



**Action for Healthy Kids' School Health Index
Middle and High School Version**

*To complete the School Health Index online, please visit
[https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login).*

School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1.School health oversight	3	-	-	0
2.Representative school health committee or team	3	2	1	0
3.Local wellness policy	3	2	1	0
4.School health action plan	3	-	-	0
5.Positive school climate	3	2	1	0

Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6.All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	-	-	0
7.All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
8.School meals	3	2	1	0
9.School breakfast	3	-	-	0
10.Variety of offerings in school meals	3	2	1	0
11.Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12.Adequate time to eat school meals	3	2	1	0
13.Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14.Prohibit using food as a reward or punishment	3	2	1	0
15.Access to free drinking water	3	2	1	0
16.All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
17.All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
18.All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
19.Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
20.Food and beverages marketing	3	2	1	0
21.Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
22.Engaging families in nutrition education and school meals	3	2	1	0
23.Nutrition education curriculum implantation	3	2	1	0
24.Farm to school activities	3	2	1	0



School Health Services

	Fully in Place	Partially in Place	Under Development	Not in Place
61.Collaboration between school nutrition services staff members and teachers	3	2	1	0
62.Health services provided by a full-time nurse	3	2	1	0
63.School nurse collaborates with other school staff members	3	2	1	0
64.Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	2	1	0
65.School counselor collaborates with other school staff members	3	2	1	0

Staff Wellness

	Fully in Place	Partially in Place	Under Development	Not in Place
66.Programs for staff members on physical activity/fitness	3	2	1	0
67.Programs for staff members on health eating/weight management	3	2	1	0
68.All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
69.Modeling healthy eating and physical behaviors	3	2	1	0
70.Stress management programs for staff	3	2	1	0

Family Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
71.Communication with families	3	2	1	0
72.Family engagement in school decision making	3	2	1	0
73.Family volunteers	3	2	1	0
74.Professional development on family engagement strategies	3	2	1	0
75.Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus	3	2	1	0
76.Family involvement in learning at home	3	2	1	0
77.School health updates for families	3	2	1	0

Community Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
78.Community involvement in school decision making	3	2	1	0
79.Community involvement in school health initiatives	3	2	1	0

ACTION FOR HEALTHY KIDS

Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
25.Required health education course	3	2	1	0
26.Sequential health education curriculum consistent with standards	3	2	1	0
27.Culturally appropriate activities and examples	3	2	1	0
28.Credentialed health education teachers	3	2	1	0
29.Professional development in health education	3	2	1	0
30.Essential topics on physical activity	3	2	1	0
31.Essential topics on healthy eating	3	2	1	0
32.Opportunities to practice skills	3	2	1	0
33.Assignments encourage student interaction with family and community	3	2	1	0
34.Essential topics on preventing unintentional injuries and violence	3	2	1	0
35.Essential topics on preventing tobacco use	3	2	1	0
36.Essential topics on alcohol and other drug use	3	2	1	0
37.Essential topics for preventing HIV, other STD, and pregnancy	3	2	1	0

Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
38. 225 minutes of physical education per week	3	2	1	0
39.Sequential physical education curriculum consistent with standards	3	2	1	0
40.Students active at least 50% of class time	3	2	1	0
41.Health-related physical fitness	3	2	1	0
42.Licensed physical education teachers	3	2	1	0
43.Address special health care needs	3	2	1	0
44.Professional development for physical education teachers	3	2	1	0
45.Prohibit using physical activity as punishment	3	2	1	0
46.Professional development for classroom teachers	3	2	1	0
47.Promotion or support of walking and bicycling to and/or from school	3	2	1	0
48.Availability of before- and after-school physical activity opportunities	3	2	1	0
49.Availability of physical activity breaks in classrooms	3	2	1	0
50.Family engagement in physical activity	3	2	1	0
51.Access to physical activity facilities	3	2	1	0
52.Promote community physical activities	3	2	1	0

Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
53.Fostering positive and nurturing relationships	3	2	1	0
54.Positive student relationships	3	2	1	0
55.Professional development on meeting diverse needs of students	3	2	1	0
56.Collaboration to promote social and emotional learning	3	2	1	0
57.School-wide social and emotional learning	3	2	1	0
58.Prevent harassment and bullying	3	2	1	0
59.Active supervision	3	2	1	0
60.Engaging all students	3	2	1	0