<table>
<thead>
<tr>
<th>Module</th>
<th>Number</th>
<th>Headline</th>
<th>Content</th>
<th>Your Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Health</td>
<td>101</td>
<td>Team</td>
<td>Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety policies?</td>
<td>There is a committee or team, but it is not representative, or it meets less often than 1 time a year.</td>
</tr>
</tbody>
</table>
Has your school implemented the following components of the district's local wellness policy?

- Nutrition education and promotion activities
- Physical activity opportunities
- Nutrition standards for all foods and beverages available on each school campus during the school day that meet or exceed the USDA’s requirements for school meals and competitive foods and beverages
- Marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.
- Other school-based activities that promote student wellness
- Permit parents, students, representatives of the school

Yes, our school has implemented all of these components.
<table>
<thead>
<tr>
<th>School Health and Safety</th>
<th>Does your school make safe, unflavored, drinking water available?</th>
<th>Yes, students can access water fountains or water filling stations throughout the school day, and they are allowed to bring 3 filled containers to class.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policies and Environment</td>
<td>Access to free drinking water cost to students?</td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Answer</td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Do all competitive foods sold to students during the school day meet or exceed the USDA's nutrition standards?</td>
<td>Yes, all competitive foods sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell 3 competitive foods at our school.</td>
<td></td>
</tr>
<tr>
<td>All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards?</td>
<td>Yes, all competitive foods sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell 3 competitive foods at our school.</td>
<td></td>
</tr>
<tr>
<td>Do all foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards?</td>
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</tr>
<tr>
<td>Do all foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards?</td>
<td>Yes, all competitive foods sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell 3 competitive foods at our school.</td>
<td></td>
</tr>
</tbody>
</table>
Do all competitive beverages sold to students during the school day meet or exceed the USDA's nutrition standards? https://schools.healthiergeneration.org/ for all beverages sold to students (commonly called Smart Snacks in School)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School requirements).

School Health and Safety Policies and Environment

106 standards

Yes, all competitive beverages sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell competitive beverages at our school.
School Health and Safety Policies and Environment

Does your school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed?

Yes, using physical activity as punishment and withholding physical education class as punishment are prohibited, and both prohibitions are consistently followed.
<table>
<thead>
<tr>
<th>School Health and Safety Policies and Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prohibit using food as a reward and withholding food as punishment? Is this prohibition consistently followed?</td>
</tr>
<tr>
<td>One or both of these practices is prohibited, but this prohibition is not consistently followed.</td>
</tr>
</tbody>
</table>
Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.

All foods & beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards. This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations. Most foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.
Do all foods and beverages sold to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores and snack or food carts.

All foods & beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards. [Nutrition Standards for Foods](https://schools.healthiergeneration.org/{{internal_page_link_5216}}) and [Nutrition Standards for Beverages](https://schools.healthiergeneration.org/{{internal_page_link_5218}}).

**School Health and Safety Policies and Environment**

Most foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition 2 standards.
Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.

All foods & beverages served and offered during the extended school day meet the
USDA's Smart Snacks in School
Nutrition Standards for Foods
https://schools.healthiergeneration.org/[[internal_page_link_5216]]
Nutrition Standards for Beverages
https://schools.healthiergeneration.org/[[internal_page_link_5218]]

Most foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.
<table>
<thead>
<tr>
<th>School Health and Safety Policies and Environment</th>
<th>Access to physical activity facilities outside school hours?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?</td>
<td></td>
</tr>
<tr>
<td>Making facilities open and available to students, their families, and the community outside of school hours can be conducted as a regular practice or through a formal, written joint or shared use agreement. A joint use or shared use agreement is a formal agreement between a school or school district and another public or private entity to jointly use either school facilities or community facilities to share costs and responsibilities.</td>
<td></td>
</tr>
</tbody>
</table>

|        | Indoor or outdoor facilities are available, but the hours of availability are very limited. |
| 113 hours | 1 limited. |
Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; market days; etc.

<table>
<thead>
<tr>
<th>Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; market days; etc.</th>
<th>Nutrition Standards for Foods</th>
<th><a href="https://schools.healthiergeneration.org/%7B%7Binternal_page_link_5216%7D%7D">https://schools.healthiergeneration.org/{{internal_page_link_5216}}</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Some fundraising efforts sell only non-food items, or some foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.</td>
<td>Nutrition Standards for Beverages</td>
<td><a href="https://schools.healthiergeneration.org/%7B%7Binternal_page_link_5218%7D%7D">https://schools.healthiergeneration.org/{{internal_page_link_5218}}</a></td>
</tr>
</tbody>
</table>
Does your school or district have written health and safety policies that include the following components?

* Rationale for developing and implementing the policy
* Population for which the policy applies (e.g., students, staff, visitors)
* Where the policy applies (e.g., on or off school property)
* When the policy applies
* Programs supported by the policy
* Designation of person(s) responsible (e.g., school administrator(s), teachers) for implementing the policy
* Designation of person(s) responsible (e.g., school administrator(s), teachers) for enforcing the policy
* Communication procedures (e.g., through staff meetings, professional development, website, staff)

Most of our health and safety policies include all of these components.
Does your school communicate its school or district health and safety policies in all of the following ways?

* Signs (e.g., tobacco-free, weapon-free)
* Staff member orientation
* Staff meetings
* Student orientation
* Student handbook
* Staff handbook or listserv
* Employee contracts
* Parent handbook, newsletters, or listserv
* Policies included in contracts with outside vendors and organizations that use school facilities
* Announcements at school events
* School-sponsored meetings
* Community meetings
* School or district website

School Health and Safety Policies and Environment 116 visitors
positive psychosocial school climate using all of the following practices?

* Communicate clear expectations for learning and behavior to students, and share those expectations with families to encourage them to reinforce them at home
* Foster pro-social behavior by engaging students in activities such as peer tutoring, classroom chores, service learning, and teacher assistance
* Foster an appreciation of student and family diversity and respect for all families' cultural beliefs and practices
* Hold school-wide activities that give students opportunities to learn about diverse cultures and experiences
Overcome barriers to learning

Does your school offer, to all students who need them, a variety of services designed to help students overcome barriers to learning?
Does your school provide a broad variety of student enrichment experiences that are accessible to all students?
Does your school implement a standard precautions policy that includes all of the following components?

* Providing and requiring the use of latex or poly gloves and eye wear when exposed to blood and body fluids
* Providing a hard-sided container for contaminated needles/sharps in offices where syringes may be used
* Appropriate disinfecting of surface areas and clean-up materials after exposure to blood and body fluid
* Instructions for appropriate disposal of contaminated materials (e.g., dressings, clothing, tissue/towels)
* Procedures and follow-up for staff members who are exposed to blood
<table>
<thead>
<tr>
<th>School Health and Safety Policies and Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have all teachers received professional development on meeting the diverse cognitive, emotional, and social needs of children and adolescents in the past two years?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Professional development on meeting diverse needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>121 of students</td>
</tr>
</tbody>
</table>
Has the school established a climate, in each of the following ways, that prevents harassment and bullying?

* Staff members, students and parents are informed through a variety of mechanisms of policies defining harassment and bullying and explaining the consequences of such behaviors
* Disciplinary policies are fairly and consistently implemented among all student groups
* Staff members and students treat each other with respect and courtesy
* Fair play and nonviolence is emphasized on the playground, on the school bus, and at school events
* Students are encouraged to report harassment or bullying,
Do staff members actively supervise students, in each of the following ways, everywhere on campus (e.g., classroom, lunchroom, playground, locker room, hallways, bathroom, and school bus)?

* Observing students and being available to talk to students before, during, and after school
* Anticipating and effectively responding to unsafe situations
* Discouraging pushing and bullying
* Promoting prosocial behaviors, such as cooperation, conflict resolution, and helping others
Does your school have a written crisis response plan that includes preparedness, response, and recovery elements? Is the plan practiced regularly and updated as necessary?

Are students actively engaged in school decision-making processes?
School Health and Safety

Policies and Environment

126 facilities

Adequate physical activity facilities are adequate in all of the following ways?

* Both indoor and outdoor spaces can be used by physical education classes, intramural programs or physical activity clubs, and interscholastic sports programs
* Indoor facilities exist so that physical education classes do not have to be canceled due to weather extremes (e.g., rain or temperatures extremes)
* In physical education classes, all students can be physically active without overcrowding or safety risks
* Facilities are accessible for persons with disabilities
* For physical activity clubs and interscholastic sports, all interested students can sign up and participate without overcrowding
Does your school limit food and beverage advertising and promotion (e.g., contests or coupons) on school property to foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards?

This may include, but is not limited to, marketing and branding in cafeterias, hallways, common spaces, classrooms, staff lounges or school stores; and on snack or food carts, vending machine exteriors, display racks, food or beverage cups or containers, coolers, athletic equipment and sports bags.

Examples may include, but are not limited to, in-school media, signs, posters and stickers.
Does your school or district require all students to take and pass at least one health education course? NOTE: If school has more than four grade levels (e.g., 7-12) in same building answer this question instead: "Does the school require all students to take and pass at least two health education courses?"

3 Yes.
Does your health education curriculum address all of these topics on physical activity?

* The physical, psychological, or social benefits of physical activity
* How physical activity can contribute to a healthy weight
* How physical activity can contribute to the academic learning process
* How an inactive lifestyle contributes to chronic disease
* Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
* Differences between physical activity, exercise, and fitness
* Phases of an exercise session, that is, warm up, workout, and cool down
* Overcoming barriers to physical activity

3 Yes, addresses all of these topics.
Does your health education curriculum address all of these essential topics on healthy eating?

* The relationship between healthy eating and personal health and disease prevention
* Food guidance from MyPlate [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)
* Reading and using food labels
* Eating a variety of foods every day
* Balancing food intake and physical activity
* Eating more fruits, vegetables and whole grain products
* Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain transfat
* Choosing foods and beverages with little added sugars
* Eating more calcium-rich foods
* Preparing healthy meals and snacks

2 Addresses most of these topics.
Do all teachers of health education use an age-appropriate sequential health education curriculum that is consistent with state or national standards for health education?

Consider using CDC’s Health Education Curriculum Analysis Tool (HECAT), http://www.cdc.gov/healthyyouth/HECAT/ which is designed to help school districts and schools conduct a clear, complete, and consistent analysis of written health education curriculum. HECAT results can help districts and schools enhance, develop, or select appropriate and effective health education curricula. The HECAT assesses how consistent curricula are with national standards and can assist users in determining if the

<table>
<thead>
<tr>
<th>Health Education</th>
<th>205 standards</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Yes.</td>
<td></td>
</tr>
</tbody>
</table>
Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?

3 Yes, all do.
Do all teachers of health education participate at least once a year in professional development in health education?

3 Yes, all do.
Do students earn grades for required health education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?

If a student does not pass health education courses, the school should require repeating the course as with other academic subjects.
Active learning strategies and activities that students find enjoyable and personally relevant?
<table>
<thead>
<tr>
<th>Health Education</th>
<th>Culturally appropriate activities and examples</th>
<th>Do all teachers of health education use a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>210 examples</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Assignments encourage student interaction with family and community.

Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?
<table>
<thead>
<tr>
<th>Credentialed health education teachers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are all health education classes taught by credentialed health education teachers?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Professional development in delivering school's health and safety curriculum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have all teachers of health education received professional development in delivery of the school's health and safety curriculum in the past two years?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>212 teachers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>213 curriculum</td>
</tr>
</tbody>
</table>
Professional development in classroom

Health Education Have all teachers received professional development in classroom management techniques in the past two years?

Physical Education and Other Physical Activity

How many years of physical education are students at this school required to take?

The equivalent of less than one-half academic year of physical education or students are not required to take physical education at this school.

Physical Education and Other Physical Activity

Years of physical education

0
Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards below)?

Consider using CDC’s Physical Education Curriculum Analysis Tool (PECAT), http://www.cdc.gov/healthyyouth/PECAT/ which is designed to help school districts and schools conduct a clear, complete, and consistent analysis of written physical education curriculum. PECAT results can help districts and schools enhance, develop, or select appropriate and effective physical education curricula for delivering high-quality physical education in 2 or national standards.
Does the physical education program integrate the components of the Presidential Youth Fitness Program?

* Fitness assessment using Fitnessgram
* Professional development for physical education teachers on proper use and integration of fitness education, fitness assessment, and recognition.
* Recognition of students meeting Healthy Fitness Zones or their physical activity goals.

Yes, all 3 components of the PYFP are integrated.
Does the physical education program use three or more methods to promote student participation in a variety of community physical activity options?

- Class discussions
- Bulletin boards
- Public address announcements
- Guest speakers who promote community programs
- Take-home flyers
- Homework assignments
- Newsletter articles

3 Yes, through three or more methods.
Does the physical education program consistently use all or most of the following practices as appropriate to include students with special health care needs?

* Encouraging active participation; modifying type, intensity, and length of activity if indicated in Individualized Education Plans, asthma action plans, or 504 plans
* Offering adapted physical education classes
* Using modified equipment and facilities
* Ensuring that students with chronic health conditions are fully participating in physical activity as appropriate and when able
* Monitoring signs and symptoms of chronic health conditions

Yes, the physical education program uses all or most of these instructional practices consistently.
Does your school promote or support walking and bicycling to school in the following ways?

* Designation of safe or preferred routes to school
* Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
* Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
* Instruction on walking/bicycling safety provided to students
* Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper
* Crossing guards are used
* Crosswalks exist on streets

Our school promotes or supports walking and bicycling to school in one to two of these ways.

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>Promotion or support of walking and bicycling to school</th>
<th>307 school</th>
</tr>
</thead>
</table>

* Walking school buses are used
* Bicycle parking is provided
<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>308 opportunities</th>
<th>Does your school offer opportunities for students to participate in physical activity before and after the school day for example, through organized physical activities or access to facilities or equipment?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of before- and after-school physical activity</td>
<td></td>
<td>Yes. We offer before school or after school, but not both 2 school, but not both</td>
</tr>
</tbody>
</table>
Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?

Physical activity breaks are actual breaks that occur in the academic classroom, allowing students to take a mental and physical break from current academic tasks. These breaks can occur at any time during the school day, last from 5 to 30 minutes, and occur all at one time or several times during the school day. On some days during a typical school week.
Physical Education and Other Physical Activity Programs

Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?

3 Yes, during most or all classes.

<table>
<thead>
<tr>
<th>Program</th>
<th>Quantity</th>
<th>Time</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Education and Other Physical Activity Programs</td>
<td>310 Students</td>
<td>50% of class</td>
<td>3 Yes, during most or all classes.</td>
</tr>
<tr>
<td>Physical Education and Other Physical Activity Programs</td>
<td>Professional development</td>
<td>311 for teachers</td>
<td>Are teachers of physical education required to participate at least once a year in professional development in physical education?</td>
</tr>
<tr>
<td>Physical Education and Other Physical Activity Programs</td>
<td>Licensed physical education teachers</td>
<td>Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?</td>
<td>Yes, all are.</td>
</tr>
</tbody>
</table>
Physical Education and Other Physical Activity Programs

Do all students in each grade receive physical education for at least 225 minutes per week throughout the school year?

Physical education classes should be spread over at least three days per week, with daily physical education preferable.

<p>| Physical Education and Other Physical Activity Programs | 225 minutes of physical education per week | 313 week |</p>
<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>Time requirement for length of physical education class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does your school have a time requirement for the length of physical education classes?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>Adequate teacher/student ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do physical education classes have a student/teacher ratio comparable to that of other classes?</td>
<td></td>
</tr>
</tbody>
</table>

Physical Education and Other Physical Activity Programs 314

Physical Education and Other Physical Activity Programs 315 nt ratio
Are all teachers of physical education provided with the following information and materials to assist in delivering quality physical education?

* Goals, objectives, and expected outcomes for physical education
* A written physical education curriculum
* A chart scope and sequence for instruction
* A plan for assessing student performance
* Physical activity monitoring devices, such as pedometers, heart rate monitors
* Internet resources, such as SHAPE America online tools and resources

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>316 teachers</th>
<th>Information and materials for physical education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>heart rate monitors</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Internet resources, such as SHAPE America online tools and resources</td>
</tr>
</tbody>
</table>
Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?
Physical Education and Other Physical Activity Programs

Prohibit exemptions or waivers for physical education

Does the school prohibit exemptions or waivers for physical education?
<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
<th>319 fitness plans</th>
</tr>
</thead>
</table>

**Do students design and implement their own individualized physical activity and fitness plans as part of the physical education program?**

**Do teachers of physical education provide ongoing feedback to students on progress in implementing their plans?**
Does the physical education program implement and enforce all of the following safety practices?

* Practice active supervision
* Encourage pro-social behaviors
* Use protective clothing and safety gear that is appropriate to child's size and in good shape
* Use safe, age-appropriate equipment
* Minimize exposure to sun (including through use of sunscreen), smog, and extreme temperatures
* Use infection control practices for handling blood and other body fluids
* Monitor the environment to reduce exposure to potential allergens or irritants (e.g., pollen, bees, strong odors)
<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation in intramural programs or physical activity clubs?</td>
</tr>
<tr>
<td>Do both boys and girls participate in school-sponsored intramural programs or physical activity clubs?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of interscholastic sports</td>
</tr>
<tr>
<td>Does your school offer at least eight different interscholastic sports to both boys and girls?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs</td>
</tr>
<tr>
<td>322 activity clubs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs</td>
</tr>
<tr>
<td>323 sports</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Education and Other Physical Activity Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs</td>
</tr>
<tr>
<td>323 sports</td>
</tr>
</tbody>
</table>
require all interscholastic sports coaches to have training in the sport(s) they coach that reflects competency in the skills and knowledge outlined in the National Standards for Sports Coaches?

National Standards for Sports Coaches

The 40 standards are grouped into the following eight domains:
1. Philosophy and ethics
2. Safety and injury prevention
3. Physical conditioning
4. Growth and development
5. Teaching and communication
6. Sports skills and tactics
7. Organization and administration
8. Evaluation

Physical Education and Other Physical Activity Programs

Training requirements for sports coaches

324 coaches

National Association for Sport and Physical Education. Quality Coaches, Quality Sports: National Standards for Sports Coaches, 2nd
Does the school ensure that spaces and facilities for physical activity meet or exceed recommended safety standards for design, installation, and maintenance, in the following ways?

* Regular inspection and repair of indoor and outdoor playing surfaces, including those on playgrounds and sports fields
* Regular inspection and repair of physical activity equipment such as balls, jump ropes, nets, cardiovascular machines, weights, and weight lifting machines
* Padded goal posts and gym walls
* Breakaway bases for baseball and softball
* Securely anchored portable soccer goals that are stored in a locked facility when not in use
* Bleachers that minimize the
program implement and enforce all the following safety requirements?

* Require physical examination by physician before participation
* Avoid excesses in training regime that may result in injuries (e.g., heat stroke, exhaustion, dehydration, sprains, strains)
* Establish criteria, including clearance by a health-care provider, before allowing further participation in practice or reentry into game play after a head injury
* Reward good sportsmanship, teamwork, and adherence to safety rules
* Strictly enforce prohibitions against alcohol and drug use
* Strictly enforce prohibitions against violence and aggression by students, spectators, coaches,
Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?

3 Yes.
variety of foods that meet the following criteria?

**LUNCH**

* Go beyond the National School Lunch Program requirements to offer one additional serving per week from any of the 3 vegetable subgroups (dark green, red and orange, dry beans and peas)
* Offer a different fruit every day of the week during lunch (100% fruit juice can be counted as a fruit only once per week)
* Offer fresh fruit at least 1 day per week
* Offer foods that address the cultural practices of the student population
* Offer an alternative entrée option at least one time per week that is legume based, reduced fat

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| Nutrition Services | Variety of foods in school meals | 402 | Yes, meets six to eight of these criteria for variety. | 3 |
Promote healthy food and beverage choices using Smarter Lunchroom techniques?

* Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
* Sliced or cut fruit is available daily
* Daily fruit options are displayed in a location in the line of sight and reach of students
* All available vegetable options have been given creative or descriptive names
* Daily vegetable options are bundled into all grab and go meals
* All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily 2

Healthy food and beverage choices are promoted through five to nine of these techniques.
Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA’s Professional Standards requirements? Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques.

Yes, all food and nutrition services staff meet or exceed the annual continuing education/training hours required by the USDA’s Professional Standards requirements.
Do most venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?

Note: If the school does not have any food venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts), answer "Yes".

Yes, most or all venues outside the 3 cafeteria do.
Do nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?

* Participate in design and implementation of nutrition education programs
* Display educational and informational materials that reinforce classroom lessons
* Provide food for use in classroom nutrition education lessons
* Provide ideas for classroom nutrition education lessons
* Teach lessons or give presentations to students
* Provide cafeteria tours for classes

Collaboration between nutrition services staff members and 406 teachers 3 Yes, use three or more methods.
Nutrition Services

Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?

Yes. (Note: If the school does not have a breakfast program, but does provide at least 20 minutes for lunch, you can select this answer.)
Is your school implementing any Farm to School activities?

* Local and/or regional products are incorporated into the school meal program
* Messages about agriculture and nutrition are reinforced throughout the learning environment
* School hosts a school garden
* School hosts field trips to local farms
* School utilizes promotions or special events, such as tastings, that highlight the local/regional products

Nutrition Services 408 activities.

Yes, our school is implementing four to three of these activities.
Consistently follow practices that ensure healthier foods are purchased and prepared for service?

* Spoon solid fat from chilled meat and poultry broth before use.
* Use specifications requiring lower sodium content in prepared foods such as hamburgers, pizza, chicken nuggets, etc.; and canned products such as vegetables, sauces, etc.
* Use specifications requiring lower added sugar content in prepared foods such as whole grain cold cereals or cereal bars (e.g., candy or yogurt coated); breakfast items such as pancakes or waffles (e.g., infused with syrup); and canned products such as fruit (e.g., packed heavy syrup).
students with a clean, safe, and pleasant cafeteria, according to the following criteria?

* Physical structure (e.g., walls, floor covering) does not need repairs
* Tables and chairs are not damaged and are of appropriate size for all students
* Seating is not overcrowded (i.e., never more than 100% of capacity)
* Rules for safe behavior (e.g., no running, no throwing food or utensils) are enforced
* Tables and floors are cleaned between lunch periods or shifts
* Age-appropriate decorations are used
* Appropriate practices are used to prevent excessive noise levels (e.g., no whistles)
* Smells are pleasant and not offensive
Are school nutrition service staff members and cafeteria monitors (e.g., teachers, aides) trained to respond quickly and effectively to the following types of food emergencies?

* Choking
* Natural disasters (e.g., electrical outages affecting refrigeration)
* Medical emergencies (e.g., severe food allergy reactions, diabetic reactions)
* Attempts to introduce biological or other hazards into the food supply
* Situations that require students or others to shelter in the school

Preparedness for food emergencies

Nutrition Services 411
Does your school have a full-time, registered school nurse responsible for health services all day, every day? Are an adequate number of full-time school nurses provided, based on the recommended ratio of at least one nurse for every 750 students?

More nurses are recommended if students have extensive nursing needs.

We have a school nurse present all day every day, but fewer than one for every 2,750 students.
Does the school nurse or other health services provider promote the health and safety of students and their families, through classroom activities and otherwise, on each of these topics?

* Promoting physical activity
* Promoting healthy eating
* Preventing tobacco use
* Quitting tobacco use
* Preventing unintentional injuries
* Preventing violence and suicide
* Managing asthma
* Preventing HIV, other STD, and unintended pregnancy

Health and safety promotion for students and families

Health Services

502 families

3 Yes, addresses all eight of these topics.
Does the school nurse or other health services provider collaborate with other school staff members to promote student health and safety in at least six of the following ways?

* Developing plans to address student health problems (e.g., individual health care plans, individual education plans, 504 plans, school team plans)
* Providing professional development
* Developing policy
* Identifying, revising or developing curricula or units/lessons
* Developing and implementing school-wide and classroom activities
* Establishing communication systems with other school staff

Yes, there is collaboration in at least six of these ways.
Identify and track students with chronic health conditions

Does the school nurse or other health services provider have a system for identifying and tracking students with chronic health conditions?
Implement a systematic approach (including the following components) for referring students, as needed, to appropriate school- or community-based health services?

* Contact parents of students identified as potentially needing additional health services and recommend that the students be evaluated by their primary health care provider or specialist.
* Contact parents of students without a primary health care provider and give information about child health insurance programs and primary care providers.
* Referral information is distributed widely (e.g., through flyers, brochures, website, student handbook, health education).
Does your school have a system for collecting student health information prior to school entry and every year thereafter? Is all pertinent information communicated in writing to all appropriate staff members?
Does your school have access to and work with a consulting school health physician who assists with your school health programs?
address food allergy management and prevention (e.g., Food Allergy Management and Prevention Plan) which includes the following priorities needed to manage food allergies in the school setting?

* Ensure daily management of food allergies for individual children (e.g., identifying children with food allergies, a plan to manage and reduce risks of food allergy reactions)
* Prepare for food allergy emergencies (e.g., easy to use communication systems, easy access to epinephrine auto-injectors, plans for contacting emergency medical services, identification of staff roles in emergencies)
Does your school have access to a full-time counselor, social worker, and psychologist for providing counseling, psychological, and social services? Is an adequate number of these staff members provided based on the following recommended ratios?

- One counselor for every 250 students
- One social worker for every 400 students
- One psychologist for every 1,000 students
Does the counseling, psychological, or social services provider promote the emotional, behavioral, and mental health of and provide treatment to students and families in the following ways?

* 1-on-1 counseling/sessions
* Small group counseling/sessions
* Classroom-based health promotion and prevention
* School-wide health promotion and prevention
Does the counseling, psychological, or social services provider collaborate with other school staff members to promote student health and safety in at least six of the following ways?

* Developing plans to address student health problems (e.g., individual health care plans, individual education plans, 504 plans, school team plans)
* Providing professional development
* Developing policy
* Identifying, revising or developing curricula or units/lessons
* Developing and implementing school-wide and classroom activities
* Establishing communication systems with other school staff

Counseling, Psychological & Social Services (603 members) Collaborate with other school staff * Developing School Improvement Plans
* Establishing communication systems with other school staff
| Counseling, Psychological & Social Services | Identify and track students with emotional, behavioral, and mental health needs | Does the counseling, psychological, or social services provider have a system for identifying and tracking students with emotional, behavioral, and mental health needs? | 604 health needs |
Counseling,
Psychological & Social Services

Establish referral system

Does your school implement a systematic approach (including the following components) for referring students, as needed, to appropriate school- or community-based counseling, psychological, and social services?

* Case management, including assessment, referral, education, support, and monitoring, is offered.
* Referral information is distributed widely (e.g., through flyers, brochures, website, student handbook, health education class) so that students, staff, and families can learn about school and community services without having to contact school staff.
* Staff members are given clear guidance on referring students to
Does your school aid students during school and life transitions (such as changing schools or changes in family structure) in the following ways?

* Matching new students with another student or buddy
* Opportunities for students to check-in with a trusted adult
* Orientation programs that focus on adapting to transitions
<table>
<thead>
<tr>
<th>Health Promotion for Staff</th>
<th>Health assessments for staff</th>
<th>Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>701 members</td>
<td>Yes, health assessments are offered, and all staff members find them accessible and 3 free or low-cost.</td>
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</table>
Programs for staff members on physical activity/fitness

Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?

Yes.
Does your school support staff to model healthy eating and physical activity behaviors?

* Provide staff with information about the importance of modeling healthy eating behaviors
* Provide staff with information about the importance of engaging in physical activities with students
* Encourage staff not to bring in or consume unhealthy foods and beverages in front of students, in classrooms, or areas common to both staff and students
* Provide staff with examples of healthy foods and beverages to bring in or consume during the regular or extended school day
* Provide staff with information or strategies on how to incorporate physical activity into classrooms

Yes, our school uses 5 or more of the strategies to support staff to model healthy eating and physical activity behaviors.
three or more methods to promote and encourage staff member participation in its health promotion programs?

* Information at orientation for new staff members
* Information included with paycheck
* Flyers posted on school bulletin boards
* Letters mailed directly to staff
* Announcements at staff meetings
* Articles in staff newsletters
* Incentive/reward programs
* Public recognition
* Life/health insurance discounts
* Gym or health club discounts, such as YMCA
* Posting to a website or listserv
* E-mail messages
* Positive role modeling by administrators or other leaders

2 Uses two of these methods.

Health Promotion for Staff

Promote staff member participation

704
| Health Promotion for Staff | 705 management | Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost? | Yes. |
Health Promotion for Staff

Do food and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards?

All foods served and sold to staff meet the USDA’s Smart Snacks in School nutrition standards?

Nutrition Standards for Foods

https://schools.healthiergeneration.org/{{internal_page_link_5216}}

Nutrition Standards for Beverages

https://schools.healthiergeneration.org/{{internal_page_link_5218}}

Yes, all foods and beverages served and sold meet Smart Snacks.
Does your school or district offer staff members health education and health-promoting activities that focus on skill development and behavior change and that are tailored to their needs and interests?
Does your school or district offer staff members accessible and free or low-cost stress management programs at least once a year?
Does your school have a breastfeeding policy that includes the following components?

* Work schedule flexibility, including breaks and work patterns to provide time for expression of milk
* Private location to breastfeed or express milk
* Refrigerator for safe storage of expressed milk
* Access nearby to a clean, safe water source and a sink for washing hands and rinsing out any breast-pumping equipment
Do families and other community members help with school decision making?

This question only applies to decision making around health and wellness addressing areas outlined in the Healthy Schools Program.

Families and community members are offered opportunities to provide input into school decision making but are not otherwise engaged.
Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.

Do students and family members have opportunities to provide both suggestions for school meals and other foods and beverages sold, served and offered on school campus and feedback on the meal programs and other foods and beverages sold, served and offered on school campus?

Yes, both students and family members have opportunities to provide suggestions and feedback.
Do family and community members have access to indoor and outdoor school facilities outside school hours to participate in or conduct health promotion and education programs?

- Community members have very limited access to school facilities, or there is access to indoor or outdoor facilities but not to both.
Family & Community Involvement

Does your school communicate with all families in a culturally- and linguistically-appropriate way, using a variety of communication methods, about school-sponsored activities and opportunities to participate in school health programs and other community-based health and safety programs?
Does your school's family education program address all of the following effective parenting strategies?

* Praising and rewarding desirable behavior
* Staying actively involved with children in fun activities
* Making time to listen and talk with their children
* Setting expectations for appropriate behavior and academic performance
* Sharing parental values
* Communicating with children about health-related risks and behaviors
* Making a small number of clear, understandable rules designed to increase level of self-management (e.g., routine household chores, homework, time spent using TV and computer)
Does your school or district have a formal process to recruit, train, and involve family and other community members as volunteers to enrich school health and safety programs?
Family involvement in learning at home

807 home

Does your school provide opportunities for family members to reinforce learning at home?