



Action for Healthy Kids' School Health Index Elementary School Version

To complete the School Health Index online, please visit
https://afhkschoolportal.force.com/AFHK_Communities_Login.

School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1.School health oversight	3	-	1	0
2.Representative school health committee or team	3	2	1	0
3.Local wellness policy	3	2	1	0
4.School health action plan	3	-	-	0
5.Positive school climate	3	2	1	0

Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6.All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	-	-	0
7.All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
8.School meals	3	2	1	0
9.School breakfast	3	-	-	0
10.Variety of offerings in school meals	3	2	1	0
11.Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12.Adequate time to eat school meals	3	2	1	0
13.Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14.Prohibit using food as a reward or punishment	3	2	1	0
15.Access to free drinking water	3	2	1	0
16.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
17.All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
18.All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
19.Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
20.Food and beverages marketing	3	2	1	0
21.Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
22.Engaging families in nutrition education and school meals	3	2	1	0
23.Nutrition education curriculum implantation	3	2	1	0
24.Farm to school activities	3	2	1	0

ACTION FOR HEALTHY KIDS

Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
25. Health education taught in all grades	3	2	1	0
26. Sequential health education curriculum consistent with standards	3	2	1	0
27. Culturally appropriate activities and examples	3	2	1	0
28. Professional development in health education	3	2	1	0
29. Essential topics on physical activity	3	2	1	0
30. Essential topics on healthy eating	3	2	1	0
31. Opportunities to practice skills	3	2	1	0
32. Assignments encourage student interaction with family and community	3	2	1	0

Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
33. 150 minutes of physical education per week	3	2	1	0
34. Sequential physical education curriculum consistent with standards	3	2	1	0
35. Students active at least 50% of class time	3	2	1	0
36. Health-related physical fitness	3	2	1	0
37. Licensed physical education teachers	3	2	1	0
38. Address special health care needs	3	2	1	0
39. Professional development for physical education teachers	3	2	1	0
40. Recess	3	2	1	0
41. Prohibit using physical activity as punishment	3	2	1	0
42. Prohibit withholding recess as punishment	3	2	1	0
43. Professional development for classroom teachers	3	2	1	0
44. Promotion or support of walking and bicycling to and/or from school	3	2	1	0
45. Availability of before- and after-school physical activity opportunities	3	2	1	0
46. Availability of physical activity breaks in classrooms	3	2	1	0
47. Family engagement in physical activity	3	2	1	0
48. Access to physical activity facilities outside school hours	3	2	1	0
49. Promote community physical activities	3	2	1	0

Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
50. Fostering positive and nurturing relationships	3	2	1	0
51. Positive student relationships	3	2	1	0
52. Professional development on meeting diverse needs of students	3	2	1	0
53. Collaboration to promote social and emotional learning	3	2	1	0
54. School-wide social and emotional learning	3	2	1	0
55. Prevent harassment and bullying	3	2	1	0
56. Active supervision	3	2	1	0
57. Engaging all students	3	2	1	0

ACTION FOR HEALTHY KIDS

School Health Services

	Fully in Place	Partially in Place	Under Development	Not in Place
58. Collaboration between school nutrition services staff members and teachers	3	2	1	0
59. Health services provided by a full-time nurse	3	2	1	0
60. School nurse collaborates with other school staff members	3	2	1	0
61. Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	2	1	0
62. School counselor collaborates with other school staff members	3	2	1	0

Staff Wellness

	Fully in Place	Partially in Place	Under Development	Not in Place
63. Programs for staff members on physical activity/fitness	3	2	1	0
64. Programs for staff members on health eating/weight management	3	2	1	0
65. All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
66. Modeling healthy eating and physical behaviors	3	2	1	0
67. Stress management programs for staff	3	2	1	0

Family Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
68. Communication with families	3	2	1	0
69. Family engagement in school decision making	3	2	1	0
70. Family volunteers	3	2	1	0
71. Professional development on family engagement strategies	3	2	1	0
72. 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
73. Family involvement in learning at home	3	2	1	0
74. School health updates for families	3	2	1	0

Community Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
75. Community involvement in school decision making	3	2	1	0
76. Community involvement in school health initiatives	3	2	1	0



5/17/21
MJJ

Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation and the Code of Federal Regulation 210.30 and 220.7 and all Final Rule guidance.

How the Required Elements for Local School Wellness Policy (LSWP)	
Policy Includes:	Page(s)
<input type="checkbox"/> Goals for Student Wellness that are specific (measurable) and review and consider evidence-based strategies and techniques	
<input type="checkbox"/> nutrition promotion	Pg 6 & 7
<input type="checkbox"/> nutrition education	Pg 7
<input type="checkbox"/> physical activity	Pg 8
<input type="checkbox"/> other school-based activities	Pg 8
<input type="checkbox"/> School Meals: Meet, at minimum, the federal and state standards for meals provided by all LEA schools during the school day (from midnight to 30 minutes after school day)	Pg 9
<input type="checkbox"/> Competitive Foods and Beverages: Smart Snacks in School standards for other foods and beverages sold at school during the school day (from midnight to 30 minutes after school day)	6
<input type="checkbox"/> Foods and Beverages Not Sold -Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	6
<input type="checkbox"/> Foods and Beverages Marketing Policies for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	6
<input type="checkbox"/> Public Involvement: Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	3
<input type="checkbox"/> Description of Plan included in the written policy for:	
<input type="checkbox"/> Public Involvement in the development, implementation, and review and periodic update, of the LSWP-allowing broad participation of stakeholders and encouraging actively seeking members	3
<input type="checkbox"/> Annual Public Notification/Updates -about the content of the policy and any updates	3, 5
<input type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	4
<input type="checkbox"/> LSWP Leadership: LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	Page 3, No info
<input type="checkbox"/> Date policy was updated	2018
<input type="checkbox"/> Non-discrimination Statement -full statement on complete policy; abbreviated version-shorter documents	9

Compliance with Implementation-Questions (Q) on the Administrative Review:	Documentation
<input type="checkbox"/> Q1000-Please explain how the required elements of the LSWP are being met	
Documentation Examples: dated hard copy or provide copy of web posting or link	(pg 4) web link
<input type="checkbox"/> Q1001-How does the <u>public know</u> about the Local School Wellness Policy?	
<input type="checkbox"/> Annual public notification of the content of the LSWP and any updates if needed	
<input type="checkbox"/> How the public can be involved in the LSWP -typically method of solicitation for a wellness committee	iSupport, Facebook
<input type="checkbox"/> The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public	NA
Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers	
<input type="checkbox"/> Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?	
Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input checked="" type="checkbox"/> Parents <input type="checkbox"/> Students <input checked="" type="checkbox"/> School Food Service <input checked="" type="checkbox"/> Teachers of Physical Education <input type="checkbox"/> School Health Professionals <input type="checkbox"/> School Board Members <input checked="" type="checkbox"/> School Administrators <input type="checkbox"/> General Public and Community Members	see minutes & agendas
Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan	
<input type="checkbox"/> Q1003-When and how does the review and update of the LSWP occur?	
Documentation Examples: committee agendas/minutes, work plan, related documents	
<input type="checkbox"/> Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?	
Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers	Facebook & ParentsSquare
<input type="checkbox"/> Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.	
Triennial Assessment: At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.	
Documentation Examples: Comparison to Model Policy-dated policy review tools such as the WellSAT2.0; Compliance with the LSWP and Progress Attaining Goals-School Health Index and/or district generated checklists, updated implementation plans, board reports	Health Index This document Meeting w/ Cassandra
<input type="checkbox"/> Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?	
Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers	unsure