

SCHOOL HEALTH INDEX SELF-ASSESSMENT RESULTS

SARITA SCHOOL ELEMENTARY

2018 - 2019

Module 1: School Health and Safety Policies and Environment

Score: 99%

Area not in complete compliance:

*The school does not consistently prohibit giving food as a reward. (N.1)

Module 2: Health Education

Score: 94%

Area not in complete compliance:

*Health teacher has not received professional development in classroom management techniques in the past 2 years. (CC.9)

Module 3: Physical Education and Physical Activity Programs

Score: 81%

Areas not in complete compliance:

*Teacher of physical education is provided with four to seven of the ten materials listed. (PA.4)

*Students do not design and implement their own individualized plans. (PA.6)

*Two of the three components of the Presidential Youth Fitness Program are integrated. (PA.9)

*The physical education classes are not taught by licensed teacher who is certified or endorsed to teach physical education. (PA.11)

*Our school promotes or supports walking and bicycling to school in one to two of the ten ways listed. (PA.18)

*Availability of physical activity breaks in classrooms is done on some days during typical school week. (PA.20)

Module 4: Nutrition Environment and Services

Score: 77%

Areas not in complete compliance:

*School offers a traditional breakfast program served and consumed in the cafeteria; no breakfast in the classroom, grab and go, or second chance models. (N.2)

*School offers a traditional lunch program served and consumed in the cafeteria. (N.3)

*School meals include a variety of offerings that meet three to five of the seven criteria listed. (N.4)

*School food services follow eight to nine of the twelve listed practices that ensure healthier foods are purchased and prepared for service. (N.5)

*Healthy food and beverage choices are promoted through five to nine of the nineteen techniques listed. (N. 7)

*Most food and nutrition services staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements. (N.10)

*School presently not needing eating devices since there is no student with special health care needs at meal times. (N.11/S.1)

*Some school nutrition service staff are trained for three or four of the six types of food emergencies listed. (N.13/S.3)

Module 5: School Health Services

Score: 82%

Areas not in complete compliance:

*School has a referral system that includes a few of the components listed to implement, as needed, care/health services.

*School does not have access to a consulting school health physician. (CC.7)

*School nurse systematically collects information on unintentional injuries, incidents, and violence. It may occasionally be reviewed. (S.1)

*The school nurse has an emergency plan that includes all but one of the components listed for assessing, managing, and referring students and staff members suffering from a medical emergency. (S.2/CHC.1)

Module 6: School Counseling, Psychological, and Social Services

Score: 76%

Areas not in complete compliance:

*School does not have even one counselor, social worker, or psychologist. (CC.1)

*School principal provides only 1-on-1 counseling for emotional, behavioral, and mental health issues. (CC.2)

*There is collaboration in one or two of the seven ways listed to promote student health and safety. (CC.3)

*School has a referral system that includes some of the components listed for referring students, as needed, to appropriate school- or community-based counseling, psychological, and social services. (CC.5)

Module 7: Social and Emotional Climate

Score: 93%

Areas not in complete compliance:

*Not all teachers have received professional development on practices to meet the diverse needs of children and adolescents. (CC.3)

Module 8: Physical Environment

Score: 100%

All items addressed are in complete compliance:

Module 9: Employee Wellness and Health Promotion

Score: 40%

Areas not completely in compliance:

*School does not offer staff members health education and health-promoting activities that focus on skill development and behavior change and that are tailored to their needs and interests. (CC.1)

*School does not offer staff members accessible and free or low-cost health assessments at least once a year. (CC.2)

*School does not use any methods to promote and encourage staff members to participate in its health promotion programs. (CC.3)

*School does not offer counseling, psychological, or social services to promote emotional, behavioral, and mental health for employees in any of these ways. We do not have such services. (CC.5)

*School does not offer staff members training on conflict resolution that is accessible and free or low-cost. (S.1)

- *Only some foods and beverages served and sold meet the USDA's Smart Snacks in School nutrition standards. (N.2)
- *School supports staff to model healthy eating and physical behavior using three to four out of the six strategies listed. (N.3/PA.2)
- *School does not offer tobacco cessation services. (T.1)
- *School does not offer alcohol and other drug use programs and services. (AOD.1)
- *School does not offer chronic health conditions management programs. (CHC.1)

Module 10: Family Engagement

Score: 83%

Areas not completely in compliance:

- *School provides educational resources for families that address some of the topics listed. (CC.1)
- *School provides family members with limited opportunities to reinforce learning at home. (CC.5)
- *Most school staff have received professional development on strategies for family engagement. (CC.7)
- *School provides most staff with professional development to assist parents seeking mental health services for students. (CC.8)

Module 11: Community Involvement

Score: 78%

- *School occasionally works with local community organizations, businesses, or local hospitals to plan community events that promote health and wellness. (CC.4)
- *School does not work with out-of-school programs to develop or implement activities that promote health for participating students. (CC.6)
- *School does not have written agreement with community partners to develop and support school health programs and activities. (CC.9)

RECOMMENDATIONS:

- Continue to encourage parent involvement with School Health Advisory Council. (CC.1)
- Find new ways other than food to reward students. (N.1)
- Have health teacher receive professional development in classroom management techniques. (CC.9)
- Physical monitoring devices should be made available to teachers and students during a 5K walk or during P.E. to encourage continued activity. (PA.4)
- Provide individualized physical activity fitness plan. (PA.6)
- Recognize students who meet the Healthy Fitness Zones. (PA.9)
- Have teacher certified or endorsed to instruct Physical Education. (PA.11)
- Promote bicycling /walking through student lead committee (i.e. bike-a-thon) (PA.18)
- Set daily physical breaks in classroom. (PA.20)
- Implement a school wide policy that a child brought late to school who has not had breakfast will be allowed to get a breakfast bar, yogurt, or dry cereal. (N.2)
- Contact parents of students without a primary health care provider and give information about child insurance programs and primary care providers. (CC.5)
- Provide professional development about referral process and have referral forms easily accessible to staff members to use should a student need arise. (CC.5)

- Gather, analyze and review information on unintentional injuries, incidents, and violence that occur on school property or school sponsored events. (S.1)
- Develop a specific protocol for medical emergencies and distribute to staff annually. (S.2/CHC.1)
- Refer any student in need of counseling to our principal, who will in turn contact a representative from Buckner, a contracted counseling service. (CC.1)
- Provide professional development on meeting the diverse cognitive emotional, and social needs of children and adolescents. (CC.3)
- Encourage staff member participation in health education/assessment by providing literature on different disease processes and also providing annual readings regarding blood pressure, blood sugars, and BMI's. (CC.1, CHC.1)
- Provide referral information for mental health issues and alcohol/tobacco use cessation programs. (T.1, AOD.1)
- Establish a program that will help parents learn parenting skills and help them connect with their children's teachers. (CC.2, CC.5, CC.8)
- Consider having an afterschool program that would instruct and reinforce instruction on health, safety and physical activity. (CC.5)