



## Memorandum

**From:** Virginia Turner, Wellness Committee Chair

**Re:** 2025 Local Wellness Policy and Plan Assessment

On July 18th 2025 the district Wellness committee completed the SY25 assessment of the district local Wellness policy and plan.

The following are the results of the assessment;

- The district's policy and plan met all of the USDA and Ade regulations for food service, health and Wellness, and physical activity.
- The district's food service department continues to make strives to ensure healthy and delicious food options for students across the district.
- The district is following and exceeding its LWP in the area of physical activity.
- The district has implemented nutrition education with its roving chef program and the FVP program at Robles and Altar Valley middle school.
- The Wellness committee will continue to look at how the W LWP can increase healthy alternatives at fundraisers in the district.
- The Wellness committee will continue to work with student health advisory councils to increase awareness of the LWP at sites.
- The Wellness committee will work with its stakeholders to continue to gain feedback on how to better the LWP.

In conclusion the LWP is being implemented and followed at all locations within the district. However, the DWC will continue to increase awareness of the LWP through SHAC's and continue to look at ways to improve the policy and plan to ensure acceptance and compliance throughout the district.

V Turner at if you have any questions regarding the LWP please contact me at [vturner@avusd.org](mailto:vturner@avusd.org)

Sincerely,

Virginia Turner  
Chair  
Altar Valley Wellness Committee

General Manager of Dining Services  
Altar Valley Elementary School District

SHI Triannual Assessment of LWP Implementation

	Robles % Implemented	Middle School % Implemented
Module #1	93.00%	92.00%
Module #2	97.00%	96.00%
Module #3	90.00%	93.00%
Module #4	90.00%	100.00%
Module #5	90.00%	90.00%
Module #6	95.00%	95.00%
Module #7	100.00%	100.00%
Module #8	100.00%	100.00%
Module #9	77.00%	82.00%
Module #10	100.00%	100.00%
Module #11	81.00%	77.00%

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

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

**Instructions**

1. Carefully read and discuss the Module 1 Discussion Questions (pages 5-36), 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 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	<del>3</del>	2	1	0
CC.2 Written school health and safety policies	<del>3</del>	2	1	0
CC.3 Communicate health and safety policies to students, parents, staff members, and visitors	<del>3</del>	2	1	0
CC.4 Overcome barriers to learning	<del>3</del>	2	1	0
CC.5 Enrichment experiences	<del>3</del>	2	1	0
CC.6 Local school wellness policy	3	<del>2</del>	1	0
CC.7 Standard precautions policy	<del>3</del>	2	1	0
CC.8 Written crisis preparedness and response plan	<del>3</del>	2	1	0
S.1 Staff development on unintentional injuries, violence, and suicide	<del>3</del>	2	1	0
PA.1 Maintain safe play environment	<del>3</del>	2	1	0
PA.2 Recess	<del>3</del>	2	1	0
PA.3/ S.2 Playgrounds meet safety standards	<del>3</del>	2	1	0
PA.4 Access to physical activity facilities outside school hours	<del>3</del>	2	1	0
PA.5 Prohibit using physical activity as punishment	<del>3</del>	2	1	0
PA.6 Prohibit withholding recess as punishment	<del>3</del>	2	1	0
N.1 Prohibit using food as reward or punishment	<del>3</del>	2	1	0
N.2 Access to free drinking water throughout the school day	<del>3</del>	2	1	0
N.3 Access to free drinking water throughout the extended school day	<del>3</del>	2	1	0
N.4 Water testing	<del>3</del>	2	1	0
N.5 All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.6 All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.7 All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.8 All foods and beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.9 All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.10 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.11 Food and beverage marketing	<del>3</del>	2	1	0
N.12 Handwashing practices	<del>3</del>	2	1	0
T.1 Prohibit tobacco use among students	<del>3</del>	2	1	0

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 6-17), 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 19-20).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Health education taught in all grades	<del>3</del>	<del>2</del>	1	0
CC.2	Sequential health education curriculum consistent with standards	<del>3</del>	2	1	0
CC.3	Active learning strategies	<del>3</del>	2	1	0
CC.4	Opportunities to practice skills	<del>3</del>	2	1	0
CC.5	Culturally appropriate activities and examples	<del>3</del>	2	1	0
CC.6	Assignments encourage student interaction with family and community	<del>3</del>	2	1	0
CC.7	Professional development in health education	<del>3</del>	2	1	0
CC.8	Professional development in delivering curriculum	<del>3</del>	2	1	0
CC.9	Professional development in classroom management techniques	<del>3</del>	2	1	0
S.1	Essential topics on preventing unintentional injuries and violence	<del>3</del>	2	1	0
PA.1	Essential topics on physical activity	<del>3</del>	2	1	0
N.1	Essential topics on healthy eating	<del>3</del>	2	1	0
T.1	Essential topics on preventing tobacco use	<del>3</del>	2	1	0
AOD.1	Essential topics on alcohol and other drug use	<del>3</del>	2	1	0
CHC.1	Essential topics on chronic health conditions awareness	<del>3</del>	2	1	0
SH.1	Essential topics for preventing HIV, other STD and pregnancy	<del>3</del>	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 (48) by subtracting 3 for each question eliminated).

45	2		
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**TOTAL POINTS:** Add the four sums above and enter the total to the right.

47

**MODULE SCORE =**  
(Total Points / 48) X 100

97 %

SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

**Module 3: Physical Education and Physical Activity Programs**

**Score Card**  
(photocopy before using)

**Instructions**

1. Carefully read and discuss the Module 3 Discussion Questions (pages 6-17), 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 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	<del>3</del>	2	1	0
PA.2	Adequate teacher/student ratio	<del>3</del>	2	1	0
PA.3	Sequential physical education curriculum consistent with standards	<del>3</del>	2	1	0
PA.4	Information and materials for physical education teachers	3	<del>2</del>	1	0
PA.5	Students active at least 50% of class time	3	<del>2</del>	1	0
PA.6	Individualized physical activity and fitness plans	3	<del>2</del>	1	0
PA.7	Prohibit exemptions or waivers for physical education	<del>3</del>	2	1	0
PA.8	Substitutions for physical education	<del>3</del>	2	1	0
PA.9	Health-related fitness	3	<del>2</del>	1	0
PA.10	Promote community physical activities	3	<del>2</del>	1	0
PA.11	Licensed physical education teachers	3	<del>2</del>	1	0
PA.12/CH C.1	Address special health care needs	<del>3</del>	2	1	0
PA.13/ S.1/CHC. 2.	Physical education safety practices	<del>3</del>	2	1	0
PA.14/S.2	Physical activity facilities meet safety standards	<del>3</del>	2	1	0
PA.15	Professional development for physical education teachers	<del>3</del>	2	1	0
PA.16	Professional development for classroom teachers	<del>3</del>	2	1	0
PA.17	Participation in intramural programs or physical activity clubs	<del>3</del>	2	1	0
PA.18	Promotion or support of walking and bicycling to and/or from school	<del>3</del>	2	1	0
PA.19	Availability of before- and after-school physical activity opportunities	<del>3</del>	2	1	0
PA.20	Availability of physical activity breaks in classrooms	<del>3</del>	2	1	0
PA.21	Adequate physical activity facilities	<del>3</del>	2	1	0

45 12

57  
[ 90% ]

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 4: Nutrition Environment and Services**

**Score Card**

*(photocopy before using)*

**Instructions**

- Carefully read and discuss the Module 4 Discussion Questions (pages 5-12), 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 14-15).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
N.1	Breakfast and lunch programs	<del>3</del>	2	1	0
N.2	School breakfast	<del>3</del>	2	1	0
N.3	School lunch	<del>3</del>	2	1	0
N.4	Variety of offerings in school meals	<del>3</del>	2	1	0
N.5	Healthy food purchasing and preparation practices	<del>3</del>	2	1	0
N.6	Venues outside the cafeteria offer fruits and vegetables	3	<del>2</del>	1	0
N.7	Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques	3	<del>2</del>	1	0
N.8	Adequate time to eat school meals	3	<del>2</del>	1	0
N.9	Collaboration between school nutrition services staff members and teachers	3	<del>2</del>	1	0
N.10	Annual continuing education and training requirements for school nutrition services staff	<del>3</del>	2	1	0
N.11/ S.1	Clean, safe, pleasant cafeteria	<del>3</del>	2	1	0
N.12/S.2	Food safety training	<del>3</del>	2	1	0
N.13/S.3	Preparedness for food emergencies	<del>3</del>	2	1	0
N.14	Farm to School activities.	<del>3</del>	2	1	0

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

30	8		
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (42) by subtracting 3 for each question eliminated).

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

38
90 %

**MODULE SCORE =**  
(Total Points / 42) X 100

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 5: School Health Services**

*Score Card*

**Instructions**

- Carefully read and discuss the Module 5 Discussion Questions (pages 5-12), 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 5 Planning Questions located at the end of this module (pages 13-14).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
CC.1	Health services provided by a full-time school nurse	3	<del>2</del>	1	0
CC.2	School-based healthcare services	3	<del>2</del>	1	0
CC.3	Health and safety promotion for students and families	3	<del>2</del>	1	0
CC.4	Collaborate with other school staff members	<del>3</del>	2	1	0
CC.5	Implement a referral system	<del>3</del>	2	1	0
CC.6	Student health information, including insurance	<del>3</del>	2	1	0
CC.7	Consulting school health physician	3	<del>2</del>	1	0
S.1	Assess extent of injuries on school property	<del>3</del>	2	1	0
S.2/ CHC.1	Health emergency response plans	<del>3</del>	2	1	0
CHC.2	Identify and track students with chronic health conditions	<del>3</del>	2	1	0
CHC.3	Care coordination for students with poorly controlled chronic health conditions	<del>3</del>	2	1	0
CHC.4	Ensure immediate and reliable access to quick-relief medications for students, if appropriate	<del>3</del>	2	1	0
CHC.5	Offer disease-specific education to all students with identified chronic health conditions	<del>3</del>	2	1	0
N.1	School food allergy management plan	<del>3</del>	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 (42) by subtracting 3 for each question eliminated).

30	8		
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			38
<b>MODULE SCORE =</b> (Total Points / 42) X 100			90 %

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	<del>2</del>	1	0
CC.2	Health and safety promotion and treatment	<del>3</del>	2	1	0
CC.3	Collaborate with other school staff members	<del>3</del>	2	1	0
CC.4	Identify and track students with emotional, behavioral and mental health needs	<del>3</del>	2	1	0
CC.5	Establish referral system	<del>3</del>	2	1	0
CC.6	Aid students during transitions	<del>3</del>	2	1	0
S.1	Identify and refer students involved in violence	<del>3</del>	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 (21) by subtracting 3 for each question eliminated).

<b>18</b>	<b>2</b>		
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			<b>20</b>
<b>MODULE SCORE =</b> (Total Points / 21) X 100			<b>95 %</b>

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 7: Social and Emotional Climate**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 7 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 7 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	Positive school climate	<del>3</del>	2	1	0
CC.2	Positive student relationships	<del>3</del>	2	1	0
CC.3	Professional development on meeting diverse needs of students	<del>3</del>	2	1	0
CC.4	Collaboration to promote social and emotional learning	<del>3</del>	2	1	0
CC.5	School-wide social and emotional learning	<del>3</del>	2	1	0
CC.6	Community partnerships to promote social and emotional learning for students in school	<del>3</del>	2	1	0
CC.7	Prevent harassment and bullying	<del>3</del>	2	1	0
CC.8	Active supervision	<del>3</del>	2	1	0
CC.9	Engaging all students	<del>3</del>	2	1	0
S.1	Prevent school violence	<del>3</del>	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 (30) by subtracting 3 for each question eliminated).

<b>30</b>			
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			<b>30</b>
<b>MODULE SCORE =</b> (Total Points / 30) X 100			<b>100 %</b>

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 8: Physical Environment**

*Score Card*  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 8 Discussion Questions (pages 4-9), 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 8 Planning Questions located at the end of this module (pages 11-12).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
S.1	Safe physical environment	<del>3</del>	2	1	0
CC.1	School environmental health program	<del>3</del>	2	1	0
CC.2	Effective management of an environmental health and safety program	<del>3</del>	2	1	0
CC.3	Professional development for school environmental health	<del>3</del>	2	1	0
CC.4	Student involvement in promoting environmental health	<del>3</del>	2	1	0
CC.5	Cleaning and maintenance practices	<del>3</del>	2	1	0
CC.6	Implement indoor air quality practices	<del>3</del>	2	1	0
CC.7	Implement integrated pest management practices	<del>3</del>	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).

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

**Module 8: Physical Environment**  
*Discussion Questions*

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 9: Employee Wellness and Health Promotion**

*Score Card*

*(photocopy before using)*

**Instructions**

- Carefully read and discuss the Module 9 Discussion Questions (pages 6-15), 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 9 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 for staff members	3	2	<del>1</del>	0
CC.2	Health assessments for staff members	3	<del>2</del>	1	0
CC.3	Promote staff member participation	3	2	<del>1</del>	0
CC.4	Stress management programs for staff	3	<del>2</del>	1	0
CC.5	Staff mental health promotion	3	<del>2</del>	1	0
CC.6	Breastfeeding policy	3	<del>2</del>	1	0
S.1	Training for staff members on conflict resolution	<del>3</del>	2	1	0
S.2	Training for staff members on first aid and CPR	<del>3</del>	2	1	0
PA.1	Programs for staff members on physical activity/fitness	<del>3</del>	2	1	0
N.1	Programs for staff members on healthy eating/weight management	<del>3</del>	2	1	0
N.2	All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	3	<del>2</del>	1	0
N.3/PA.2	Modeling healthy eating and physical activity behaviors	<del>3</del>	2	1	0
T.1	Programs for staff members on tobacco-use cessation	<del>3</del>	2	1	0
AOD.1	Programs for staff members on alcohol and other drug use prevention and treatment	<del>3</del>	2	1	0
CHC.1	Programs for staff members on chronic health conditions management	<del>3</del>	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 (45) by subtracting 3 for each question eliminated).

24	10	1	
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			35
<b>MODULE SCORE =</b> (Total Points / 45) X 100			77 %

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 10: Family Engagement**

*Score Card*  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 10 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 10 Planning Questions located at the end of this module (pages 10-11). 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	Communication with families	<del>3</del>	2	1	0
CC.2	Parenting strategies	<del>3</del>	2	1	0
CC.3	Family engagement in school decision making	<del>3</del>	2	1	0
CC.4	Family volunteers	<del>3</del>	2	1	0
CC.5	Family engagement in learning at home	<del>3</del>	2	1	0
CC.6	Family access to school facilities	<del>3</del>	2	1	0
CC.7	Professional development on family engagement strategies	<del>3</del>	2	1	0
CC.8	Professional development to assist parents seeking services	<del>3</del>	2	1	0
CC.9	School health updates for families	<del>3</del>	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.	<del>3</del>	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 (30) by subtracting 3 for each question eliminated).

<b>30</b>			
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			<b>30</b>
<b>MODULE SCORE =</b> (Total Points / 30) X 100			<b>100%</b>

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 11: Community Involvement**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 11 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 11 Planning Questions located at the end of this module (pages 10-11). 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	Community involvement in school decision making	3	<del>2</del>	1	0
CC.2	Community volunteers	<del>3</del>	2	1	0
CC.3	Community involvement in school health initiatives	3	<del>2</del>	1	0
CC.4	Community-wide health promotion events	3	<del>2</del>	1	0
CC.5	Out-of-school programs	<del>3</del>	2	1	0
CC.6	Community involvement in improving student health	3	<del>2</del>	1	0
CC.7	Student involvement with community organizations	<del>3</del>	2	1	0
CC.8	Partnerships with community healthcare providers	3	<del>2</del>	1	0
CC.9	Agreement with community partners	<del>3</del>	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 (27) by subtracting 3 for each question eliminated).

12	10		
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			
22			
<b>MODULE SCORE =</b> (Total Points / 27) X 100			
81 %			

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

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

**Instructions**

1. Carefully read and discuss the Module 1 Discussion Questions (pages 5-36), 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 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 Overcome barriers to learning	3	2	1	0
CC.5 Enrichment experiences	3	2	1	0
CC.6 Local school wellness policy	3	2	1	0
CC.7 Standard precautions policy	3	2	1	0
CC.8 Written crisis preparedness and response plan	3	2	1	0
S.1 Staff development on unintentional injuries, violence, and suicide	3	2	1	0
PA.1 Maintain safe play environment	3	2	1	0
PA.2 Recess	3	2	1	0
PA.3/ S.2 Playgrounds meet safety standards	3	2	1	0
PA.4 Access to physical activity facilities outside school hours	3	2	1	0
PA.5 Prohibit using physical activity as punishment	3	2	1	0
PA.6 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 throughout the school day	3	2	1	0
N.3 Access to free drinking water throughout the extended school day	3	2	1	0
N.4 Water testing	4	2	1	0
N.5 All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.6 All beverages sold during the 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 school day meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.8 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.9 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.10 Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.11 Food and beverage marketing	3	2	1	0
N.12 Handwashing practices	3	2	1	0
T.1 Prohibit tobacco use among students	3	2	1	0

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 2: Health Education**

*Score Card*  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 2 Discussion Questions (pages 6-17), 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 2 Planning Questions located at the end of this module (pages 19-20).

		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
S.1	Essential topics on preventing unintentional injuries and violence	3	2	1	0
PA.1	Essential topics on physical activity	3	2	1	0
N.1	Essential topics on healthy eating	3	2	1	0
T.1	Essential topics on preventing tobacco use	3	2	1	0
AOD.1	Essential topics on alcohol and other drug use	3	2	1	0
CHC.1	Essential topics on chronic health conditions awareness	3	2	1	0
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.

42	4		
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (48) by subtracting 3 for each question eliminated).

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

46
95.8%

**MODULE SCORE =**  
(Total Points / 48) X 100

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 3: Physical Education and Physical Activity Programs**

**Score Card**  
(photocopy before using)

**Instructions**

1. Carefully read and discuss the Module 3 Discussion Questions (pages 6-17), 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 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	Students active at least 50% of class time	3	2	1	0
PA.6	Individualized physical activity and fitness plans	3	2	1	0
PA.7	Prohibit exemptions or waivers for physical education	3	2	1	0
PA.8	Substitutions for physical education	3	2	1	0
PA.9	Health-related fitness	3	2	1	0
PA.10	Promote community physical activities	3	2	1	0
PA.11	Licensed physical education teachers	3	2	1	0
PA.12/CH C.1	Address special health care needs	3	2	1	0
PA.13/ S.1/CHC. 2	Physical education safety practices	3	2	1	0
PA.14/S.2	Physical activity facilities meet safety standards	3	2	1	0
PA.15	Professional development for physical education teachers	3	2	1	0
PA.16	Professional development for classroom teachers	3	2	1	0
PA.17	Participation in intramural programs or physical activity clubs	3	2	1	0
PA.18	Promotion or support of walking and bicycling to and/or from school	3	2	1	0
PA.19	Availability of before- and after-school physical activity opportunities	3	2	1	0
PA.20	Availability of physical activity breaks in classrooms	2	2	1	0
PA.21	Adequate physical activity facilities	3	2	1	0

SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

**Module 4: Nutrition Environment and Services**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 4 Discussion Questions (pages 5-12), 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 14-15).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
N.1	Breakfast and lunch programs	3	2	1	0
N.2	School breakfast	3	2	1	0
N.3	School lunch	3	2	1	0
N.4	Variety of offerings in school meals	3	2	1	0
N.5	Healthy food purchasing and preparation practices	3	2	1	0
N.6	Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
N.7	Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
N.8	Adequate time to eat school meals	3	2	1	0
N.9	Collaboration between school nutrition services staff members and teachers	3	2	1	0
N.10	Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
N.11/ S.1	Clean, safe, pleasant cafeteria	3	2	1	0
N.12/S.2	Food safety training	3	2	1	0
N.13/S.3	Preparedness for food emergencies	3	2	1	0
N.14	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.

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (42) by subtracting 3 for each question eliminated).

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

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 5: School Health Services**

*Score Card*

**Instructions**

- Carefully read and discuss the Module 5 Discussion Questions (pages 5-12), 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 5 Planning Questions located at the end of this module (pages 13-14).

		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	School-based healthcare services	3	2	1	0
CC.3	Health and safety promotion for students and families	3	2	1	0
CC.4	Collaborate with other school staff members	3	2	1	0
CC.5	Implement a referral system	3	2	1	0
CC.6	Student health information, including insurance	3	2	1	0
CC.7	Consulting school health physician	3	2	1	0
S.1	Assess extent of injuries on school property	3	2	1	0
S.2/ CHC.1	Health emergency response plans	3	2	1	0
CHC.2	Identify and track students with chronic health conditions	3	2	1	0
CHC.3	Care coordination for students with poorly controlled chronic health conditions	3	2	1	0
CHC.4	Ensure immediate and reliable access to quick-relief medications for students, if appropriate	3	2	1	0
CHC.5	Offer disease-specific education to all students with identified chronic health conditions	3	2	1	0
N.1	School 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.

30	8		
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(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (42) 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 / 42) X 100

38
90.4%

## 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.

18	2		
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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

20
95.2%

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 7: Social and Emotional Climate**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 7 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 7 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	Positive school climate	3	2	1	0
CC.2	Positive student relationships	3	2	1	0
CC.3	Professional development on meeting diverse needs of students	3	2	1	0
CC.4	Collaboration to promote social and emotional learning	3	2	1	0
CC.5	School-wide social and emotional learning	3	2	1	0
CC.6	Community partnerships to promote social and emotional learning for students in school	3	2	1	0
CC.7	Prevent harassment and bullying	3	2	1	0
CC.8	Active supervision	3	2	1	0
CC.9	Engaging all students	3	2	1	0
S.1	Prevent school 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 (30) by subtracting 3 for each question eliminated).

30			
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			30
<b>MODULE SCORE =</b> (Total Points / 30) X 100			100 %

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 8: Physical Environment**

*Score Card  
(photocopy before using)*

**Instructions**

- Carefully read and discuss the Module 8 Discussion Questions (pages 4-9), 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 8 Planning Questions located at the end of this module (pages 11-12).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
S.1	Safe physical environment	3	2	1	0
CC.1	School environmental health program	3	2	1	0
CC.2	Effective management of an environmental health and safety program	3	2	1	0
CC.3	Professional development for school environmental health	3	2	1	0
CC.4	Student involvement in promoting environmental health	3	2	1	0
CC.5	Cleaning and maintenance practices	3	2	1	0
CC.6	Implement indoor air quality practices	3	2	1	0
CC.7	Implement integrated pest management practices	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).

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

**Module 8: Physical Environment  
Discussion Questions**

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 9: Employee Wellness and Health Promotion**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 9 Discussion Questions (pages 6-15), 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 9 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 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	Staff mental health promotion	3	2	1	0
CC.6	Breastfeeding policy	3	2	1	0
S.1	Training for staff members on conflict resolution	3	2	1	0
S.2	Training for staff members on first aid and CPR	3	2	1	0
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/PA.2	Modeling healthy eating and physical activity behaviors	3	2	1	0
T.1	Programs for staff members on tobacco-use cessation	3	2	1	0
AOD.1	Programs for staff members on alcohol and other drug use prevention and treatment	3	2	1	0
CHC.1	Programs for staff members on chronic health conditions management	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 (45) by subtracting 3 for each question eliminated).

31	8	2	
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			
31			
<b>MODULE SCORE =</b> (Total Points / 45) X 100			
82.2%			

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 10: Family Engagement**

*Score Card*  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 10 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 10 Planning Questions located at the end of this module (pages 10-11). 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	Communication with families	3	2	1	0
CC.2	Parenting strategies	3	2	1	0
CC.3	Family engagement in school decision making	3	2	1	0
CC.4	Family volunteers	3	2	1	0
CC.5	Family engagement in learning at home	3	2	1	0
CC.6	Family access to school facilities	3	2	1	0
CC.7	Professional development on family engagement strategies	3	2	1	0
CC.8	Professional development to assist parents seeking services	3	2	1	0
CC.9	School health updates for families	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.

(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).

30			
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			30
<b>MODULE SCORE =</b> (Total Points / 30) X 100			100%

SCHOOL HEALTH INDEX – ELEMENTARY SCHOOL

**Module 11: Community Involvement**

**Score Card**  
(photocopy before using)

**Instructions**

- Carefully read and discuss the Module 11 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 11 Planning Questions located at the end of this module (pages 10-11). 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	Community involvement in school decision making	3	2	1	0
CC.2	Community volunteers	3	2	1	0
CC.3	Community involvement in school health initiatives	3	2	1	0
CC.4	Community-wide health promotion events	3	2	1	0
CC.5	Out-of-school programs	3	2	1	0
CC.6	Community involvement in improving student health	3	2	1	0
CC.7	Student involvement with community organizations	3	2	1	0
CC.8	Partnerships with community healthcare providers	3	2	1	0
CC.9	Agreement with community partners	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 (27) by subtracting 3 for each question eliminated).

9	12		
<b>TOTAL POINTS:</b> Add the four sums above and enter the total to the right.			21
<b>MODULE SCORE =</b> (Total Points / 27) X 100			77.7%