



**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](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	-	-	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



## 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.

<b>How the Required Elements for Local School Wellness Policy (LSWP)</b>	
<b>Policy Includes:</b>	<b>Page(s)</b>
<input type="checkbox"/> <b>Goals for Student Wellness</b> that are specific (measurable) and review and consider evidence based strategies and techniques	*Wellness Policy Implementation Plan
<input type="checkbox"/> nutrition promotion	5
<input type="checkbox"/> nutrition education	7
<input type="checkbox"/> physical activity	7
<input type="checkbox"/> other school-based activities	8
<input type="checkbox"/> <b>School Meals:</b> 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)	5
<input type="checkbox"/> <b>Competitive Foods and Beverages:</b> 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"/> <b>Foods and Beverages Not Sold</b> -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"/> <b>Foods and Beverages Marketing Policies</b> for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	7

<input type="checkbox"/> <b>Public Involvement:</b> Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	3
<input type="checkbox"/> <b>Description of Plan</b> 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
<input type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	4
<input type="checkbox"/> <b>LSWP Leadership:</b> 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.	
<input type="checkbox"/> <b>Date policy was updated</b>	June 12, 2019
<input type="checkbox"/> <b>Non-discrimination Statement</b> -full statement on complete policy; abbreviated version-shorter documents	8

12.2017 Adapted by the California Department of Education This institution is an equal opportunity provider.

<b>Compliance with Implementation-Questions (Q) on the Administrative Review:</b>	<b>Documentation</b>
<input type="checkbox"/> <b>Q1000-Please explain how the required elements of the LSWP are being met</b>	
<i>Documentation Examples: dated hard copy or provide copy of web posting or link</i>	
<input type="checkbox"/> <b>Q1001-How does the public know about the Local School Wellness Policy?</b>	Monday Message (Weekly School Bulletin)
<input type="checkbox"/> <b>Annual public notification</b> of the content of the LSWP and any updates if needed	Committee Meeting, available on website

<input type="checkbox"/> <b>How the public can be involved in the LSWP</b> -typically method of solicitation for a wellness committee	Committee Meetings
<input type="checkbox"/> <b>The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public</b>	Cassandra Coleman
<i>Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers</i>	Monday Message (weekly bulletin) and adding to school website
<input type="checkbox"/> <b>Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?</b>	
<b>Public Involvement:</b> LEA <b>permits</b> involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input type="checkbox"/> Parents <input type="checkbox"/> Students <input type="checkbox"/> School Food Service <input type="checkbox"/> Teachers of Physical <input type="checkbox"/> School Health <input type="checkbox"/> School Board Members Education Professionals <input type="checkbox"/> School Administrators <input type="checkbox"/> General Public and Community Members	All welcome and encouraged
<i>Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan</i>	
<input type="checkbox"/> <b>Q1003-When and how does the review and update of the LSWP occur?</b>	
<i>Documentation Examples: committee agendas/minutes, work plan, related documents</i>	Triennial review, committee meetings at least twice yearly
<input type="checkbox"/> <b>Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?</b>	
<i>Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers</i>	Advertised in Monday Message

	(school bulletin) to join Wellness Committee Meetings
<input type="checkbox"/> <b>Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.</b>	
<b>Triennial Assessment:</b> 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.	
<i>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</i>	
<input type="checkbox"/> <b>Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?</b>	
<i>Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers</i>	Meeting announced in Monday Message



**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