

## Action for Healthy Kids' School Health Index Middle and High School Version

To complete the School Health Index online, please visit  
[https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login).

### School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1.School health oversight	3	-	-	0
2.Representative school health committee or team	3	2	1	0
3.Local wellness policy	3	2	1	0
4.School health action plan	3	-	-	0
5.Positive school climate	3	2	1	0

### Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6.All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	-	-	0
7.All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
8.School meals	3	2	1	0
9.School breakfast	3	-	-	0
10.Variety of offerings in school meals	3	2	1	0
11.Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12.Adequate time to eat school meals	3	2	1	0
13.Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14.Prohibit using food as a reward or punishment	3	2	1	0
15.Access to free drinking water	3	2	1	0
16.All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
17.All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
18.All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
19.Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
20.Food and beverages marketing	3	2	1	0
21.Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
22.Engaging families in nutrition education and school meals	3	2	1	0
23.Nutrition education curriculum implantation	3	2	1	0
24.Farm to school activities	3	2	1	0

N/A

# ACTION FOR HEALTHY KIDS

## Health Education

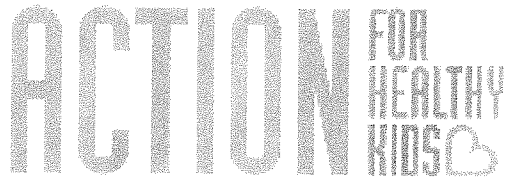
	Fully in Place	Partially in Place	Under Development	Not in Place
25. Required health education course	3	2	1	0
26. Sequential health education curriculum consistent with standards	3	2	1	0
27. Culturally appropriate activities and examples	3	2	1	0
28. Credentialed health education teachers	3	2	1	0
29. Professional development in health education	3	2	1	0
30. Essential topics on physical activity	3	2	1	0
31. Essential topics on healthy eating	3	2	1	0
32. Opportunities to practice skills	3	2	1	0
33. Assignments encourage student interaction with family and community	3	2	1	0
34. Essential topics on preventing unintentional injuries and violence	3	2	1	0
35. Essential topics on preventing tobacco use	3	2	1	0
36. Essential topics on alcohol and other drug use	3	2	1	0
37. Essential topics for preventing HIV, other STD, and pregnancy	3	2	1	0

## Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
38. 225 minutes of physical education per week	3	2	1	0
39. Sequential physical education curriculum consistent with standards	3	2	1	0
40. Students active at least 50% of class time	3	2	1	0
41. Health-related physical fitness	3	2	1	0
42. Licensed physical education teachers	3	2	1	0
43. Address special health care needs	3	2	1	0
44. Professional development for physical education teachers	3	2	1	0
45. Prohibit using physical activity as punishment	3	2	1	0
46. Professional development for classroom teachers	3	2	1	0
47. Promotion or support of walking and bicycling to and/or from school	3	2	1	0
48. Availability of before- and after-school physical activity opportunities	3	2	1	0
49. Availability of physical activity breaks in classrooms	3	2	1	0
50. Family engagement in physical activity	3	2	1	0
51. Access to physical activity facilities	3	2	1	0
52. Promote community physical activities	3	2	1	0

## Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
53. Fostering positive and nurturing relationships	3	2	1	0
54. Positive student relationships	3	2	1	0
55. Professional development on meeting diverse needs of students	3	2	1	0
56. Collaboration to promote social and emotional learning	3	2	1	0
57. School-wide social and emotional learning	3	2	1	0
58. Prevent harassment and bullying	3	2	1	0
59. Active supervision	3	2	1	0
60. Engaging all students	3	2	1	0



**School Health Services**

	Fully in Place	Partially in Place	Under Development	Not in Place
61. Collaboration between school nutrition services staff members and teachers	3	2	1	0
62. Health services provided by a full-time nurse	3	2	1	0
63. School nurse collaborates with other school staff members	3	2	1	0
64. Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	2	1	0
65. School counselor collaborates with other school staff members	3	2	1	0

**Staff Wellness**

	Fully in Place	Partially in Place	Under Development	Not in Place
66. Programs for staff members on physical activity/fitness	3	2	1	0
67. Programs for staff members on health eating/weight management	3	2	1	0
68. All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
69. Modeling healthy eating and physical behaviors	3	2	1	0
70. Stress management programs for staff	3	2	1	0

**Family Involvement**

	Fully in Place	Partially in Place	Under Development	Not in Place
71. Communication with families	3	2	1	0
72. Family engagement in school decision making	3	2	1	0
73. Family volunteers	3	2	1	0
74. Professional development on family engagement strategies	3	2	1	0
75. Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus	3	2	1	0
76. Family involvement in learning at home	3	2	1	0
77. School health updates for families	3	2	1	0

**Community Involvement**

	Fully in Place	Partially in Place	Under Development	Not in Place
78. Community involvement in school decision making	3	2	1	0
79. Community involvement in school health initiatives	3	2	1	0

# WellSAT: 3.0

Wellness School Assessment Tool

## DISTRICT SCORECARD



Federal Requirement



Farm to School



CSPAP

Section 1: Nutrition Education		Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	N/A
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	N/A
NE6	Nutrition education is integrated into other subjects beyond health education	1
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	67

Section 2: Standards for USDA Child Nutrition Programs and School Meals		Rating
SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	Free drinking water is available during meals.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100





### Section 3: Nutrition Standards for Competitive and Other Foods and Beverages



		Rating
NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	1
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	Regulates food and beverages sold in a la carte.	N/A
NS4	Regulates food and beverages sold in vending machines.	N/A
NS5	Regulates food and beverages sold in school stores.	2
NS6	Addresses fundraising with food to be consumed during the school day.	N/A
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	N/A
NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	N/A
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	N/A
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
<i>Subtotal for Section 3</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	57

### Section 4: Physical Education Physical Activity







		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	N/A
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	N/A
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	1

 PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	N/A
 PEPA14	Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
<i>Subtotal for Section 4</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	85

**Section 5: Wellness Promotion and Marketing**

		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
 WPM2	Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.).	N/A
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products).	2
<i>Subtotal for Section 5</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100

**Section 6: Implementation, Evaluation, and Communication**

		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2
 IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
 IEC4	Addresses making the wellness policy available to the public.	2
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
 IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
<i>Subtotal for Section 6</i>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100
	<b>Strength Score:</b> Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100

**Overall District Policy Score**

		Score
	<b>Comprehensiveness Score:</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	100
	<b>Strength Score:</b> Add the strength scores for each of the six sections above and divide this number by 6.	82



**UCONN**  
**RUDD CENTER**  
 FOR FOOD POLICY & OBESITY

**INSTITUTE FOR  
 HEALTH RESEARCH  
 AND POLICY**

