

Chapter 5

Examples and Evaluation

Each working environment, whether it be a school or child care center, is unique. Kansas Team Nutrition has left the task of determining how Power Panther Professionals will be implemented to each participating site. You may choose to take this program in one of a number of directions. You can develop a scoring system and divide the staff into teams, have everyone work together in a supportive environment, or even involve the entire school or child care center (including students). It is important that whatever you decide to do, you clearly communicate the rules and participation information to all Power Panther Professionals participants. Listed below are a few brief examples of ways to implement and 'score' Power Panther Professionals in your school or child care center. Keep in mind that these are only examples, and that you are encouraged to use the method that best suits the personality and environment of your school or child care center.

Example 1: Power Panther Professionals as a scored competition:

Participants are divided into three teams: K-1 teachers, 2-3 teachers and 4-5 teachers.

Scoring:

Points	Activity
1	For each participant that attends/participates in bi-weekly presentations during staff meetings.
2	For each participant that gets 30 minutes of moderate physical activity (walking, jogging, lifting weights, playing with kids, biking, etc.) in one day.
5	For each "year" of RealAge® a participant loses during the program as per the RealAge® questionnaire.
10	For each lesson taught by participants that specifically addresses the bi-weekly segment topics (ex. hydration, fruits and vegetables, whole grains, etc.)
1	For each serving consumed by participants (during the hydration segment, this would mean an 8-ounce glass of water, during the fruit and vegetable segment, this would mean a serving of fruits or vegetables, etc.)
BONUS	As determined by program facilitator (this may include healthy classroom initiatives like replacing candy bowls on teacher's desk with pencils or stickers or making a bulletin board display with/for students to read and learn about healthy choices.)

Scoring example: A participant attends all 6 bi-weekly presentations, gets 30 minutes of moderate physical activity 3 days per week for all 12 weeks of the program, taught a lesson about whole grains to his students and lost 2 “years” off his RealAge®. Scoring would be as follows:

$$(1 \text{ point} \times 6) + (3 \times 12 \times 2 \text{ points}) + (1 \times 10 \text{ points}) + (2 \times 5 \text{ points}) = 6 \text{ points} + 72 \text{ points} + 10 \text{ points} + 10 \text{ points} = 98 \text{ points}$$

This participant earned 98 points during the 12-week program.

Example 2: Power Panther Professionals as a competition:

Participants are randomly divided into two teams.

Scoring: Every participant takes the RealAge® test at the beginning of the program. The sum of each team’s RealAge® scores is recorded at the beginning of the program. At the conclusion of the program, all participants re-take the RealAge® test. The sum of each team’s new RealAge® scores are compared to their scores from the beginning of the program. The team with the greatest reduction in their RealAge® (as a percentage of their original score) wins.

Example 3: Power Panther Professionals as an individual competition:

Participants are not divided into teams.

Scoring: Every participant takes the RealAge® test at the beginning of the program and again at the end of the program. The participant with the greatest reduction in their RealAge® (as a percentage of their original score) wins.

Power Panther Professionals Evaluation

Please complete this evaluation form at the conclusion of the 12-week Power Panther Professionals program and **return by June 1, 2007**. Because this is the first year for Power Panther Professionals, your evaluation of this program is especially valuable to us. If you have additional ideas or suggestions to improve this program, please add them at the end of this evaluation or attach them on a separate page. Thank you for your commitment to the health and wellbeing of your staff. We look forward to hearing from you!

Name of School or Child Care Center _____

Site Name/Number (USD, PO, XO, etc.) _____

County _____

Your Name _____

Your Phone _____ E-mail address _____

Number of participants in Power Panther Professionals _____

Tell us your opinion of Power Panther Professionals:

Please circle your response to each question.

1. Was the Implementation Manual helpful and easy to follow?	Yes	No	Not Sure
2. Were the activities appealing to participants?	Yes	No	Not Sure
3. Were the lessons appropriate for the audience?	Yes	No	Not Sure
4. Did participants seem to understand the program's key concepts?	Yes	No	Not Sure
5. Did you utilize all of the lessons provided?	Yes	No	Not Sure
If not, what lessons did you use and why?			
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6. What topics would you like to see covered in the future?			
7. Would you be interested in using this program again?	Yes	No	Not Sure
8. Would you recommend this program to other schools?	Yes	No	Not Sure
9. What suggestions do you have for improving Power Panther Professionals? If more space is needed, please use the reverse side of this page or attach another sheet of paper.			



Please send your completed evaluation to:

**Allison Gilmore, Team Nutrition Coordinator
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 Kansas State Department of Education
 120 SE 10th Avenue
 Topeka, KS 66612
 785-291-3372 (fax)**

Thank you for participating in Power Panther Professionals and for completing this evaluation!