

2023

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

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

Instructions

- Carefully read and discuss the Module 1 Discussion Questions (pages 5-35), 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 1 Planning Questions located at the end of this module (pages 36-37).

		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 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
CC.9	School start times	3	2	1	0
CC.10	Student involvement in decision-making	3	2	1	0
S.1	Staff development on unintentional injuries, violence, and suicide	3	2	1	0
PA.1	Access to physical activity facilities outside school hours	3	2	1	0
PA.2	Prohibit using physical activity as punishment	3	2	1	0
N.1	Prohibit using food as reward or punishment	3	2	1	0
N.2	Water testing	3	2	1	0
N.3	Access to free drinking water throughout the school day	3	2	1	0
N.4	Access to free drinking water throughout the extended school day	3	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	At the high school level, beverages sold during the school day exceed the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.8	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.9	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.10	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.11	Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	3	2	1	0
N.12	Food and beverage marketing	3	2	1	0
T.1	Prohibit tobacco use among students	3	2	1	0

Do not sale after school

Middle Hill
SCHOOL HEALTH INDEX - ELEMENTARY SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions.

Importance	How important is the action to my school?
	5 = Very important 3 = Moderately important 1 = Not important
Cost	How expensive would it be to plan and implement the action?
	5 = Not expensive 3 = Moderately expensive 1 = Very expensive
Time	How much time and effort would it take to implement the action?
	5 = Little or no time and effort 3 = Moderate time and effort 1 = Very great time and effort
Commitment	How enthusiastic would the school community be about implementing the action?
	5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action?
	5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 1 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>Staff development</i>	<i>5</i>	<i>5</i>	<i>3</i>	<i>3</i>	<i>5</i>	<i>21</i>	<input checked="" type="checkbox"/>
<i>written hand injuries, violence and suicide</i>							
<i>We will provide staff development on violence & suicide</i>							

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Module 2: Health Education

Score Card
(photocopy before using)

Instructions

- Carefully read and discuss the Module 2 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 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	Required health education course	3	2	1	0
CC.2	Health education grading	3	2	1	0
CC.3	Sequential health education curriculum consistent with standards	3	2	1	0
CC.4	Active learning strategies	3	2	1	0
CC.5	Opportunities to practice skills	3	2	1	0
CC.6	Culturally appropriate activities and examples	3	2	1	0
CC.7	Assignments encourage student interaction with family and community	3	2	1	0
CC.8	Credentialed health education teachers	3	2	1	0
CC.9	Professional development in health education	3	2	1	0
CC.10	Professional development in delivering curriculum	3	2	1	0
CC.11	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
SH.2	Professional development in delivery of sexual health curriculum	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 (57) by the subtracting 3 for each question eliminated).

51	4	0	0
TOTAL POINTS: Add the four sums above and enter the total to right.			55
MODULE SCORE = (Total Points / 57) X 100			96%

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions.

Importance	How important is the action to my school? 5 = Very important 3 = Moderately important 1 = Not important
Cost	How expensive would it be to plan and implement the action? 5 = Not expensive 3 = Moderately expensive 1 = Very expensive
Time	How much time and effort would it take to implement the action? 5 = Little or no time and effort 3 = Moderate time and effort 1 = Very great time and effort
Commitment	How enthusiastic would the school community be about implementing the action? 5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action? 5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 2 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>Adopt a "Personal Development" curriculum</i>	3	3	3	3	3	15	
<i>Will do this when the state comes out with a health curriculum approved by DESE</i>							

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH 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 6-19), 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 21-22).

		Fully in Place	Partially in Place	Under Develop- ment	Not in Place
PA.1	225 minutes of physical education per week	3	2	1	0
PA.2	Years of physical education	3	2	1	0
PA.3	Time requirement for length of physical education class	3	2	1	0
PA.4	Adequate teacher/student ratio	3	2	1	0
PA.5	Sequential physical education curriculum consistent with standards	3	2	1	0
PA.6	Information and materials for physical education teachers	3	2	1	0
PA.7	Physical education grading	3	2	1	0
PA.8	Prohibit exemptions or waivers for physical education	3	2	1	0
PA.9	Substitutions for physical education				
PA.10	Students active at least 50% of class time	3	2	1	0
PA.11	Individualized physical activity and fitness plans	3	2	1	0
PA.12	Health-related physical fitness	3	2	1	0
PA.13	Promote community physical activities	3	2	1	0
PA.14	Licensed physical education teachers	3	2	1	0
PA.15/ CHC.1	Address special health care needs	3	2	1	0
PA.16/ S.1/CHC .2	Physical education safety practices	3	2	1	0
PA.17	Professional development for physical education teachers	3	2	1	0
PA.18	Professional development for classroom teachers	3	2	1	0
PA.19	Participation in intramural programs or physical activity clubs	3	2	1	0
PA.20	Availability of interscholastic sports	3	2	1	0
PA.21	Promotion or support of walking and bicycling to and/or from school	3	2	1	0
PA.22	Availability of before- and after-school physical activity opportunities	3	2	1	0
PA.23	Availability of physical activity breaks in classrooms	3	2	1	0
PA.24	Adequate physical activity facilities	3	2	1	0
PA.25	Training requirements for sports coaches	3	2	1	0
PA.26/ S.2	Physical activity facilities meet safety standards	3	2	1	0
PA.27/ S.3	Athletics safety requirements	3	2	1	0

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions.

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Time	How much time and effort would it take to implement the action? 5 = Little or no time and effort 3 = Moderate time and effort 1 = Very great time and effort
Commitment	How enthusiastic would the school community be about implementing the action? 5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action? 5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 3 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>Provide more opportunities for students to be active during the school day</i>	3	5	3	3	3	17	

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH 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	Preparedness for food emergencies	3	2	1	0
N.13/ S.3	Food safety training	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).

36	0	0	0
TOTAL POINTS: Add the four sums above and enter the total to the right.			
36			
MODULE SCORE = (Total Points / 42) X 100			
85%			

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions.

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Commitment	How enthusiastic would the school community be about implementing the action? 5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action? 5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 4 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>We don't have access to farm to school w/ our area but would like to have this available</i>	3	1	1	3	3	11	

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH 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 8 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).

12	12	0	0
TOTAL POINTS: Add the four sums above and enter the total to the right.			
24			
MODULE SCORE =			
(Total Points / 30) X 100			
80%			

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions. The actions with the highest points should be considered in determining your priority actions.

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Commitment	How enthusiastic would the school community be about implementing the action? 5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action? 5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 11 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>Need to have more family engagement activities, besides extracurricular activities at the HS</i>	3	3	1	3	3	13	

Module 11: Community Involvement

Score Card *(photocopy before using)*

Instructions

1. 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.
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 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).

3	16		
<p>TOTAL POINTS: Add the four sums above and enter the total to the right.</p>			19
<p>MODULE SCORE = (Total Points / 27) X 100</p>			70%

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Planning Question 3. List each of the actions identified in Planning Question 2 on the table below. Use the five-point scales defined below to rank each action on five dimensions (importance, cost, time, commitment, feasibility). Add the points for each action to get the total points. Use the total points to help you choose one, two, or three top priority actions that you will recommend to the School Health Index team for implementation this year. The actions with the highest points should be considered in determining your priority actions. The actions with the highest points should be considered in determining your priority actions.

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Commitment	How enthusiastic would the school community be about implementing the action? 5 = Very enthusiastic 3 = Moderately enthusiastic 1 = Not enthusiastic
Feasibility	How difficult would it be to complete the action? 5 = Not difficult 3 = Moderately difficult 1 = Very difficult

Module 11 Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Top Priority Action?
<i>Need our community</i>	<i>5</i>	<i>5</i>	<i>3</i>	<i>3</i>	<i>3</i>	<i>19</i>	
<i>work with w.th. mpreng</i>							
<i>student health. Maybe</i>							
<i>have specialists in the</i>							
<i>community speak with</i>							
<i>students</i>							

School Health Index Overall Score Card

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

	Low 0 – 20%	21% – 40%	Medium 41% – 60%	61% – 80%	High 81% – 100%
School Health and Safety Policies and Environment – Module 1					X
Health Education – Module 2					X
Physical Education and Physical Activity Programs – Module 3					X
Nutrition & Environment Services – Module 4					X
N/A School Health Services – Module 5					
School Counseling, Psychological, and Social Services – Module 6					
N/A Social and Emotional Climate – Module 7					
N/A Physical Environment – Module 8					

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

12/11/12

- Employee Wellness and Health Promotion –
Module 9
- Family Engagement – Module 10
- Community Involvement – Module 11

				X	
				X	

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