



**School Health Policies and Practices Study (SHPPS)**  
Health Education  
District Questionnaire Content

**Health Education Standards**

**Elementary, Middle, and High School Instruction**

- Health education standards for each school level
- Health topics for student instruction
- Resources provided by the district
- Health education requirements
- Required education and certifications for health education staff

**Staffing and Professional Development**

- Requirements for continuing education credits
- District-provided professional development on health topics and teaching methods

**Collaboration with District-Level Staff and Outside Organizations**

**Health Education Program Promotion and Evaluation**

**Health Education Coordinator**

- Educational background
- Certifications



**School Health Policies and Practices Study (SHPPS)**  
Physical Education and Activity  
District Questionnaire Content

**Physical Education Standards**

**Elementary, Middle, and High School Instruction**

- Physical education standards for each school level
- Physical education requirements
- Student exemption from physical education
- Physical education curriculum
- Resources provided by the district
- Student assessment
- Fitness testing
- Required education and certifications for physical education staff
- Physical activity breaks and recess

**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 professional development on physical education topics

**Collaboration with District-Level Staff and Outside Organizations**

**Physical Education Program Promotion and Evaluation**

**Interscholastic Sports**

- Requirements for interscholastic sports coaches and volunteer athletic aides
- Policies related to concussion in student athletes

**Physical Education Coordinator**

- Educational background
- Certifications



## **School Health Policies and Practices Study (SHPPS)**

### **Health Services**

#### **District Questionnaire Content**

##### **Student Health Records**

##### **Required Immunizations**

##### **Tuberculosis Screening and Testing**

##### **Procedures for Student Medications**

##### **Funding/Medicaid**

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

##### **Collaboration with District-Level Staff and Outside Organizations**

##### **School Health Services Program Evaluation**

##### **Data Reporting Requirements**

- Injuries
- Illnesses
- Weight status (BMI)
- Attendance/absenteeism

##### **Standard Precautions**

##### **Student Health Screening**

##### **Other Services**

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

##### **Staffing Characteristics and Professional Development**

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

##### **School-based Health Center Services**

##### **Services at Other Sites**

##### **Health Services Coordinator**

- Educational background
- Licensure



## **School Health Policies and Practices Study (SHPPS)**

### **Nutrition Services**

#### **District Questionnaire Content**

##### **Menu Planning and Food Ordering**

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

##### **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 Staff 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 on nutrition services 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” at school
- Availability of fruits, vegetables, or whole grain foods at school
- Requirements or recommendations about healthful beverages
- Requirements or recommendations about brand-name fast foods
- Unplanned school dismissal or school closure
- Policies regarding the use of food or food coupons as rewards

##### **District Food Services Director**

- Educational background
- Credentials and certifications



**School Health Policies and Practices Study (SHPPS)**  
Healthy and Safe School Environment  
District Questionnaire Content

**General School Environment**

- Dress codes and identification badges
- School security
- Use of personal communication devices, such as cell phones
- Standard distance for busing students

**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 staff to travel to and from school

**Joint Use Agreements**

**Violence Prevention**

- Policies on gang activity
- Policies on bullying
- 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



### **Physical School Environment**

- District policies on building maintenance, indoor air quality, pest control, and chemicals
- Policies regarding inspection for and remediation of mold, lead, and PCBs
- Policies regarding school buses
- Policies regarding the use of low-emitting products
- Policies regarding water quality testing
- Policies regarding use of green design for new school facilities
- Policies regarding school siting

### **Crisis Preparedness, Response, and Recovery**

- District plan to address crisis preparedness, response, and recovery
- Involvement of students, parents, community agencies, and other community members in the development and evaluation of the 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 advertisements for soft drinks and junk food on school property
- Policies on prohibiting students access to vending machines
- Policies on the sale of soft drinks

### **Professional Development for School Faculty and Staff**

#### **School Health Coordination**

- School health councils, committees, or teams
- District-level school improvement plans
- District coordinator of health and safety policies and activities



**School Health Policies and Practices Study (SHPPS)**  
**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 Staff and Outside Organizations**

**Mental Health and Social Services Program Promotion and Evaluation**

**Staffing Characteristics**

- Required education and certifications of newly hired school counselors, psychologists, and social workers
- Maximum student-to- 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**

- Educational background
- Certifications



**School Health Policies and Practices Study (SHPPS)**  
Faculty and Staff Health Promotion  
District Questionnaire Content

**Health Insurance**

**Required Examinations and Screenings Prior to and During Employment**

- Physical health examinations
- Drug testing
- Tuberculosis screening and testing
- Influenza vaccinations

**Health Promotion Activities and Services**

- Health screenings
- Other activities and services
- Physical activity programs, facilities, and equipment

**Employee Assistance Programs**

**Health Risk Appraisals**

**Off-site Health Promotion Activities**

**Planning and Coordination**

- Needs assessments
- Incentives for participation in faculty and staff health promotion programs
- District-level collaboration with other district-level staff and outside agencies or organizations
- Coordinator of health promotion activities and services