



SCHOOL HEALTH INDEX

# Resource Guide

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# Introduction

Welcome to Action for Healthy Kids' School Health Index Resource Guide. As your school and district health teams look at ways to make a health priority, it is important to understand where you are starting. Your AFHK SHI report identifies opportunities to improve student health and safety at your school, however this resource guide serves as a companion to the AFHK SHI offering practical guidance and tools to support schools in implementing evidence-based strategies for improvement. The resources included are aligned to each of the nine AFHK SHI modules and are organized to map directly onto a school health action plan.

## What is AFHK's School Health Index?

Studies show that active, healthy kids learn better and have better school attendance and behavior. The Action for Healthy Kids (AFHK) School Health Index (SHI) is a self-assessment for schools to use to improve policies and programs that support whole child health. The SHI is based on the Center for Disease Control's research-based guidelines for school health programs, which identifies the policies and practices most likely to be effective in improving children's health. AFHK's SHI takes a whole child approach to the assessment and aligns with the Whole School, Whole Community, Whole Child model, addressing 9 topic areas:



SCHOOL HEALTH AND  
PHYSICAL ENVIRONMENT



NUTRITION ENVIRONMENT  
AND SERVICES



HEALTH  
EDUCATION



PHYSICAL EDUCATION  
AND PHYSICAL ACTIVITY



SOCIAL AND  
EMOTIONAL CLIMATE



SCHOOL HEALTH  
SERVICES



STAFF  
WELLNESS



FAMILY  
INVOLVEMENT



COMMUNITY  
INVOLVEMENT

# How AFHK's School Health Index Can Help Your School



## **COLLABORATE WITH YOUR SCHOOL HEALTH TEAM**

Once you have completed your School Health Index survey and received your report, convene your school health team to review and determine a course of action.



## **PRINT AND SHARE REPORTS**

With your health team, administrators, your community partners and others, including potential funders.



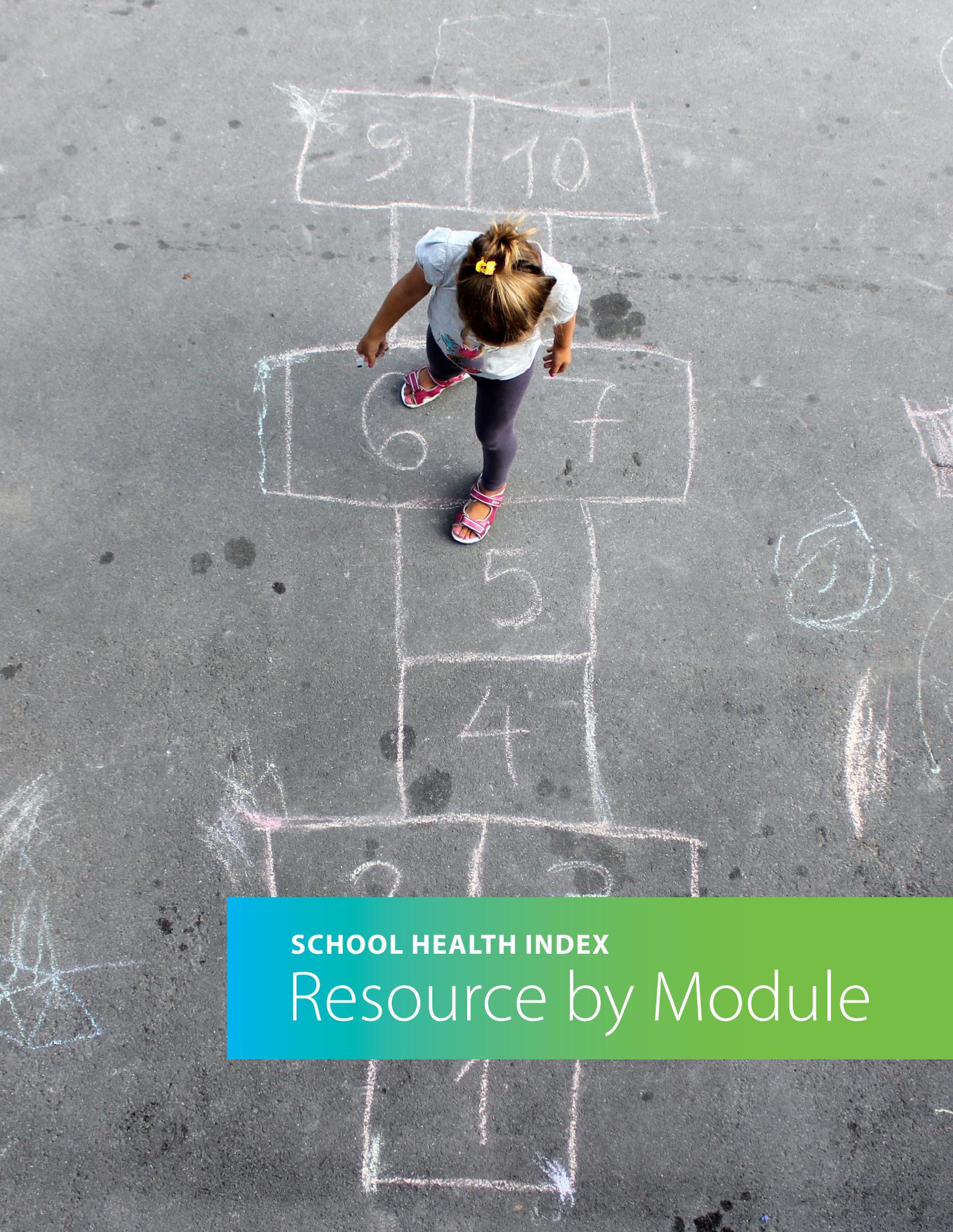
## **USE THIS RESOURCE GUIDE TO HELP PROVIDE FOCUS FOR FUTURE WORK**

When a school health team gets everyone in the same room to discuss the SHI results, it gives the team the chance to brainstorm future activities.



## **MEET YOUR DISTRICT'S WELLNESS POLICY REQUIREMENTS**

Is your school implementing your district's wellness policy? Your SHI results can show your school's progress in implementing wellness policies, be sure and report back to district leaders.



**SCHOOL HEALTH INDEX**  
Resource by Module



## MODULE 1

# School Wellness Environment

Creating and facilitating a school health plan and policy can promote a healthy and safe climate in your school. If your school health committee chooses to focus on promoting a positive school climate and a safe physical environment, look through the ideas below and then create a SMART goal to begin your school's health plan.

### **Create a School Health Committee:**

[Building an Effective School-Family Partnership](#)

[Gather Your Team \(AFHK Guide\)](#)

[USDA Local School Wellness Outreach Toolkit](#)

Use a scheduling app (such as [Doodle](#) or [Calendly](#)) to coordinate monthly meetings. If possible, schedule meetings for the whole year.

### **Create or adapt your School Wellness Policy:**

[School Wellness Policy 101 \(AFHK Guide\)](#)

[USDA Local School Wellness Policies \(LWP\): Comparison Chart of 2004 vs. 2010 Requirements](#)

[Assessing your wellness policy](#)

### **Create a School Health Plan:**

[Action Plan Template](#)

[Create & Implement an Action Plan \(AFHK Guide\)](#)

[Tips on Setting SMART Goals \(AFHK Guide\)](#)

[Guidelines for a Comprehensive School Health Plan](#)

### **Create a School Emergency Plan:**

[Address School Emergency Operations](#)

[CDC's Before, During, and After School Emergencies](#)

### **Facilitating a positive school environment:**

[Tips for School Administrators](#)

[Advancing Your SHI Score School Wellness Environment \(AFHK Archived Webinar\)](#)

[Healthy and Supportive School Environments](#)

[School Climate Measurement and Analysis](#)

[School Climate and Youth Development](#)

[School Climate and Inclusion](#)





## MODULE 2

# School Meals • Nutritional Environment and Services

Children spend at least [1,200 hours](#) in school each year. It is opportune to use schools to help children adopt healthy relationships with food and ensure the foods they consume are [nutritious](#). If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### Ensure foods and snacks sold meet the USDA standards:

[USDA nutrition standards for meals and snacks](#)

### Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques:

[The Cafeteria: Serve up Smarter Lunchrooms \(AFHK\)](#)

[Cafeteria Spruce-Up \(AFHK\)](#)

[Nutrition Promotion \(AFHK\)](#)

[Learn about the Share Tables Initiative](#)

[Use USDA Posters to encourage children to make healthy choices](#)

[Healthy bulletin board templates from Iowa Department of Education](#)

### Improve the marketing of foods and drinks sold at school:

[Restrict food and beverage marketing at your school](#)

[Food and Beverage Marketing at School \(AFHK\)](#)

[Food Marketing in Schools \(UConn Rudd Center\)](#)

### Focus on variety in school meals:

[Model for providing traditional and culturally appropriate school meals](#)

[A Field Guide to Salad Bars in Schools](#)

[Add Flavor Stations and use less salt](#)

See also: [A Guide to Flavor Stations](#)

[Procuring Local Foods \(USDA\)](#)

### Focus on strategizing breakfast consumption:

[Breakfast in the Classroom \(AFHK\)](#)

[Grab & Go Breakfast \(AFHK\)](#)

[Second Chance Breakfast \(AFHK\)](#)

[Build a Better Breakfast \(AFHK\)](#)

### Implement Summer or Afterschool Meal Programs:

[USDA's Summer Food Service Program](#)

[Develop an Afterschool Program \(CACFP\) with healthy snacks with the USDA standards](#)

[Create a Backpack Program for your students](#)

### Encourage beverages consumed meet the USDA standards:

[Healthy Beverage Options](#)

[CDC's Increasing Accessing to Drinking Water in Schools](#)

### Focus on continuing education and training requirements for school nutrition services staff:

[Use the Culinary Institute of Child Nutrition's Resources to improve your School's Nutrition Program](#)

[Use the Culinary Institute of Child Nutrition's Education and Trainings to improve operations of your school's Nutrition Program](#)

**Other general ideas and background reading for your plan:**

[Tips on Building a Healthier School Food Culture](#)

[Use the CDC's Toolkit for Promoting School Meals for All Kids](#)

[Discover ways to improve participation in your school's meal program](#)

[Using food as a reward](#)

[Fundraising: Healthier Ways to Rake it In \(AFHK\)](#)

[Healthy and Active Non-Food Rewards \(AFHK\)](#)

**Create a Farm to School Initiative; read more about and examples of Farm to School Programs:**

[Farm to School \(AFHK\)](#)

[Procuring Local Foods for Child Nutrition Programs](#)

[Native Farm to School](#)

[Hoophouses for Health – Guide on expanding local food access](#)

[USDA's Procuring Local Foods](#)

[Weekly Lessons and Local Foods Support Nutrition Education \(AFHK\)](#)

[Connecting Kids to Farms](#)

[Farm to School Resources](#)





## MODULE 3 Health Education

Your school's health education should have a curriculum that enables students to acquire knowledge about and adopt healthy behaviors and skills that promote their wellbeing. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### **Ensure your school has a required appropriate health education course:**

[Learn how to analyze and develop your school's health curriculum:](#) CDC's Curriculum analysis tool (HECAT), professional trainings, health, and sexual education standards

[Standards for Health Education \(CDC\)](#)

[Standards and guides on health education from Shape America](#)

[Standards on health education from the National Consensus for School Health Education](#)

[Develop sexual education according to CDC's guide](#)  
[CDC's Division of Adolescent and School Health](#)

[Use the CDC's Program Guidance for School-Based HIV/STD Prevention](#)

[Skills-Based Health Education: RMC Health](#)

[Developing and Supporting Positive Body Image \(AFHK\)](#)

### **Professional development resources and ideas:**

[CDC's Health Education Tools and Trainings](#)

[Healthy and Active Non-Food Rewards \(AFHK\)](#)

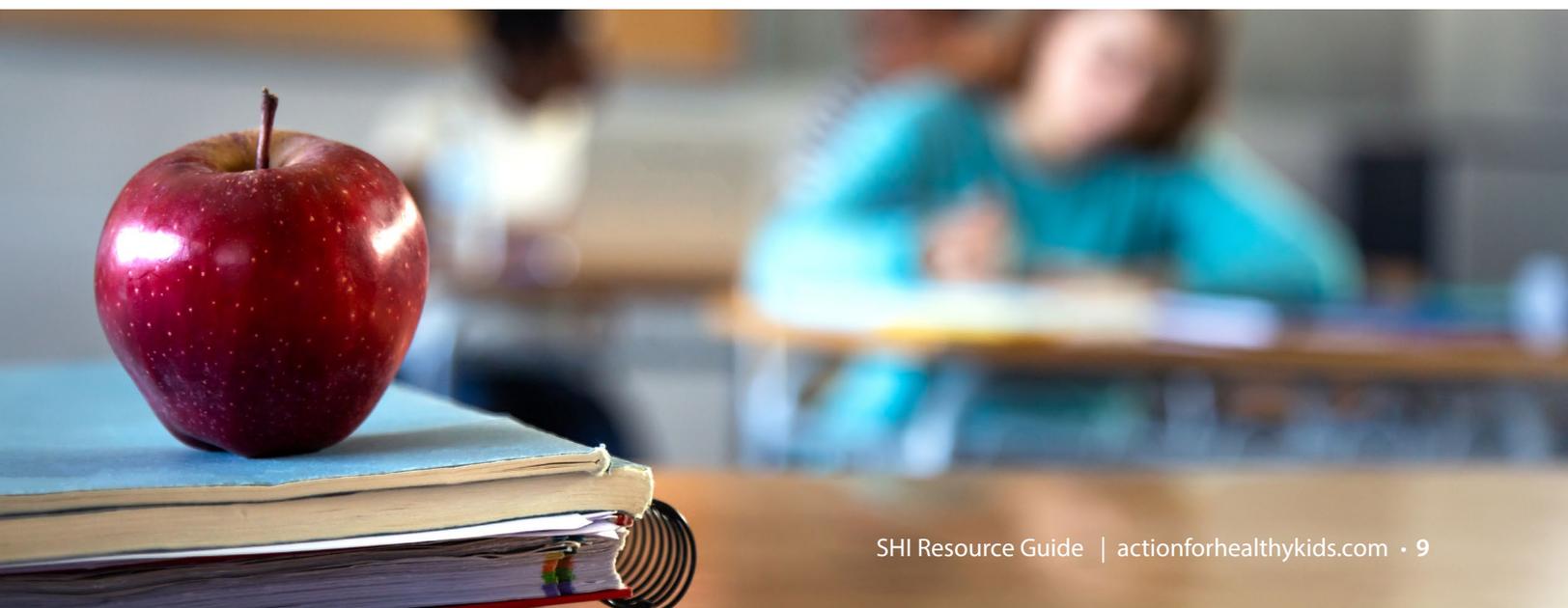
[Staff Professional Development \(AFHK\)](#)

[Learn more about Trauma-Informed Care:](#) Webinars by the GTL Center on Resistance, Trust, and Wellbeing through Trauma-informed Care

### **Encourage hands-on learning for nutrition:**

[Healthy Cooking Club \(AFHK\)](#)

[Go, Slow, Whoa — Early Childhood Health Lessons](#)





## MODULE 4

# Physical Education and Physical Activity

Schools are important environments for children to be physically active. Improving physical education and physical activity programs in school can promote healthy and active behaviors in students. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### Implement or Update a Physical Education class:

[Use the CDC's Framework or Guide to ensure your PE curriculum is up to standards](#)

[Take the PECAT to analyze your school's physical education curriculum](#)

[Strengthen Physical Education in Schools — CDC](#)

[E-learning course on Comprehensive School Physical Activity Programs: A Guide for Schools](#)

[Comprehensive School Physical Activity Programs \(AFHK\)](#)

[Active Schools Resources](#)

[Fitness Circuit Course \(AFHK\)](#)

[Fitness Classes \(AFHK\)](#)

[Fitness Testing \(AFHK\)](#)

[Avoiding PE Opt Out Waivers \(AFHK\)](#)

[Daily Physical Education \(AFHK\)](#)

### Increase physical activity in school time:

[Classroom Physical Activity Breaks \(AFHK\)](#)

[Field Day Fitness \(AFHK\)](#)

[Prepare your school's recess for cold or hazardous weather](#)

[Alternatives to Denying Physical Activity as Punishment](#)

[CDC's Strategies for Recess](#)

[CDC's Recess Planning](#)

[Tips for Teachers](#)

### Promote physical activity outside of school:

[Start a program for Before and After School Activities](#)

[Host a Walk and Roll Day with Safe Routes at your school](#)

[Walking Programs \(AFHK\)](#)

[Walk to School \(AFHK\)](#)





## MODULE 5

# Social and Emotional Climate

It is important to promote the social and emotional climate of your school because it can positively influence student behavior and engagement in school. Learning and teaching can be enhanced with positive relationships facilitated between students and school workers. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### **Develop school-wide practices to decrease bullying and improve positive relationships:**

[CDC's resources for building a supportive school environment](#)

[CDC's tools on Creating Safe Schools for LGBTQ+ Youth](#)

[Connect with Kindness: Bullying Prevention Activity Set \(AFHK\)](#)

[Bullying Prevention \(AFHK\)](#)

[Create a Me Tree- A Self-Reflection Activity \(AFHK\)](#)

### **Implement events and programs that engage all students:**

[Create Positive Youth Development Programs](#)

[Student Wellness Team \(AFHK\)](#)

### **Create a safe space for students:**

[Calm Down Corner \(AFHK\)](#)

[Mindful Breathing Exercises \(AFHK\)](#)

### **Integrate social-emotional activities with physical activities:**

[Exploring Empathy Through Physical Activity \(AFHK\)](#)

[Exploring Imagination: Play Based Yoga \(AFHK\)](#)

### **Improve Mental, Behavioral and Academic Supports to Students and Families**

[Confident Connections Family Learning Sessions \(AFHK\)](#)





## MODULE 6 School Health Services

Promoting school health services can allow students access to mental, physical, and behavioral health support they might not otherwise receive. These services can include your school nurse(s), school counselor(s), and nutritional service staff members. The collaborations of these services and community resources, like giving referrals to community support services, can promote student health, safety, and school engagement. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

**Ensure your students know to call or text 988 for the Suicide and Crisis Lifeline**

[School Health Services \(CDC\)](#)

**Policy-Prevention and Intervention Resources**  
[Substance Use Prevention: RMC Health](#)

**Ensure your school implements and promotes health resources:**

[Learn about how your school can support students with chronic conditions](#)

[Learn how to Develop a Referral System for Adolescent Health Services](#)

[A guide to helping student’s families with health insurance](#)

[Learn about Condom Availability Programs and how they can decrease HIV/STD transmission and teen pregnancy at your school](#)

[School campaign materials to promote HIV/STD testing](#)

**Host a health fair to promote health resources your school and community provides:**

[Health and Wellness Fair \(AFHK\)](#)

[Toolkit for Health Fair](#)





## MODULE 7 Staff Wellness

Your school is a worksite as much as it is a learning center. It is important to have resources that support staff in their health and stress management. Below you will find resources regarding the promotion of staff health and safety. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### **Create an Employee Wellness Program:**

- [Building an Employee Wellness Program](#)
- [Use the CDC Model for a Workplace Health Program](#)
- [Nutrition Education & Activities for Staff \(AFHK\)](#)
- [Healthy Staff Meeting \(AFHK\)](#)
- [Participate in the CDC's Work@Health Program](#)
- [Use this guide on improving staff wellness from the NACDD](#)

### **Promote staff self-care and ensure job satisfaction:**

- [Reduce secondary traumatic stress and promote staff self-care](#)

### **Encourage staff to act as healthy role models:**

- [Staff as Healthy Role Models \(AFHK\)](#)





## MODULE 8

# Family Involvement

Your school health committee can promote healthy resources for families and positive relationships with families at your school. Increasing parent involvement in school is one essential component of promoting student wellbeing and education. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to receive feedback from families and then focus on 1–2 goals for your committee to focus on to improve school-family relationships.

### **Review strategies for increasing family engagement**

[A Family-School Partnership Workplan for Engaging Diverse Communities in Healthy Schools \(AFHK\)](#)

### **Get feedback from parents about their attitudes and knowledge about your school's health to increase family engagement in school decision making:**

[Get feedback from parents with the CDC Survey Parent's for Healthy Schools](#)

Once you receive feedback, focus on 2–3 areas your school team can improve in parent involvement.

### **Increase communication with families and send out a school-parent newsletter that includes these resources:**

[Email or send out a flyer describing 101 Actions for Healthy, Happy Kids](#)

[Encourage parent support of student mental and emotional health](#)

[Send out tips for better eating at home by encouraging anti-bribing strategies](#)

[Send out tips for eating healthy on a budget](#)

[Encourage families to calculate their USDA MyPlate Plan](#)

[Send out the CDC's Positive Parenting Tips](#)

[Send out CDC info on vaccines for children](#)

[Getting the Most Out of SNAP Benefits \(AFHK\)](#)

[Skip the Screen \(AFHK\)](#)

[Healthy Messages for Families \(AFHK\)](#)

### **Host a health event for families:**

[Promote wellness and healthy habits at your school's Back to School Night](#)

[Build Family-School Partnerships Through Nutrition Education and Promotion](#)

[Build Family-School Partnerships Through Physical Activity and Play](#)

[Build Family-School Partnerships Through Social Emotional Learning](#)

[Child and Adult Care Food Program \(AFHK\)](#)

[Family Fitness Night \(AFHK\)](#)



## MODULE 9

# Community Involvement

The community your school resides in can be a great resource for school support. There are many ways to facilitate relationships between your school and local organizations and businesses. Promoting these relationships can provide your school with resources for health promotion and your students with unique learning experiences. If your module score is lower in this area and your school health plan decides to focus on improving this area, use the resources below to create 1–2 goals for your committee to focus on in your school health plan.

### **Promote community involvement in your school:**

[Use resources from or partner with non-profits like FoodCorps](#)

[Use resources from or partner with No Hungry Kid Center for Best Practices](#)

[School Garden \(AFHK\)](#)

[Community Garden on School Grounds \(KidsGardening.org\)](#)



**Healthy Kids. Better World.**

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