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 Development	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	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	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

T.2	Prohibit tobacco use among school staff members and visitors	③	2	1	0
AOD.1	Prohibit alcohol and other drug use among all students, school staff members, and visitors	③	2	1	0
AOD.2 /T.3	Enforce alcohol, tobacco, and other drug use policies	③	2	1	0
AOD.3 /T.4	Prohibit alcohol and tobacco advertising	③	2	1	0
CHC.1	Written policies for carry and self-administration of quick-relief medications	③	2	1	0
CHC.2	Professional development on chronic health conditions	③	2	1	0
SH.1	Non-discrimination on the basis of HIV infection policy	③	2	1	0
SH.2	Confidentiality of HIV status	③	2	1	0
SH.3	Professional development for all staff members on HIV policies or laws	③	2	1	0
SH.4	Professional development for administrators and teachers on HIV, other STD, and pregnancy prevention	3	2	1	⓪

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

93	8	1	

(If you decide to skip any of the topic areas, make sure you adjust the denominator for the Module Score (114) by subtracting 3 for each question eliminated).

TOTAL POINTS: Add the four sums above and enter the total to the right. **102**

MODULE SCORE =
(Total Points / 114) X 100   **89** %

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	(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		

(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

MODULE SCORE =
(Total Points / 48) X 100

96 %

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	(3)	2	1	0
PA.21	Adequate physical activity facilities	(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 (63) by subtracting 3 for each question eliminated).

51	2		

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

$\boxed{53}$

MODULE SCORE =
(Total Points / 63) X 100

$\boxed{84 \ \%}$

Module 4: Nutrition Environment and Services

Score Card
(photocopy before using)

Instructions
1. 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.
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 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 *if food sold*	3	2	1	(0) - Does is Apply
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.

27	6		

(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.

33

MODULE SCORE =
(Total Points / 42) X 100

$$\frac{-3}{39}$$

85 %

Module 5: School Health Services

Score Card

Instructions

1. 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.
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 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.

(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).

39	2		

TOTAL POINTS: Add the four sums above and enter the total to the right. → 41

MODULE SCORE = (Total Points / 42) X 100 → 98 %

Module 6: School Counseling, Psychological, and Social Services

Score Card
(photocopy before using)

Instructions
1. 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.
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 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.

21			

(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.

21

MODULE SCORE =
(Total Points / 21) X 100

100 %

Module 7: Social and Emotional Climate

Score Card
(photocopy before using)

Instructions

1. 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.
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 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.

30			

(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).

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

30

MODULE SCORE =
(Total Points / 30) X 100

100 %

Module 8: Physical Environment

Score Card
(photocopy before using)

Instructions
1. 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.
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 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).

21	2		

TOTAL POINTS: Add the four sums above and enter the total to the right. **23**

MODULE SCORE =
(Total Points / 24) X 100   **96** %

Module 8: Physical Environment
Discussion Questions

Module 9: Employee Wellness and Health Promotion

Score Card
(photocopy before using)

Instructions
1. 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.
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 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.

33	4		

(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).

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

MODULE SCORE = (Total Points / 45) X 100

37
82 %

Module 10: Family Engagement

Score Card
(photocopy before using)

Instructions

1. 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.
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 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.

36			

(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).

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

36

MODULE SCORE =
(Total Points / 30) X 100

100 %

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.

24	2		

(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).

TOTAL POINTS: Add the four sums above and enter the total to the right. **26**

MODULE SCORE =
(Total Points / 27) X 100   **96** %

School Health Index
Overall Score Card

For each module (row), write an X in the one column where

the Module Score falls*

	Low	Medium		High
	0 – 20%	21% – 40%	41% – 60%	61% – 80%	81% – 100%
School Health and Safety Policies and Environment – Module 1					89 %
Health Education – Module 2					96 %
Physical Education and Physical Activity Programs – Module 3					84 %
Nutrition & Environment Services – Module 4					85 %
School Health Services – Module 5					96 %
School Counseling, Psychological, and Social Services – Module 6					100 %
Social and Emotional Climate – Module 7					100 %
Physical Environment – Module 8					96 %

Employee Wellness and Health Promotion – Module 9	82 %				
Family Engagement – Module 10	100 %				
Community Involvement – Module 11	96 %				

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