



ASSESS YOUR ENVIRONMENT

"I believe that the extraordinary should be pursued. But extraordinary claims require extraordinary evidence." - Carl Sagan




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Student Survey Instructions

The Student Survey makes your entire school a part of the policy making process and a part of your team. This survey will help you understand how the student body feels about different health issues in your school, which will make it easier for you to act as the voice of the people you represent.

Remember to try to survey most of the student body, or a representative sample of grades. For instance, if your school is roughly half girls and boys, then about half of the surveys you collect should be from girls, and half from boys (i.e. out of 50 collected surveys, 25 should be from girls and 25 from boys). This will allow you to get a true sense of what the students think about your school health environment.

To complete the student survey we suggest you follow these steps:

- 1) **Decide on the best time to conduct the survey.** Take into consideration the amount of time it will take (probably about ten minutes) for each student to fill out the survey. We recommend that you conduct this survey during homeroom period to avoid interrupting class time. However, any available time will work well, especially if students are in a classroom setting. Your adult mentor may have advice on the best time to conduct the survey during the school day.
- 2) **Obtain permission before distribution.** Ask your adult mentor for help in obtaining permission to conduct the survey and alerting the teachers in the classes you will be surveying. Communication is the key to ensure that all distributed surveys are passed out, answered, and returned.
- 3) **Distribute, complete, and collect the Student Survey.**
 - a. Make enough copies of the Student Survey to distribute. Try to survey as many students as possible; the more feedback you get, the better.
 - b. Once students are present and ready, the survey collector (you or the teacher of the class) should hand out the Student Survey.
 - c. Give one minute for students to read the instructions. The collector should read or paraphrase the following instructions:
“This survey is a part of [name of your student group]’s plan to help improve our school’s health policies. Answering these survey questions honestly, seriously, and thoroughly is in your best interests, because [name of your student group] wants to use your opinions to improve our school environment. Does anyone have any questions?”
 - d. Collect completed Student Surveys from students, and then collect all surveys for analysis.
- 4) **Use the completed surveys to fill out the Student Survey Score Sheet (found in the section after the Student Survey).** Collecting and analyzing data is no easy task, and you shouldn’t feel like you have to attempt the entire survey process alone. You may want to ask your mentor or one of your school’s math or technology teachers to help you do this.

Please Note: Some of the questions on the Student Survey have numbers in parentheses after the question. These numbers correspond to highlighted questions in the Module Section, which will become useful when you complete the Module Section.

Student Survey

Please read the following questions and circle the best answer. Remember, answering these questions honestly is in your best interest.

I am: Female Male

My grade is: 7 8 9 10 11 12

1) Do you feel that teachers and staff care about your physical health and emotional well-being? (1.4)

- a) Yes
- b) Mostly
- c) Somewhat
- d) Not at all

2) How satisfied are you with the health education you are receiving (i.e. the extent of topics covered, the quality of the class, etc.) ? (2.5)

- a) Very satisfied
- b) Somewhat satisfied
- c) Somewhat dissatisfied
- d) Extremely dissatisfied
- e) My School does not offer health education

3) In the past month during your physical education class, you were active or moving around: (3.6)

- a) Most or all of class time
- b) About half of class time
- c) Some of class time
- d) None of class time
- e) I do not take physical education

4) Do you enjoy physical education class? (3.7)

- a) Yes
- b) No
- c) I don't take Physical Education

Why or why not? Suggestions for change:

5) How would you rate the variety of school sponsored physical activity programs (e.g. intramurals, dance clubs, or interscholastic sports)? (3.9A)

- a) Extensive Variety
 - b) Moderate Variety
 - c) Very Limited Variety
 - d) No school sponsored physical activity programs are offered
 - e) I am not aware of these programs
- Suggestions for other programs:

6) Do you feel these enrichment opportunities mentioned above are easily accessible to you (i.e. no overcrowding in programs, low or no cost involved, etc.)? (3.9B)

- a) Most or all are easily accessible
- b) About half are easily accessible
- c) Some are easily accessible
- d) None are accessible

Suggestions for change:

7) In the past twelve months, have you participated in one or more school-sponsored physical activity programs (e.g., intramurals, dance clubs, or interscholastic sports)? (3.10)

- a) Yes
- b) No

8) Which of the following did you buy in your school's vending machines in the past week?

Check all that apply:

- Fruits
- Vegetables
- Low-fat dairy products (2%, 1%, or non-fat)
- Nuts
- Water
- 100% fruit juice
- There are no vending machines at my school
- Other _____

9) Which of the following did you buy in your school's a la carte selection (that is, foods that are sold individually in the lunch line) in the past week?

Check all that apply:

- Fruits
- Vegetables
- Low-fat dairy products (2%, 1%, or non-fat)
- Nuts
- Water
- 100% fruit juice
- Whole-grain products (i.e. whole wheat bread, whole wheat crackers)
- Other _____

10) Do you feel that the healthy products (fruits, vegetables, and low-fat dairy products) in school meals and a la carte offerings (foods that are sold individually in the lunch line) are appealing? (4.5)

- a) Most or all offerings are appealing
- b) About half are appealing
- c) Some are appealing
- d) None are appealing OR no a la carte selections are offered.

Suggestions for other healthy foods:

11) At your school, how often do prices keep you from buying healthier foods rather than unhealthy ones? (4.17)

- a) Most or all of the time
- b) About half the time
- c) Some of the time
- d) Never

12) In the past two weeks, you found that you had enough time to eat school breakfast: (4.9)

- a) Most or all days
 - b) About half of the days
 - c) Some of the days
 - d) None of the days
 - e) I don't eat breakfast at school
 - f) My school does not offer a breakfast program
- Why?

13) In the past two weeks, you found that you had enough time to eat school lunch: (4.10)

- a) Most or all days
 - b) About half of the days
 - c) Some of the days
 - d) None of the days
 - e) I don't eat lunch at school
 - f) My school does not offer a lunch program
- Please explain why:

14) How often do you feel that your school's cafeteria is clean and pleasant? (4.11)

- a) Most or all of the time
- b) About half of the time
- c) Some of the time
- d) Never

15) Are you satisfied with the variety and quality of foods that your school offers? (4.16)

- a) Extremely satisfied
 - b) Somewhat satisfied
 - c) Somewhat dissatisfied
 - d) Extremely dissatisfied
- Please explain why:

Student Survey Score Sheet

Using the completed student surveys tally marks to record which answer was chosen for each question. After all have been recorded, add all the answers up for each question and mark the answer with the most tallies as the **Final Answer**.

Overview of Student Survey respondents:

Males		Females	
Grade	Number in each grade	Grade	Number in each grade
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	
Total Number of Males surveyed _____		Total Number of Females surveyed _____	

Questions	1)	2)	3)
	A	A	A
	B	B	B
	C	C	C
	D	D	D
	E	E	E
Final Answer			

4)		5)		6)	
A		A		A	
B		B		B	
C		C		C	
		D		D	
		E			
Final Answer					

4)		5)		6)	
A		A		A	
B		B		B	
C		C		C	
		D		D	
		E			
Final Answer					

10)		11)	12)
A	A	A	A
B	B	B	B
C	C	C	C
D	D	D	D
			E
			F
Final Answer			

13)		14)	15)
A	A	A	A
B	B	B	B
C	C	C	C
D	D	D	D
E			
F			
Final Answer			



Module Instructions

The following six modules (adapted from the CDC School Health Index) are designed to examine, in detail, various aspects of your school's health environment. These modules have been adapted from the School Health Index designed by the Centers for Disease Control and Prevention, specifically for high school students to use.

You may need to talk to adults in your school to collect all the information you need to accurately answer the module questions (i.e. a gym teacher, a school nurse, a food service manager).

Please note: Some questions, which are highlighted in the modules, require the results of the Student Survey.

In order to complete the following assessment, we suggest you go through these steps:

- 1) Examine each module of the assessment with your group.
- 2) Split your group up into teams with at least two students in each. Depending on the size of your student group, each team should handle one or more modules.
- 3) Each team should read the questions and options carefully. Discuss each question among yourselves, and agree on the appropriate answer. Remember to answer the questions as honestly as possible. Some low scores are expected; They will help build awareness of areas that need improvement. You may want to mark those questions that require more information, inquire about them, and return to them later. You may need to talk to your cafeteria manager, school nurse, gym teacher, or other school administrators for some questions that you cannot answer alone.
- 4) Use the results of the **Student Survey** questions, which should be compiled on the **Student Survey Score Sheet** to answer the corresponding highlighted questions in your module(s).
- 5) When all questions and modules are completed, all of the teams should gather to discuss their module questions and answers.
- 6) Finally, as a group, complete the **Overall Scorecard**.

IMPORTANT NOTE: Some schools (e.g. small schools, magnet and charter schools) may not be able to answer all the questions in the modules, and that's okay. Simply answer all questions to the best of your ability. Use the modules that best fit your circumstances and do your assessment and action steps based on these results.

MODULE 1: School Health Policies and Environment

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
1.1	Your school or district has written policies (rules in the form of a handbook, catalogue, etc.) governing how many of the following? <input type="checkbox"/> the health curriculum <input type="checkbox"/> physical education curriculum <input type="checkbox"/> physical activity programs <input type="checkbox"/> school food service	4 areas	2 to 3 areas	1 areas	None
1.2	Your school or district communicates these policies using how many of the following methods: <input type="checkbox"/> student handbooks <input type="checkbox"/> staff handbooks <input type="checkbox"/> parent handbooks <input type="checkbox"/> newsletters <input type="checkbox"/> announcements	4 to 5 methods	2 to 3 methods	1 method	None
1.3	Does your school have a policy of identifying and referring students with health problems related to nutrition and/or physical activity to the proper health professional?	A policy exists and is followed	A policy exists but is not followed	No policy exists, but one is currently being developed	No policy exists and one is not being developed

1.4	Do students in your school feel that school teachers and administrators care about their physical health and emotional well-being?	Most or all of students do	About half of students do	Very few students do	No students do
1.5	How accessible are your school's indoor and outdoor physical activity facilities outside school hours?	Full access to indoor and outdoor	Full access to indoor or outdoor but not both	Limited access to indoor or outdoor	No access to either
1.6	The physical activity facilities at your school are adequate in how many of the following ways? <input type="checkbox"/> availability to teachers <input type="checkbox"/> availability to disabled <input type="checkbox"/> accessibility regardless of weather <input type="checkbox"/> capacity (to prevent overcrowding)	4	3	1 to 2	None
1.7	Do school fundraisers support healthy eating by selling nutritious food and snacks or non-food items rather than those high in fat and sugar? (For example: Apples vs. cupcakes, and pretzels vs. potato chips) Your school prohibits the sale of how many of the following unhealthy foods? <input type="checkbox"/> soda <input type="checkbox"/> non-100% juice/sugar sweetened beverages (i.e. Snapple, Arizona Iced Tea, Twisted) <input type="checkbox"/> sugar candy <input type="checkbox"/> chocolate candy <input type="checkbox"/> potato chips <input type="checkbox"/> French fries <input type="checkbox"/> ice cream/frozen treats <input type="checkbox"/> baked goods (i.e. cakes and cookies)	Yes, healthy food is always sold	Healthy food is sold half the time	Healthy food is rarely sold	Healthy food is never sold OR we do not have school fundraisers
1.8		More than 6	4 or 5	2 or 3	None or 1

MODULE 2: Health Education

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
2.1	Does your school require all students to take and pass at least one health/sex education course (for grades 9-12 high school)?	Yes	Students are required to take one but do not have to take it again if they fail it	No, but there is an elective health/sex education course	No
2.2	Does your school give grades for health education courses and do these grades carry the same weight as those from major academic courses?	Yes	Students earn grades that count less than grades for other major subjects	Students earn grades that are not used in calculating any academic recognition	No grades OR there are no required health courses
2.3	How many of the following essential topics on physical activity does the health curriculum (not an elective) at your school address? <input type="checkbox"/> The meaning of physical activity, exercise, and health-related fitness <input type="checkbox"/> Physical, mental, and social benefits of physical activity <input type="checkbox"/> The role of physical activity in controlling body weight <input type="checkbox"/> Recommended amounts of physical activity <input type="checkbox"/> How to increase daily physical activity	All of them	3 to 4 of the topics	1 to 2 of the topics	None of the topics, or there is no curriculum (only electives)

2.4	How many of the following essential healthy eating topics does the health curriculum at your school address? <input type="checkbox"/> Benefits of healthy eating <input type="checkbox"/> The Food Guide Pyramid and nutritious choices for each group <input type="checkbox"/> Balancing food intake and physical activities <input type="checkbox"/> Accepting body size differences <input type="checkbox"/> Eating disorders (anorexia, bulimia, etc.)?	All of them	3 to 4 of the topics	1 to 2 of the topics	None of the topics, or there is no curriculum (only electives) Extremely Dissatisfied or no health education is offered
2.5	How satisfied are most of the students about the health education they are receiving?	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	It does not offer any
2.6	Does your school offer health related electives?	Yes, many	It offers some	It offers a minimal amount (1 or 2)	NO POINTS (X 0)
	ADD TOTAL circled from each column (A, B, and C)	X3	X 2	X1	
	Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS				
	Add all subtotals to calculate GRAND TOTAL	GRAND TOTAL=			

Module Score = (GRAND TOTAL / 18) X 100 %

- 1) When you finish answering all questions in this module, add the total number of answers circled from columns A, B, and C and record it at the bottom in the “ADD TOTAL” area for each column.
- 2) Multiply the column’s totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 18 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.

MODULE 3: Physical Education and Other Physical Activity Programs

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
3.1	Does your school have required Physical Education courses?				
	If no, only complete questions 3.9 and 3. 10. Count each of the skipped questions as 0.	Yes			No
3.2	How many years of Physical Education are required to graduate?	4	3	2	1
	On average, how many minutes per week do students receive physical education class (not substitution of participation in a sports team)?	200 or more	135-200 minutes	45-135 minutes	0-45 minutes
3.3	Do physical education classes contain the same amount of students as academic classes?		They are somewhat larger	They are much larger but currently reducing the size	They are much larger and no plans to reduce
		Yes	Students earn grades that count less than grades for other major subjects	Students earn grades that are not used in calculating any academic recognition	
3.4	Does your school give grades for physical education courses? Do these grades carry the same weight as those from major academic courses?	Yes			No

3.5	Does your school prohibit the substitution of other courses or activities, such as interscholastic sports or band, for physical education?	Yes	Yes, but occasional exceptions are made	No, but there are plans to start prohibiting substitution	No They were not active at all OR most students do not take P.E.
3.6	In the past month, the majority of students felt as if they were how active during their physical education class?	Most or all of the time	About half of the time	Some of the time	No students enjoy P.E. OR most students do not take P.E.
3.7	Do the students at your school enjoy physical education class?	Most or all students enjoy P.E. class	About half enjoy P.E. class	Only some enjoy P.E.	No students enjoy P.E. OR most students do not take P.E.
3.8	Do the physical education teachers at your school modify and adapt the Physical Education Class for those students with special needs such as a mental, physical, or behavioral disability or an illness?	Yes, all of the P.E. teachers adapt to fit the needs of all students	Teachers use some modified practices sometimes but not all teachers and not in all classes	They do not use these practices currently but are in the process of beginning to use them.	No, not at all No enrichment opportunities are offered OR are unaware of opportunities
3.9	How do most students rate the variety of school sponsored physical activity programs (e.g. intramurals, dance clubs, or interscholastic sports)? A According to the majority of students in your school, are the enrichment experiences mentioned above easily accessible (i.e. no overcrowding in programs, low or no cost involved, etc.)? B	Extensive variety All enrichment experiences are easily accessible	Moderate Variety Most enrichment experiences are easily accessible	Limited Variety Some enrichment experiences are easily accessible	No enrichment opportunities are offered OR are unaware of opportunities No enrichment experiences are accessible

3.10	Of students participating in sports sponsored by your school, do a 50% of boys and 50% of girls in your school participate? (e.g. intramural, physical activity clubs, dance clubs, and interscholastic sports)	An equal number of boys and girls participate	More boys participate than girls - or vice versa	School-sponsored sports are not offered for boys, but are offered for girls – or vice versa	There are no school-sponsored sports Horrible condition or non-existent facilities
3.11	In what condition are your school's physical activity facilities?	Great condition	Satisfactory condition	Unsatisfactory condition	
ADD TOTAL circled from each column (A,B, and C)					
Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS		X 3	X 2	X 1	NO POINTS (X 0)
Add all subtotals to calculate the GRAND TOTAL					
Module Score = (GRAND TOTAL / 39) X 100					

- 1) When you finish answering all questions in this module, add the total number of answers circled from columns A, B, and C and record it at the bottom in the “ADD TOTAL” area for each column.
- 2) Multiply the column’s totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 39 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.

MODULE 4: Nutrition Services

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Questions	A	B	C	D
	Does your school offer breakfast and lunch programs?	Yes	It offers one but is currently starting the other program	It offers one but not the other	No
	If yes, do you feel the food served through these programs is generally nutritious? (If no, circle the answer in column D)	Yes, all of the food is nutritious	Most of the food is nutritious	Some of the foods are nutritious	Few or none of the foods are nutritious
	Are your school's breakfast and lunch programs accessible to all students; i.e., does your school offer free and reduced-price meals for students who meet income requirements in a way that they are not identified by other students as recipients of this program?	Yes	Some students are eligible for free or reduced meals but can easily be identified as recipients of it	There are plans to start a free and reduced-price meal program	No
4.1	How many of the following healthy foods does your school offer? <input type="checkbox"/> at least two entrees (hot food) daily for lunch <input type="checkbox"/> five foods containing whole grains offered weekly <input type="checkbox"/> two choices of fruit (or 100% fruit juice) daily? <input type="checkbox"/> two choices of vegetables daily?	Yes	Three	One or two	None
4.2	Does your school offer low-fat (1/2% or 1% fat) and skim milk every day?	Yes, both are offered	Either low-fat or skim milk is offered every day	Low-fat or skim milk is offered but not every day	Neither is offered any day

4.4	Do school meals and a la carte offerings (foods that are sold individually in the lunch line) include at least one fruit, vegetable, and low-fat dairy product everyday?	Yes, both carry all 3 of these daily	Categories both carry 1 or 2 of these daily	One of these carries some of these foods daily	Neither carries any of these, or neither carries these daily
4.5	Do most students find the healthy options in school meals and a la carte offerings (foods that are sold individually in the lunch line) appealing?	Students find most or all of them appealing	Students find about half of them appealing	Students find only some appealing	Students find none appealing OR they are not sold
4.6	Do most sites outside of your cafeteria (vending machines, stores, and concession stands) offer fruits, vegetables, and low-fat dairy products?	Yes, most or all off the sites do	About half of the sites do	Only some of the sites do	None of these sites do
4.7	How many of the following items are available in the vending machines or at the snack bar in your school? <ul style="list-style-type: none"> ○ Fruits ○ Vegetables ○ Low-fat dairy products (2%, 1%, or non fat) ○ Nuts or trail mix ○ Water ○ 100% fruit juice ○ Whole grain products (i.e. – whole wheat bread, whole wheat crackers) 	5-7	3-4	1-2	None of these items are offered
4.8	Your school tries to promote healthy food and beverage choices by how many of the following ways? <ul style="list-style-type: none"> <input type="checkbox"/> placing healthy foods in prominent positions <input type="checkbox"/> displaying nutritional information <input type="checkbox"/> offering nutritious food at better prices than food of less nutritional value <input type="checkbox"/> advertising healthy foods through menus or posters 	4 ways	3 ways	1 or 2 ways	None

4.9	In the past two weeks, how often do the majority of students feel they had enough time to eat breakfast?	Students feel they have enough time most or all days Students feel they have enough time most or all days	Students feel they have enough time about half of the days Students feel they have enough time about half of the days	Students feel they have enough time very few of the days Students feel they have enough time very few of the days	Students feel they never have enough time OR your school has no breakfast program Students feel they never have enough time OR your school has no lunch program
4.10	In the past two weeks, how often do the majority of students feel they had enough time to eat lunch?				
4.11	How often do the majority of students feel the cafeteria is clean and pleasant?	Most feel it is always clean and pleasant	Most feel it is clean about half the time	Most feel it is clean some of the time	Most feel it is never clean OR your school has no cafeteria
4.12	Your school's cafeteria has how many of the following? <input type="checkbox"/> a physical structure that does not need repair <input type="checkbox"/> tables and chairs that are the appropriate size <input type="checkbox"/> enforced rules for safe behavior <input type="checkbox"/> tables and floors that are cleaned between shifts/lunch periods <input type="checkbox"/> inoffensive smells <input type="checkbox"/> usage of appropriate practices to prevent excessive noise levels	5 to 6	3 to 4	1 to 2	None
4.13	Are clean water fountains accessible and available to all students in many areas of the school grounds?	Yes	There are some clean water fountains available and some students use them	There are few water fountains available and not many students use them	No there are no water fountains OR they are too dirty for students to use

4.14	Is the bottled water at your school sold at a more reasonable price than unhealthy beverages such as soda?	Yes my school's water is much cheaper than soda or other beverages	The water at my school is a little cheaper than the other beverages	Water is the same price as other beverages	No, water is more expensive than soda or other beverages or bottled water is not sold				
4.15	Are healthy foods at your school such as salads and deli sandwiches sold at more reasonable prices than unhealthy foods?	Yes, healthy foods are much cheaper	Some healthy foods are less expensive than unhealthy foods	Healthy foods are priced the same as unhealthy foods	Healthy foods are more expensive than unhealthy foods				
4.16	How satisfied are most of the students about the quality and variety of foods offered at school?	Most students are extremely satisfied	Most students are somewhat satisfied	Most students are somewhat dissatisfied	Most students are extremely dissatisfied				
4.17	According to the majority of students, how often do prices prohibit them from buying healthier foods rather than unhealthy ones?	Students feel that prices never prohibit them	Students feel that prices rarely prohibit them	Students feel that prices sometimes prohibit them	Students feel that prices prohibit them all or most of the time				
	ADD TOTAL circled from each column (A,B, and C)				NO POINTS (X 0)				
	Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS	X 3	X 2	X 1					
	Add all subtotals to calculate the GRAND TOTAL	GRAND TOTAL=							
	Module Score = (GRAND TOTAL / 57) X 100	%							

- 1) When you finish answering all questions, add the total number of answers circled from columns A, B and C and record it at the bottom in the "ADD TOTAL" area for each column.
- 2) Multiply the column's totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 57 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.

MODULE 5: School Health Services

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Question	A	B	C	D
5.1	Your school nurse, health service providers and guidance counselors promote how many of the following topics covering the health and safety of students (via bulletin board displays, educational materials, individual advice etc.)? <input type="checkbox"/> physical activity <input type="checkbox"/> healthy eating	Both of these topics are promoted	One of these topics are promoted	N/A	None of these topics are promoted
5.2	How many of these services are offered through your school's programs? <input type="checkbox"/> counseling for health problems <input type="checkbox"/> weight management services	Both of the services	One of the services	N/A	None of the services

5.3	Does your school require all students to provide relevant medical information at the beginning of the school year and update information during the year in order to participate in physical activities and sports teams? This information may include but not be limited to information related to special dietary needs, such as food allergies or diabetes.	Yes, students cannot participate without all important medical information	Most medical information is collected at the beginning of the year but some students participate without all of it	Some medical information is collected at the beginning of the year but many students participate without it	No, medical information is not collected at the beginning of the year or updated throughout it
ADD TOTAL circled from each column (A,B, and C)		X 3	X 2	X 1	NO POINTS (X 0)
Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS					
Add all subtotals to calculate GRAND TOTAL		GRAND TOTAL=			
Module Score = (GRAND TOTAL / 9) X 100		%			

- 1) When you finish answering all questions in this module, add the total number of answers circled from columns A, B, and C and record it at the bottom in the “ADD TOTAL” area for each column.
- 2) Multiply the column’s totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 9 and multiply by 100 to calculate your module score – this will be the module score you will enter in the overall score card in the next section.

MODULE 6: Family and Community Involvement

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Questions	A	B	C	D
6.1	Your school sends home materials or gives opportunities for families to learn about how many of the following health and safety topics? <input type="checkbox"/> promotion of physical activity <input type="checkbox"/> promotion of healthy eating <input type="checkbox"/> the influence of mass media on child health and safety (e.g. T.V, films, music) <input type="checkbox"/> promotion of safety	All of these topics	Four or five of these topics	Two or three of these topics	One or none of these topics
6.2	Does your school's parent education program address all of the following effective parenting strategies? <input type="checkbox"/> praising and rewarding desirable behavior <input type="checkbox"/> staying actively involved with children in fun activities <input type="checkbox"/> making time to listen and talk with children <input type="checkbox"/> consistently enforcing family rules with consequences <input type="checkbox"/> knowing children's whereabouts and friends <input type="checkbox"/> modeling healthy behaviors (e.g. family physical activity, healthy choices, eating meals together)	All of these strategies	Three or four of these strategies	One or two of these strategies	None of these strategies OR there is no parent education program
6.3	Do parents and other community members help plan and implement school health and safety programs (e.g. volunteering in the cafeteria, classroom, or at special events)?	Yes, they help with all of the programs	They help with most of the programs	They help with some of the programs	No, they do not help with any of the programs

6.4	<p>Your school staff informs students and their families about community-based health and safety programs on how many of the following topics?</p> <ul style="list-style-type: none"> <input type="checkbox"/>stopping tobacco use <input type="checkbox"/>physical activity/recreation <input type="checkbox"/>healthy eating <input type="checkbox"/>preventing injuries <input type="checkbox"/>preventing violence 	All topics	Three or four of these topics	One or two of these topics	None of these topics
6.5	<p>Do community members and students have access to indoor and outdoor school facilities (e.g. classrooms, gymnasiums, outdoor recreational areas) outside school hours?</p>	Yes	Yes, but the hours of access are somewhat limited	Yes, but the hours of access are very limited OR there is access to indoor or outdoor facilities but not both	Community members do not have access to any school facilities
6.6	<p>Do students and parents have opportunities to give suggestions for school meals and feedback on the meal program?</p>	Yes they can give both feedback and suggestions	Either students or parents can give feedback and suggestions but not both	Students and parents have very little opportunity to give feedback and suggestions	There are no opportunities to give feedback or suggestions
6.7	<p>Health education teachers use how many of the following assignments and projects to encourage students to interact with family and community organizations?</p> <ul style="list-style-type: none"> <input type="checkbox"/>conducting surveys <input type="checkbox"/>encouraging family discussion on topics <input type="checkbox"/>participation in community events <input type="checkbox"/>participation in community actions or advocacy groups <input type="checkbox"/>volunteering or job-shadowing 	Health education teachers use all of these	Health education teachers use three or four of these.	Health education teachers use one or two of these.	Health educations do not use any of these methods OR health education is not offered

6.8	<p>Your school's physical education program tries to advertise student participation in physical activities, such as teams or clubs to parents and the community, in how many of the following ways?</p> <ul style="list-style-type: none"> <input type="checkbox"/> bulletin boards <input type="checkbox"/> public announcements <input type="checkbox"/> flyers <input type="checkbox"/> class discussions <input type="checkbox"/> newsletter articles 	All of these ways	3 to 4 ways	1 to 2 ways	None of these ways
ADD TOTAL circled from each column (A,B, and C)					
Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS					
		X 3	X 2	X 1	
Add all subtotals to calculate the GRAND TOTAL		GRAND TOTAL=			
Module Score = (GRAND TOTAL / 24) X 100		%			

- 1) When you finish answering all questions in this module, add the total number of answers circled from columns A, B, and C and record it at the bottom in the "ADD TOTAL" area for each column.
- 2) Multiply the column's totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 24 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.

Overall Scorecard

Instructions: For each module, mark an X in the column that corresponds with its Module Score which can be found at the end of each Module in the previous section.

	Low 0-20%	21%-40%	Medium 41%-60%	61%-80%	High 81%-100%
Module 1: School Health and Safety Policies and the Environment					
Module 2: Health Education					
Module 3: Physical Education and Other Physical Activity Programs					
Module 4: Nutrition Services					
Module 5: School Health Services					
Module 6: Family and Community Involvement					