



# **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



## **School Health Policies and Practices Study (SHPPS) 2012**

### **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



## **School Health Policies and Practices Study (SHPPS) 2012**

### **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



## **School Health Policies and Practices Study (SHPPS) 2012**

### **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 care
- Unplanned school dismissal or school closure
- Policies regarding the use of food or food coupons as rewards

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

- Education
- Credentials
- Certifications



## **School Health Policies and Practices Study (SHPPS) 2012**

### 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





## **School Health Policies and Practices Study (SHPPS) 2012**

### **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



## **School Health Policies and Practices Study (SHPPS) 2012**

### 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