AFHK School Health Index

Common Challenges and Actions to Advance Your Score!
Common Challenges

• Challenges fostering positive and nurturing relationships

• Lack of collaboration on school-wide social and emotional learning

• Engagement of all students
Actions to Advance Your Score

» Foster nurturing relationships (adult-adult, adult-child, child-child) by creating space to openly and safely discuss feelings, thoughts and emotions.
  • Resource: Talking Through Feelings (Action for Healthy Kids)
  • Resource: Feeling Through Colors (Action for Healthy Kids)

» Promote social-emotional learning for adults and students.
  • Resource: Promoting Social-Emotional Learning (Action for Healthy Kids)
  • Resource: Safe and Supportive Learning Environments (Action for Healthy Kids)

» Explore ways to elevate student voice to better engage all students.
  • Resource: Student Wellness Team (Action for Healthy Kids)
Start small & celebrate success along the way!
Next Steps

» If you haven’t already, gather or build your team.
  • Resource: https://www.actionforhealthykids.org/step-1/

» Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
  • Resource: https://www.actionforhealthykids.org/school-health-index/

» Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
  • Resource: https://www.actionforhealthykids.org/step-3/
Resources and Support

• Digital Tools and Resources
• Healthy Kids Blog
• Events and Learning Opportunities

... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!
We are here to support you!
Reach out to contactus@actionforhealthykids.org for support!