



School Health Policies and Practices Study (SHPPS) 2012

Health Education

District Questionnaire Content

Standards

Elementary, Middle, and High School Instruction

- Health education goals objectives, and student outcomes
- Health topics for student instruction
- Framework or course of study for health education
- Health education curriculum
- Health education requirements for students
- Required education and certifications for health education staff

Staffing and Professional Development

- Requirements for continuing education credits
- Continuing education requirements
- District-provided staff development in health topics and teaching methods

Collaboration with District-Level Agencies and Outside Organizations

Health Education Program Promotion and Evaluation

Health Education Coordinator

- Education
- Certifications



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Physical Education and Activity

District Questionnaire Content

Physical Education Standards

Elementary, Middle, and High School Instruction

- Physical education requirements
- Student exemption from physical education
- Framework or course of study for physical education
- Physical education curriculum
- District-provided information and other materials
- Student assessment
- Fitness testing
- Required education and certifications for physical education staff
- Physical activity breaks and school recess (for elementary schools)

Physical Education for Students with Disabilities

Use of Protective Gear

Physical Activity and Discipline

Staffing and Professional Development

- Requirements for continuing education credits
- District-provided staff development in physical education topics

Collaboration with District-Level Agencies and Outside Organizations

Physical Education Program Promotion and Evaluation

Interscholastic Sports

- Requirements for interscholastic sports coaches and volunteer athletic aides
- Funding for or provision of staff development for interscholastic coaches
- Concussion among student athletes

Physical Education Coordinator

- Education

- Certifications



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Health Services

District Questionnaire Content

Student Health Records

Required Immunizations

Tuberculosis Screening and Testing

Procedures for Administering Student Medications

Funding/Medicaid

- Funding for standard health services
- Schools serving as Medicaid providers

Collaboration with District-Level Agencies and Outside Organizations

School Health Services Program Evaluation

Injury and Illness Reports

- Required information on injury reports
- Submission of injury or illness data to school district or local health department
- Other reporting requirements

Standard Precautions

- Policies for availability of supplies for applying standard or universal precautions

Student Health Screening

- Student health screenings
- Parent or guardian notification of student health conditions
- Provision of referrals to community healthcare providers

Other Services

- Other services provided to students
- School nurse participation in Individualized Education Plans (IEPs) and Individualized Health Plans (IHPs)

Staffing Characteristics

- Required education and licensure for school nurses
- Maximum student-to-school nurse ratio
- District-provided professional development in health services topics

School-based Health Center Services**Services at Other Sites****Health Services Coordinator**

- Education
- Licensure



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Nutrition Services

District Questionnaire Content

Menu Planning and Food Ordering

- Methods used to plan school menus and evaluate nutritional content
- Food procurement contract issues

Food Preparation

- Reduction or substitution of ingredients
- Fat-reducing techniques to prepare meat, poultry, and vegetables
- Use of HACCP-based recipes

Collaboration with District-Level Agencies and Outside Organizations

Nutrition Services Program Promotion and Evaluation

District Wellness Policy

Staffing and Professional Development

- Required education, credentials, and certifications for district food service directors and school food service managers
- District-provided professional development in food service topics

Nutrition Services and Child Nutrition Requirements and Recommendations

- Policies to offer breakfast and lunch to students
- Requirements or recommendations about types of foods offered
- Availability of “junk foods” in school
- Availability of fruits, vegetables, or whole grain foods in school
- Requirements or recommendations about healthful beverages
- Requirements or recommendations about brand name foods offered as part of school meals or a la carte
- Unplanned school dismissal or school closure
- Policies regarding the use of food or food coupons as rewards

District Food Services Director

- Education
- Credentials
- Certifications



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Healthy and Safe School Environment

District Questionnaire Content

General School Environment

- School uniforms, dress codes, and identification badges
- School security and security staff
- Use of personal communication devices, such as cell phones
- Standard distance for busing students
- Routine locker searches

Violence Prevention

- Policies on gang activity
- Policies on bullying and harassment
- Policies on electronic aggression or cyber-bullying

Tobacco Use Prevention

- Policies prohibiting tobacco use by students, faculty, staff, and visitors on school property
- Policies prohibiting tobacco advertisements on school property or at school-sponsored events
- Policies prohibiting tobacco use during any school-related activity for students, faculty, staff and visitors

Student Drug Testing

Injury Prevention and Safety

- Inspection and maintenance of school equipment
- Student use of protective gear
- Playground safety and the use of playground monitors (for districts containing elementary schools)
- Sun safety and protective clothing

Physical School Environment

- District policies on building maintenance, indoor air quality, pest control and chemicals
- Frequency of cleanings, sanitizing, and disinfecting areas within schools
- Policies regarding remediation of mold and response to moisture-related issues in schools
- Policies regarding school buses
- Policies regarding the use of low-emitting products
- Policies regarding hazardous materials

- Policies regarding use of green design for new school facilities
- Phase I environmental assessments

Crisis Preparedness, Response, and Recovery

- District plan to address crisis preparedness, response, and recovery
- Efforts to educate students and parents about crisis preparedness, response, and recovery
- Involvement of students, parents, community agencies, and other community members in the development and evaluation of the crisis preparedness, response, and recovery plan

Community Service and Service Learning

- Policies requiring students to participate in community service
- Participation in role model or mentoring programs (e.g., Big Brothers/Big Sisters)

Foods and Beverages Available Outside of the School Meal Programs

- Policies on providing students access to a free source of drinking water throughout the day
- Policies on prohibiting students access to vending machines
- Policies on the advertisement of soft drinks and junk food on school grounds or school-related events
- Policies on the sale of soft drinks

Transportation To and From School

- Policies that support or promote walking or biking to and from school
- Policies that support or promote the use of public transportation for student, faculty, and or staff to travel to and from school

Joint Use Agreements

Professional Development

School Health Coordination

- School health councils, committees, or teams
- Frequency of school health council, committee, or team meetings
- School-wide health and safety plan to improve health-related policies and activities
- District-level school improvement plans
- Training and responsibilities of the district coordinator of health and safety policies and activities



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Mental Health and Social Services

District Questionnaire Content

Provision of Services

- Policies regarding Student Assistance Programs and Student Support Teams
- Policies regarding mental health or social services staff participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs), and 504 plans
- Funding for mental health and social services

Collaboration with District-Level Agencies and Outside Organizations

Mental Health and Social Services Program Promotion and Evaluation

Staffing Characteristics

- Required education and certifications of newly hired guidance counselors, psychologists, and social workers
- Maximum student-to-guidance counselor ratio

Professional Development Offered to Mental Health, Social Services, or Other School Staff

Services Provided at Other Sites

Mental Health and Social Services Coordinator

- Education
- Certifications



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Faculty and Staff Health Promotion District Questionnaire Content

Health Insurance

- Services covered by health insurance
- Sick leave

Required Examinations and Screenings Prior to and During Employment

- Physical health examinations
- Illegal drug use screening
- Tuberculosis screening and testing
- Influenza vaccinations

Health Promotion Activities and Services

- Health screenings
- Health-related sessions as part of professional development
- Physical activity programs
- Facilities or equipment available to staff for physical activity

Employee Assistance Programs

Health Risk Appraisals

Off-site Health Promotion Activities

Planning and Coordination

- Objectives for planning health-related activities or services
- Conduct of needs assessments on health promotion activities or services
- Incentives to school faculty and staff for participation in health promotion programs
- District-level collaboration with other district-level staff and outside agencies or organizations
- Coordinator of health promotion activities and services