adopting school-wide policies to support <i>Take Time!</i></li> <li>• Ten (91%) reported setting physical activity goals for the school.</li> <li>• Eight administrators reported their goals were 10 minutes per day and three reported 15 minutes per day.</li> <li>• One administrator reported having a policy requiring physical activity for all students at school every day.</li> <li>• Six administrators (55%) reported wanting to see a policy requiring physical activity for all students at school every day.</li> <li>• Eight administrators (73%) reported planning to use <i>Take Time!</i> concepts as part of their school wellness policy.</li> </ul>	<ul style="list-style-type: none"> <li>• Six administrators (55%) reported participating in <i>Take Time!</i> activities</li> </ul>	<ul style="list-style-type: none"> <li>• 4 (67%) reported decreased stress levels</li> <li>• 3 (50%) reported increased satisfaction with work</li> </ul>