



SCHOOL INFORMATION SYSTEM

to assess your environment in terms of elements related to healthy lifestyle habits

Knowing that healthy eating and a physically active lifestyle are conducive to educational success, the School Information System (SIS) was created to support every school team in implementing an optimal school environment.

To this end, the SIS makes it possible to :

- Receive a portrait of your school's situation quickly and easily;
- Be informed of areas for improvement thanks to a personalized report;
- Contribute to setting objectives for the well-being of your educational project;
- Learn about various tools and references to support you.

For a member of the school management team, it takes just 10 minutes.

1. Complete the Welcome questions.
2. Include the e-mail address of the person in your team who is in the best situation to complete the thematic questionnaires.

In compliance with
the MEQ's Policy
Framework for
Healthy Eating and
Active Living

Several thematic questionnaires are available to help you paint a portrait of your school.

MEALTIME ENVIRONMENT

CONTEXT AT THE LUNCH SERVICE

This questionnaire targets the elements that promote the development of healthy eating habits and the socialization of young people during lunchtime. A questionnaire is available for each lunchtime context (e.g. primary: daycare, lunchtime service). Here are some of its components:

- Duration of the meal
- Lunch areas
- Noise level during mealtime
- Mealtime rules
- Hygiene and sanitation measures
- Allergy management practices

Who should be responsible? Someone who is present during mealtimes (e.g. daycare technician, educator, special education technician (duration 20-30 min)).

FOOD OFFER AT LUNCHTIME

This questionnaire helps to identify the elements to be prioritized for a varied food offer and foods of good nutritional value. Here are some of its components:

- Consultation during menu development
- Vegetables, whole grains and protein foods on the daily menu
- Offer of beverages on the daily menu
- Frequency of deli meats, fried foods and sweetened beverages on the menu
- Availability of vegetables and fruit on the “à la carte menu”

Who is it for? Someone involved in preparing or serving meals (e.g. caterer, food service manager (duration 20-40 min - depending on the type of offer)).

VALUING HEALTHY EATING

This questionnaire describes the school's approach to food. Here are some of its components:

- Occasions when food is sold or offered in the school environment
- Facilities and equipment available
- Educational activities
- Food-related operating rules

Who should be responsible? A person with a good knowledge of the school environment (e.g. member of the school administration or the healthy lifestyle committee) (duration 15-25 min).

PHYSICAL ACTIVITIES AND SEDENTARY BEHAVIOR

OPERATING RULE AND FACILITIES FOR AN ACTIVE LIFESTYLE

This questionnaire describes your school environment in terms of physical activity and sedentary behavior. Here are some of its components:

- Available sports facilities
- Safety and active transportation
- Operating rules related to physical activity and sedentary behavior
- Opportunities for physical activity
- Screen use and sedentary behaviors

Who should do it? A person with a good knowledge of the school environment (e.g. member of the school administration or the healthy lifestyle committee) (duration 20-25 min).

OFFER OF PHYSICAL ACTIVITIES

This questionnaire provides information on the physical activities offered in the regular program, as well as on health and physical education courses and their various adaptations to facilitate physical activity at school. Here are a few of its components:

- Opportunities and programs for physical activity
- Culture and adaptation of physical activity for students
 - o in health and physical education classes
 - o in the school

Who to assign it to? To a person with a good knowledge of the physical activity offer and the delivery of PE classes (e.g. PE teacher) (duration 25-30 min).

OPPORTUNITIES FOR PHYSICAL ACTIVITY AT THE DAYCARE SERVICE

This questionnaire provides information on the physical activities offered by the daycare center. Here are a few components:

- Opportunities for physical activity
- Culture of physical activity
- Use of screens

Who should complete it? Someone with a good knowledge of the school environment (e.g. member of the school administration or the healthy lifestyle committee) (duration 15-20 min).

Do I have to fill in all the questionnaires?

No, each questionnaire is independent. However, a more accurate picture of the situation will emerge if many questionnaires are completed for a school. This will enable us to develop a more comprehensive action plan by accessing targeted knowledge to help create school environments conducive to the adoption of healthy lifestyle habits by students, all in one place.

For more information on the SIS, visit: <https://sis-qc.ca/fr/sis/accueil>. The web site will eventually be available in English.

You can also contact us: Pascale Morin, Ph.D. (nutrition), Jérôme Leriche, Ph.D. (physical activity) and Amélie Boulanger, R.D. and project coordinator at: sis@usherbrooke.ca