

SETS national movement evaluation questionnaires - Results - September 2021

Objectives

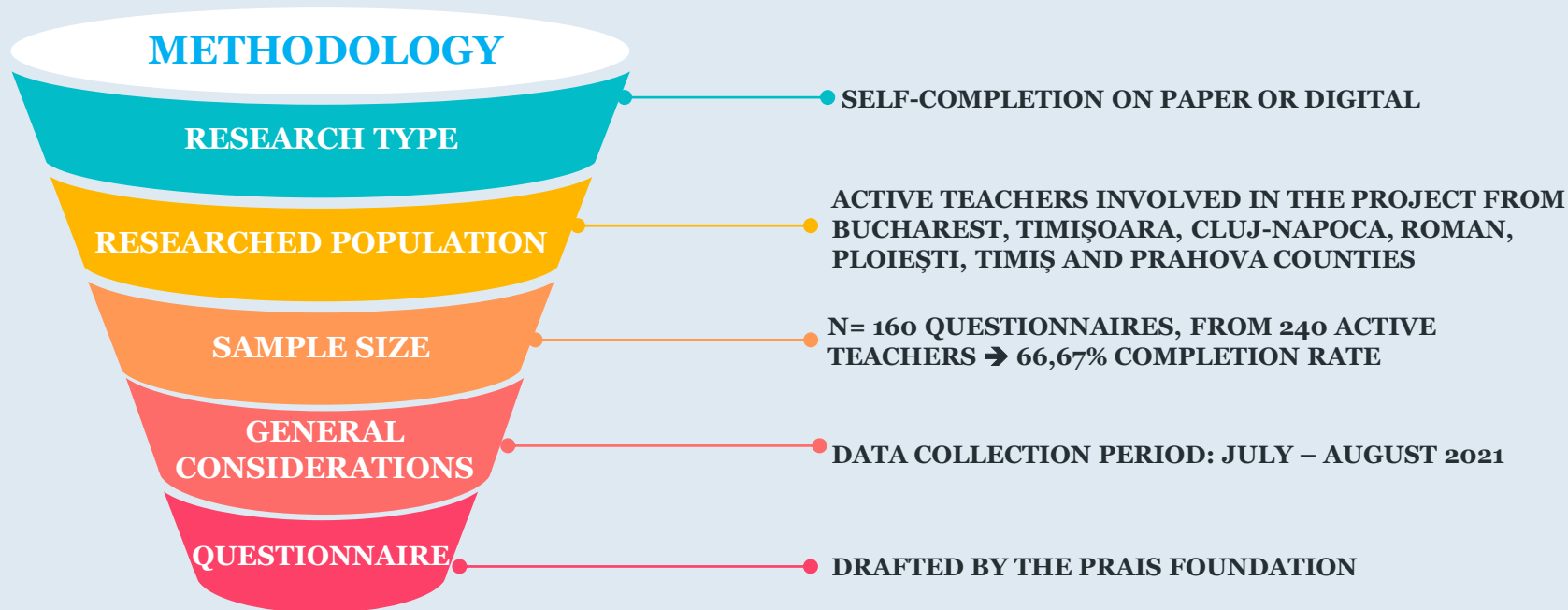
- ✓ To assess the impact and effectiveness of the “I’m living healthy, too!” - SETS national movement between September 2020 and June 2021, in a very complex period when the school took place either online from home or at school in the conditions of the COVID 19 pandemic.
- ✓ To assess the power of mobilization through the use of our digital methodologies that has led to a significant impact among the SETS pupils.



Summary Main results of the impact study

- ✓ The majority of the respondents consider the project's activities to have a positive impact related to the pupils healthy lifestyle habits.
- ✓ The educational video materials are considered by teachers very useful for pupils to learn about the benefits of a healthy lifestyle.
- ✓ All 4 pupils activities were very much appreciated, on top being for the second year the activity SETS Joyful Healthy Sandwich was the most appreciated and loved by them.
- ✓ The content of the E-book "The well-being of children, a priority" was evaluated as a very good material by almost all of the respondents.
- ✓ The teachers are interested to continue participating in the SETS national movement in the following years.

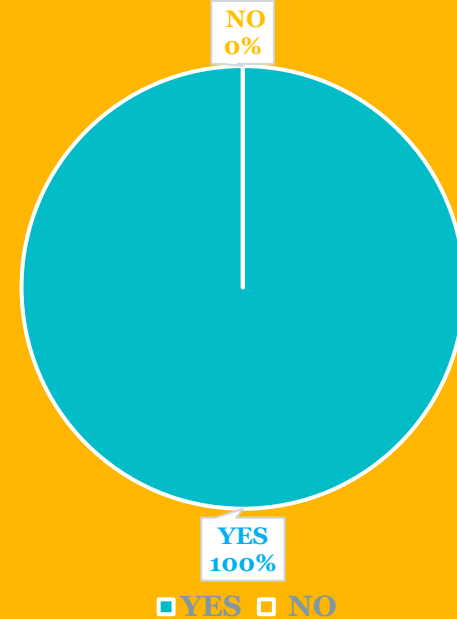




RESULTS

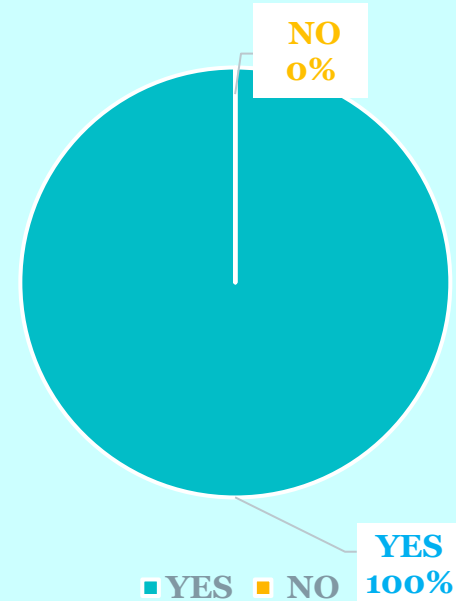
➤ Q1: Do you believe that the participation of the pupils at SETS national movement's 2020-2021 edition helps change their lifestyle habits through access to SETS educational materials, information and extracurricular activities?

✓ All respondents consider that pupils' participation in SETS national movement has contributed to changing their lifestyle habits through their access to SETS educational materials, information and extracurricular activities.



➤ Q2: Did the parents of the pupils consider SETS activities useful and supported the children's participation in this at home or at school during this period?

✓ The parents of the pupils are very supportive of the project and, almost all the teachers responded that the SETS activities and competitions are considered useful by them - 99%.



- Q3: How many extracurricular online or at the school hours have you allocated for carrying out the educational activities within the national movement "I'm living healthy, too!" - SETS during January – June 2021?

2,688
HOURS

**were allocated to SETS
extracurricular activities.**

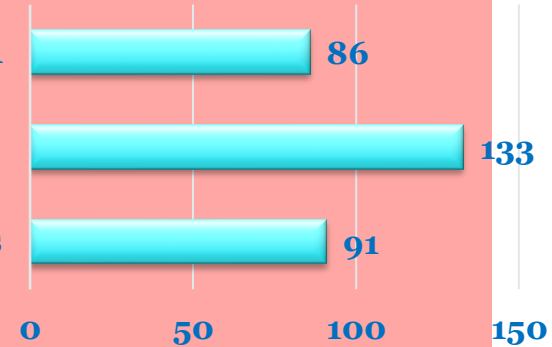
➤ Q4: Mark the pupils' preferred SETS activity (one, two or all can be marked).

✓ From the three activities proposed to pupils, SETS Joyful Healthy Sandwich was, again, the most beloved activity with 83%, followed by GymClass, with 57% and closely by Dance with me! FRUCT-ILĂ with 54%.

Dance with me! FRUCT-ILĂ

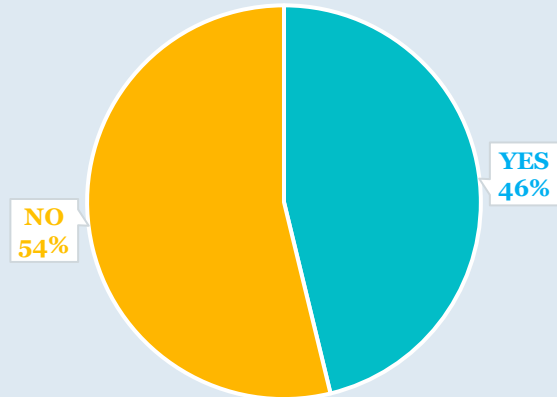
SETS Joyful Healthy
Sandwich

GymClass

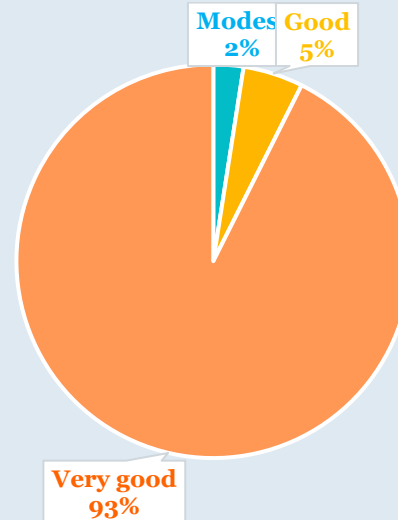


➤ Q5: Did your pupils participate in the SETS drawing contest with the theme "Stories from the world of favorite fruits and vegetables!"?

✓ 93% of respondents whose students participated in SETS drawing contest say that the chosen topic is very good for promoting the importance of fruit and vegetable consumption among the pupils.



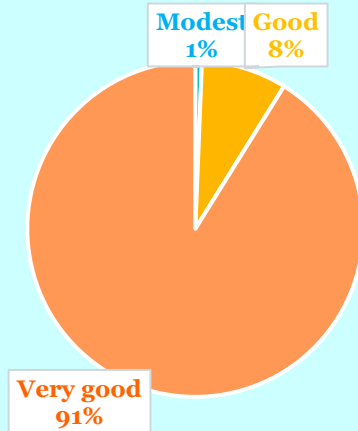
■ YES ■ NO



■ Modest ■ Good ■ Very good

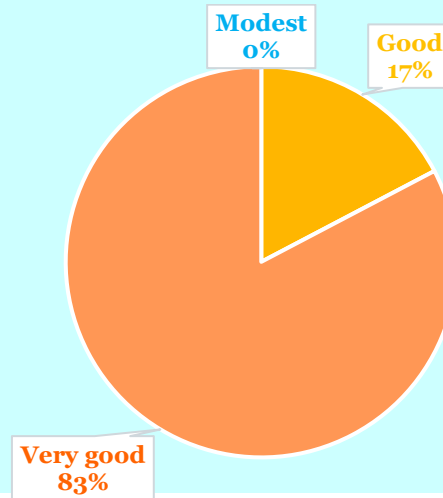


- Q6: How do you evaluate the educational short movies created specifically to promote the importance of adopting a healthy lifestyle based on fruit and vegetable consumption, hydration, and SETS FRUCTI-LĂ mascot?



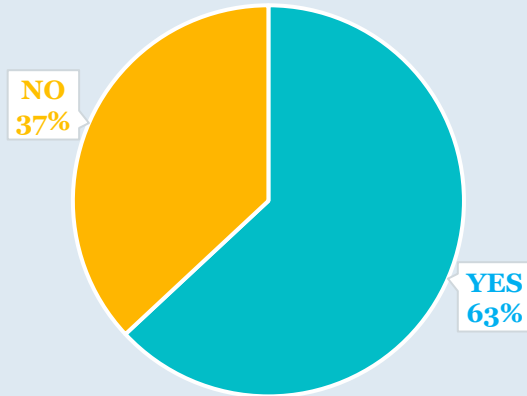
■ Modest ■ Good ■ Very good

- How were these useful and inspiring the pupils to adopt a balanced lifestyle?
- ✓ 83% of respondents consider them very useful and inspiring, while 17% consider them useful and inspiring.



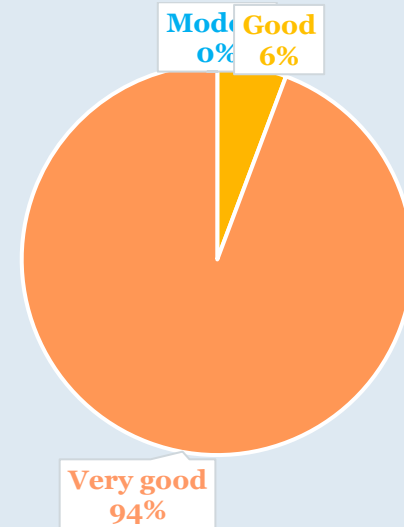
■ Modest ■ Good ■ Very good

- Q7: You attended or watched the SETS online conference "The well-being of children, a priority!" broadcast on the SETS Facebook page in November 2020?



■ YES ■ NO

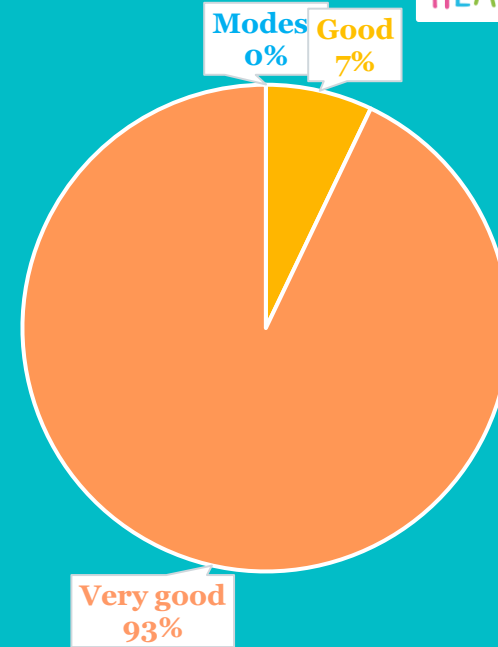
- ✓ 94% of the respondents who attended or watched the conference believe that the topics discussed in this conference were very good and 6% considered them good.



■ Modest ■ Good ■ Very good

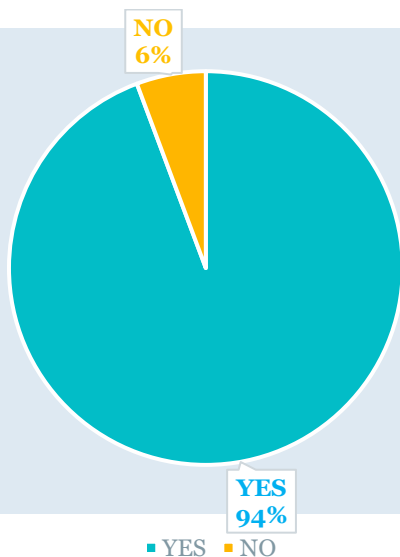
➤ Q8: How do you evaluate the content of the E-book “The well-being of children, a priority”, the informative material resulted from the SETS Conference in terms of the recommendations offered by specialists?

✓ 93% of respondents evaluate the content of E-book very good & 7% evaluate good.



□ Modest ■ Good ■ Very good

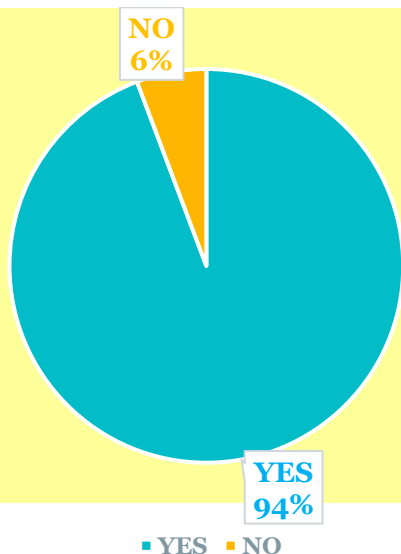
- Q9: Have you accessed www.sets.ro, the website of the movement?
- ✓ 94% of respondents accessed the SETS website.



- How do you evaluate the structure and informative content of www.sets.ro?
- ✓ Out of the respondents that have accessed our website, 90% consider it very good, 9 % consider it good & only 1% consider it modest, in terms of structure and information.



- Q10: Have you accessed the movement's Facebook page @MiscareaSETS?
- ✓ The SETS Facebook page was accessed by 85% of our respondents.

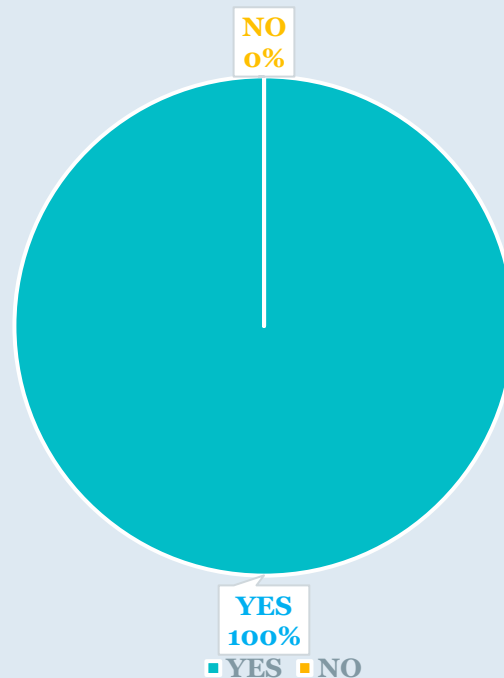


- How do you evaluate the structure and informative content of the SETS Facebook page?
- ✓ 93% of the teachers that completed our questionnaire said that the SETS Facebook page was very good and 7% consider good.



➤ Q11: Do you think it would be beneficial to continue the SETS national movement to improve pupils' knowledge on the importance of a healthy lifestyle?

✓ 100 % of respondents consider to be beneficial to continue SETS national movement in order to improve pupils knowledge on the importance of a healthy lifestyle.



Following the answers of
the open-ended question,
this is what the
respondents had to say
about the SETS national
movement.

It is very important that this project continues. As far as I know, it is the only one that takes place at national level and involves a large number of pupils. The more people involved the better! The more we insist and continue, the more we can hope to become aware of the need to adopt a balanced lifestyle among children!

We really appreciate your activities, thank you for accepting us, although we are from a rural area, where children should romp around more often. The SETS challenges gave pupils the boost to rediscover how to live healthily. Thank you! We are waiting for new challenges!

The activities of the national SETS movement in which the pupils of our school have participated over time have had a positive impact on them by promoting well-being, healthy lifestyle, care for the environment. We are excited to participate, to be your partners in future projects and we wish you success!

You, SETS movement, are very popular and I advise you to keep it going! Thank you!

The proposed activities were very appreciated by the children, but also by their parents. The children were very happy to make healthy sandwiches, including their parents, dancing with Fruct-ila, and their joy was great when they saw their work on SETS Facebook page. They were also very happy with the awards they received. Thanks a lot! We hope for a collaboration in the next school year as well!

Regarding the project, I can say that the topic is extremely important given the fact that it is related to the health of children, our pupils. They need education in this purpose, given the fact that the times we go through urge them more and more towards sedentarism and a less healthy diet.

The children enjoyed all the SETS activities, the parents got involved also and helped them. We also liked to dance with Fruct-ila. Thank you for always being fresh and with us. We can't wait for the new challenges!



**We will continue
together!**