

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 1: School Health and Safety Policies and Environment Score Card

#### Instructions

3. Carefully read and discuss the Module 1 Discussion Questions (pages 5-37), which contains questions and scoring descriptions for each item listed on this Score Card.
4. Circle the most appropriate score for each item.
5. After all questions have been scored, calculate the overall Module Score and complete the Module 1 Planning Questions located at the end of this module (pages 38-39).

	Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1 Representative school health committee or team	3	2	1	0
CC.2 Written school health and safety policies	3	2	1	0
CC.3 Communicate health and safety policies to students, parents, staff members, and visitors	3	2	1	0
CC.4 Positive school climate	3	2	1	0
CC.5 Overcome barriers to learning	3	2	1	0
CC.6 Enrichment experiences	3	2	1	0
CC.7 Local wellness policies	3	2	1	0
CC.8 Standard precautions policy	3	2	1	0
CC.9 Professional development on meeting diverse needs of students	3	2	1	0
CC.10 Prevent harassment and bullying	3	2	1	0
CC.11 Active supervision	3	2	1	0
CC.12 Written crisis response plan	3	2	1	0
<del>S.1 Safe physical environment</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>S.2 Maintain safe physical environment</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>S.3 Staff development on unintentional injuries, violence, and suicide</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
PA.1 Recess	3	2	1	0
PA.2 Access to physical activity facilities outside school hours	3	2	1	0
PA.3 Adequate physical activity facilities	3	2	1	0
PA.4 Prohibit using physical activity as punishment	3	2	1	0
PA.5 Prohibit withholding recess as punishment	3	2	1	0
N.1 Prohibit using food as reward or punishment	3	2	1	0
N.2 Access to free drinking water	3	2	1	0
N.3 All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.4 All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.5 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
N.6 All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.7 All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.8 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.9 Food and beverage advertising and promotion	3	2	1	0

**SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL**

N.10	Hands washed before meals and snacks	3	2	1	0
<del>T.1</del>	<del>Prohibit tobacco use among students</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>T.2</del>	<del>Prohibit tobacco use among school staff members and visitors</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>T.3</del>	<del>Enforce tobacco use policies</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>T.4</del>	<del>Prohibit tobacco advertising</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.1</del>	<del>Written policies for carry and self-administration of quick-relief medications</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.2</del>	<del>Professional development on asthma</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.3</del>	<del>Implement indoor air quality practices</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.4</del>	<del>Implement integrated pest management practices</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>SH.1</del>	<del>Non-discrimination on the basis of HIV infection policy</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>SH.2</del>	<del>Confidentiality of HIV status</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>SH.3</del>	<del>Professional development for all staff members on HIV policies or laws</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>SH.4</del>	<del>Professional development for administrators and teachers on HIV, other STD, and pregnancy prevention</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

42	28	1	0
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			
71			
<b>MODULE SCORE =</b> (Total Points / 126) X 100			
87.3% 65%			

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (126) by subtracting 3 for each question eliminated).  
81

81

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 2: Health Education

#### Score Card (photocopy before using)

**Instructions**

1. Carefully read and discuss the Module 2 Discussion Questions (pages 5-15), which contains questions and scoring descriptions for each item listed on this Score Card.
2. Circle the most appropriate score for each item.
3. After all questions have been scored, calculate the overall Module Score and complete the Module 2 Planning Questions located at the end of this module (pages 17-18).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Health education taught in all grades	3	2	1	0
CC.2	Sequential health education curriculum consistent with standards	3	2	1	0
CC.3	Active learning strategies	3	2	1	0
CC.4	Opportunities to practice skills	3	2	1	0
CC.5	Culturally appropriate activities and examples	3	2	1	0
CC.6	Assignments encourage student interaction with family and community	3	2	1	0
CC.7	Professional development in health education	3	2	1	0
CC.8	Professional development in delivering curriculum	3	2	1	0
CC.9	Professional development in classroom management techniques	3	2	1	0
<del>S.1</del>	<del>Essential topics on preventing unintentional injuries, violence, and suicide</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
PA.1	Essential topics on physical activity	3	2	1	0
N.1	Essential topics on healthy eating	3	2	1	0
<del>T.1</del>	<del>Essential topics on preventing tobacco use</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.1</del>	<del>Essential topics on asthma awareness</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
SH.1	Essential topics for preventing HIV, other STD and pregnancy	3	2	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

6	10	4	0
<p><b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.</p>			
			20
<p><b>MODULE SCORE =</b> (Total Points / 33) X 100</p>			60.61%

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (33) by subtracting 3 for each question eliminated). 33

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 3: Physical Education and Other Physical Activity Programs

#### Score Card (photocopy before using)

#### Instructions

- Carefully read and discuss the Module 3 Discussion Questions (pages 5-17), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 3 Planning Questions located at the end of this module (pages 18-19).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
PA.1	150 minutes of physical education per week	3	(2)	1	0
PA.2	Adequate teacher/student ratio	(3)	2	1	0
PA.3	Sequential physical education curriculum consistent with standards	(3)	2	1	0
PA.4	Information and materials for physical education teachers	3	(2)	1	0
PA.5	Prohibit exemptions or waivers for physical education	3	(2)	1	0
PA.6	Students active at least 50% of class time	(3)	2	1	0
PA.7	Individualized physical activity and fitness plans	3	2	1	(0)
PA.8	Health-related fitness	(3)	2	1	0
PA.9	Promote community physical activities	3	(2)	1	0
PA.10	Licensed physical education teachers	(3)	2	1	0
PA.11/A.1	Address special health care needs	3	(2)	1	0
PA.12/ S.1/A.2	Physical education safety practices	(3)	2	1	0
PA.13/S.2	Playgrounds meet safety standards	(3)	2	1	0
PA.14	Professional development for teachers	(3)	2	1	0
PA.15	Participation in intramural programs or physical activity clubs	(3)	2	1	0
PA.16	Promotion or support of walking and bicycling to school	3	2	(1)	0
PA.17	Availability of before- and after-school physical activity opportunities	3	(2)	1	0
PA.18	Availability of physical activity breaks in classrooms	3	2	(1)	0
PA.19/S.3	Physical activity facilities meet safety standards	3	(2)	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

27	14	2	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (57) by subtracting 3 for each question eliminated).

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

43
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Module Score = 75.44

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 4: Nutrition Services

#### Score Card (photocopy before using)

#### Instructions

- Carefully read and discuss the Module 4 Discussion Questions (pages 5-10), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 4 Planning Questions located at the end of this module (pages 12-13).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
N.1	Breakfast and lunch programs	3	2	1	0
N.2	Variety of offerings in school meals	3	2	1	0
N.3	Healthy food purchasing and preparation practices		2		
N.4	Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
N.5	Promote healthy food and beverage choices using Smarter Lunchroom techniques	3	2	1	0
N.6	Adequate time to eat school meals	3	2	1	0
N.7	Collaboration between nutrition services staff members and teachers	3	2	1	0
N.8	Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
N.9/ S.1	Clean, safe, pleasant cafeteria	3	2	1	0
N.10/ S.2	Preparedness for food emergencies	3	2	1	0
N.11	Farm to School activities.	3	2	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

21	4	2	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (33) by subtracting 3 for each question eliminated).

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

27

**MODULE SCORE =**  
(Total Points / 33) X 100

81.82%

# Forestrville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 5: School Health Services

#### Score Card

**Instructions**

1. Carefully read and discuss the Module 5 Discussion Questions (pages 5-11), which contains questions and scoring descriptions for each item listed on this Score Card.
2. Circle the most appropriate score for each item.
3. After all questions have been scored, calculate the overall Module Score and complete the Module 5 Planning Questions located at the end of this module (pages 12-13).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Health services provided by a full-time school nurse	3	2	1	0
CC.2	Health and safety promotion for students and families	3	2	1	0
CC.3	Collaborate with other school staff members	3	2	1	0
CC.4	Identify and track students with chronic health conditions	3	2	1	0
CC.5	Implement a referral system	3	2	1	0
CC.6	Student health information	3	2	1	0
CC.7	Consulting school health physician	3	2	1	0
<del>S.1</del>	<del>Assess extent of injuries on school property</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>S.2</del>	<del>Emergency response plans</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
A.1					
<del>A.2</del>	<del>Case management for students with poorly controlled asthma</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.3</del>	<del>Ensure immediate and reliable access to quick-relief medications for students with asthma</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.4</del>	<del>Offer asthma management education to all students with asthma</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
N.1	Food allergy management plan	3	2	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

15	4	1	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (39) by subtracting 3 for each question eliminated). 24

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

20
83.3%

**MODULE SCORE =**  
(Total Points / 39) X 100

24

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 6: School Counseling, Psychological, and Social Services

#### Score Card (photocopy before using)

#### Instructions

- Carefully read and discuss the Module 6 Discussion Questions (pages 5-9), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 6 Planning Questions located at the end of this module (pages 11-12).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist	3	2	1	0
CC.2	Health and safety promotion and treatment	3	2	1	0
CC.3	Collaborate with other school staff members	3	2	1	0
CC.4	Identify and track students with emotional, behavioral and mental health needs	3	2	1	0
CC.5	Establish referral system	3	2	1	0
CC.6	Aid students during transitions	3	2	1	0
S.1	Identify and refer students involved in violence	3	2	1	0

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (24) by subtracting 3 for each question eliminated). 18

12	4	0	0
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			
16			
<b>MODULE SCORE =</b> (Total Points / 24) X 100 18			
88.89%			

# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 7: Health Promotion for Staff

#### Score Card (photocopy before using)

#### Instructions

- Carefully read and discuss the Module 7 Discussion Questions (pages 5-14), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 7 Planning Questions located at the end of this module (pages 16-17).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Health education for staff members	3	2	1	0
CC.2	Health assessments for staff members	3	2	1	0
CC.3	Promote staff member participation	3	2	1	0
CC.4	Stress management programs for staff	3	2	1	0
CC.5	Breastfeeding policy	3	2	1	0
<del>S.1</del>	<del>Training for staff members on conflict resolution</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>S.2</del>	<del>Training for staff members on first aid and CPR</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
PA.1	Programs for staff members on physical activity/fitness	3	2	1	0
N.1	Programs for staff members on healthy eating/weight management	3	2	1	0
N.2	All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.3/P	Modeling healthy eating and physical activity behaviors	3	2	1	0
<del>T.1</del>	<del>Programs for staff members on tobacco-use cessation</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>
<del>A.1</del>	<del>Programs for staff members on asthma management and/or education</del>	<del>3</del>	<del>2</del>	<del>1</del>	<del>0</del>

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

3	0	3	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (30) by subtracting 3 for each question eliminated). 27

**TOTAL POINTS:** Add the four sums above and enter the total to the right. 6

**MODULE SCORE =**  
(Total Points / 30) X 100

27

22.22%



# Forestville

## SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

### Module 8: Family and Community Involvement

#### Score Card (photocopy before using)

#### Instructions

- Carefully read and discuss the Module 8 Discussion Questions (pages 5-8), which contains questions and scoring descriptions for each item listed on this Score Card.
- Circle the most appropriate score for each item.
- After all questions have been scored, calculate the overall Module Score and complete the Module 8 Planning Questions located at the end of this module (pages 9-10). Be sure to keep your documentation from the small groups to support your recommendations.

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Communicate with families	3	2	1	0
CC.2	Effective parenting strategies	3	2	1	0
CC.3	Family and community involvement in school decision making	3	2	1	0
CC.4	Family and community volunteers	3	2	1	0
CC.5	Family involvement in learning at home	3	2	1	0
CC.6	Family and community access to school facilities	3	2	1	0
N.1	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

**COLUMN TOTALS:** For each column, add up the numbers that are circled and enter the sum in this row.

0	2	3	0
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (21) by subtracting 3 for each question eliminated).

**TOTAL POINTS:** Add the four sums above and enter the total to the right.

**MODULE SCORE =**  
(Total Points / 21) X 100

5
23.81%

Forestville

SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

**School Health Index  
Overall Score Card**

For each module (row), write an X in the one column where the Module Score falls\*

	the Module Score falls*				
	Low 0 - 20%	21% - 40%	Medium 41% - 60%	High 61% - 80%	81% - 100%
School Health Policies and Environment - Module 1					87.65
Health Education - Module 2			60.61		
Physical Education and Other Physical Activity Programs - Module 3			75.44		
Nutrition Services - Module 4					81.82
School Health Services - Module 5					83.33
School Counseling, Psychological, and Social Services - Module 6					88.89
Health Promotion for Staff - Module 7		22.22			
Family and Community Involvement - Module 8		23.81			

\* Some schools like to write the module scores in each box.