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Headline

Representative school health committee or team

Local wellness policies

Recess

Access to free drinking water

All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards

All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards

Prohibit using physical activity as punishment

Prohibit withholding recess as punishment

Prohibit using food as reward or punishment

All foods & beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition

All foods & beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition stan

All foods & beverages served and offered during the extended school day meet the USDA's Smart Snacks in Schoo

Access to physical activity facilities outside school hours

Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards

Written school health and safety policies

Communicate health and safety policies to students, parents, staff members, and visitors

Positive school climate

Overcome barriers to learning

Enrichment experiences

Standard precautions policy

Professional development on meeting diverse needs of students

Prevent harassment and bullying

Active supervision

Written crisis response plan

Adequate physical activity facilities

Food and beverage advertising and promotion

Hands washed before meals and snacks

Health education taught in all grades

Essential topics on physical activity

Essential topics on healthy eating

Sequential health education curriculum consistent with standards

Opportunities to practice skills

Professional development in health education

Active learning strategies

Culturally appropriate activities and examples

Assignments encourage student interaction with family and community

Professional development in delivering curriculum

Professional development in classroom management techniques

Minutes of physical education

Sequential physical education curriculum consistent with standards

Health-related fitness

Promote community physical activities

Address special health care needs

Promotion or support of walking and bicycling to school

Availability of before- and after-school physical activity opportunities

Availability of physical activity breaks in classrooms
Students active at least 50% of class time
Professional development for teachers
Licensed physical education teachers
Adequate teacher/student ratio
Information and materials for physical education teachers
Prohibit exemptions or waivers for physical education
Individualized physical activity and fitness plans
Physical education safety practices
Playgrounds meet safety standards
Participation in intramural programs or physical activity clubs
Physical activity facilities meet safety standards
Breakfast and lunch programs

Variety of foods in school meals

Promote healthy food and beverage choices using Smarter Lunchroom techniques
Annual continuing education and training requirements for school nutrition services staff
Venues outside the cafeteria offer fruits and vegetables
Collaboration between nutrition services staff members and teachers
Adequate time to eat school meals
Farm to School activities.
Healthy food purchasing and preparation practices
Clean, safe, pleasant cafeteria
Preparedness for food emergencies
Health services provided by a full-time school nurse
Health and safety promotion for students and families
Collaborate with other school staff members
Identify and track students with chronic health conditions
Implement a referral system
Student health information
Consulting school health physician
Food allergy management plan
Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist

Health and safety promotion and treatment

Collaborate with other school staff members

Identify and track students with emotional, behavioral and mental health needs

Establish referral system

Aid students during transitions

Health assessments for staff members

Programs for staff members on physical activity/fitness

Modeling healthy eating and physical activity behaviors

Promote staff member participation

Programs for staff members on healthy eating/weight management

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

Health education for staff members

Stress management programs for staff

Breastfeeding policy

Family and community involvement in school decision making

Student and family involvement in the school meal programs and other foods and beverages sold, served and offered

Family and community access to school facilities

Communicate with families

Effective parenting strategies

Family and community volunteers

Family involvement in learning at home

Content	Your Resp	Your Response
Does your school	1	There is a committee or team, but it is not representative, or it meets less ofte
Has your school	2	Our school has implemented most of these components.
Are students	3	Yes.
Does your school	3	Yes, students can access water fountains or water filling stations throughout tl
Do all competitive	3	Yes, all competitive foods sold meet or exceed the USDA's Smart Snacks in Sch
Do all competitive	3	Yes, all competitive beverages sold meet or exceed the USDA's Smart Snacks in
Does your school	3	Yes, using physical activity as punishment and withholding physical education
Does your school	2	Yes, withholding recess as punishment is prohibited and this prohibition is con
Does your school	3	Yes, using food as a reward and withholding food as punishment are prohibite
Do all foods and	2	Most foods and beverages served and offered meet or exceed the USDA's Sm
Do all foods and	3	Yes, all foods and beverages sold during the extended school day meet or exce
Do all foods and	2	Most foods and beverages served and offered during the extended school day
Are indoor and	0	No, neither indoor nor outdoor facilities are available.
Do fundraising	3	Yes, all fundraising efforts sell only non-food items, or all foods and beverages
Does your school or	2	Most of our health and safety policies include all of these components.
Does your school	2	In most of these ways.
Does your school	3	Yes, our school fosters a positive psychosocial school climate by using all of th
Does your school	3	Yes.
Does your school	3	Yes.
Does your school	3	Yes, our school implements a standard precautions policy that includes all five
Have all teachers	3	Yes, all teachers have received professional development on ways to meet the
Has the school	3	Yes, in each of these five ways.
Do staff members	3	Yes, in each of these four ways.
Does your school	3	Yes, our school has a written crisis response plan that includes preparedness, i
Are your physical	3	Yes, in all five of these ways.
Does your school	3	Yes, only foods and beverages that meet or exceed the USDA's Smart Snacks in
Do all teachers		
Do students receive h	3	Yes, in all grades.
Does your health	2	Addresses most of these topics.
Does your health	2	Addresses most of these topics.
Do all teachers of	3	Yes.
Do all teachers of	3	Yes, all do.
Do all teachers of	3	Yes, all do.
Do all teachers of	3	Yes, all do.
Do all teachers of	3	Yes, all do.
Do all teachers of	3	Yes, all do.
Have all teachers of		
Have all teachers		
Do all students in	3	Yes.
Do all teachers of	3	Yes.

Education program
integrate the
components of the
Presidential Youth
Fitness Program?

* Fitness assessment
using Fitnessgram
<http://www.pyfp.org/assessment/free-materials.shtml>

Â®

* 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.

Does the physical
Does the physical
Does your school
Does your school

1 1 of the PYFP components is integrated.

3 Yes, through three or more methods.

3 Yes, the physical education program uses all or most of these instructional pra

1 Our school promotes or supports walking and bicycling to school in one to twc

2 Yes. We offer before school or after school, but not both

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 5-30 minutes, and occur all at one time or

several times during
Do teachers keep
Are teachers of
Are all physical
Do physical

3 Yes, on all days during a typical school week
3 Yes, during most or all classes.
3 Yes, all do.
3 Yes, all are.

Are all teachers of

Does the school prohibit exemptions or waivers for physical education?

Do students design

Does the physical

Does your school or

Do both boys and

3 Yes, many boys and girls participate in school-sponsored intramural programs

Does the school

Does your school

3 Yes.

Do school meals include a 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

3 Yes, meets six to eight of these criteria for variety.

Are healthy food and beverage choices promoted through the following 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

Do all school

Do most venues

Do nutrition services

Do students have at

Is your school

Does the school food

Does the school

Are school nutrition

Does your school

Does the school

Does the school

Does the school

Does your school

Does your school

Does your school

Does your school

Does your school

2 Healthy food and beverage choices are promoted through five to nine of these

2 Most food and nutrition services meet or exceed the annual continuing educa

3 Yes, most or all venues outside the cafeteria do.

1 Use one of these methods.

3 Yes. (Note: If the school does not have a breakfast program, but does provide

2 Our school is implementing two to three of these activities.

3 Yes, cafeteria meets all nine of these criteria.

3 Yes, we have a school nurse present all day every day, and the recommended

1 Addresses one to three of these topics.

2 There is collaboration in three to five of these ways.

3 Yes, there is a system to identify and track students with chronic health condit

2 Our school has a referral system that includes many of these components.

3 Yes, all pertinent information is systematically collected and communicated in

3 Yes, our school has access to a consulting school health physician and has wor

3 Yes, our school has a plan that includes all 5 priorities needed to manage food

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

Does the counseling,
psychological, or
social services
provider have a
system for
identifying and
tracking students
with emotional,
behavioral, and
mental health
needs?

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

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

Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?

2 Health assessments are offered, but some staff members find them inaccessible

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

0 Does not offer physical activity/fitness programs.

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

2 Yes, our school uses 3 to 4 of the strategies to support staff to model healthy eating and physical activity behaviors.

Does your school or district use 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

Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost?

3 Yes, uses three or more of these methods.

0 Does not offer healthy eating/weight management programs.

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?

Nutrition Standards for Foods
https://schools.healthiergeneration.org/{{internal_page_link_5216}}
/ Nutrition Standards for Beverages
https://schools.healthiergeneration.org/{{internal_page_link_5218}}

1 Some foods and beverages served and sold align with 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 Framework of Best Practices.

2 Families and community members are actively engaged in some school decisic

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?

2 Yes, both students and family members have opportunities to provide either s

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?

0 Community members do not have access to school facilities.

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

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?

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

more than four times a year.

During the school day, and they are allowed to bring filled containers to class.

Our school nutrition standards, or we do not sell competitive foods at our school.

Our school nutrition standards, or we do not sell competitive beverages at our school.

Exclusion from class as punishment are prohibited, and both prohibitions are consistently followed.

Both are consistently followed

Both, and both prohibitions are consistently followed.

Smart Snacks in School nutrition standards.

Exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell foods and beverages during the extended school day.

Do not meet or exceed the USDA's Smart Snacks in School nutrition standards.

Items sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

These practices.

Each of these components.

Address diverse needs of children and adolescents.

Emergency response, and recovery efforts, and it is practiced and updated regularly.

Our school nutrition standards are advertised or promoted, or no foods and beverages are advertised or promoted.

ctices consistently.
o of these ways.

or physical activity clubs.

techniques.

tion/training hours required by the USDA's Professional Standards requirements.

at least 20 minutes for lunch, you can select this answer.)

ratio is present.

itions.

writing to all appropriate staff members.

ked with him/her within the past year.

allergies in the school setting

ile or high-cost.

eating and physical activity behaviors

on-making processes.

suggestions for school meals or feedback on the meal program.

ended school day at our school.

I on school property.