



# Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)

School: \_\_\_\_\_

Date: \_\_\_\_\_

School District: \_\_\_\_\_

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in place	Under Development	Partially in Place	Fully in Place

## Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)							
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?							
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?							
1.4 Does your school implement health and wellness components, included in the <i>Local Wellness Policy Guide for Development</i> and mandated by state and federal agencies {USDA, MS State Board Policy, and MS Accountability Standards}							
1.5 Has your school designated a lead school official (school health coordinator) and school							

health council to ensure compliance with the local wellness policy?							
<b>COMPONENT #1 Column Totals</b> Total for all items (1.1– 1.5) = ____/15 = ____% (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in place	Under Development	Partially in Place	Fully in Place

<b>Component 2: Health Education</b>							
Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)							
2.2 Do all teachers of health education use the state approved Contemporary Health Education curriculum that is an age-appropriate, sequential health education curriculum consistent with state and national standards for health education?							
2.3 Does your school provide for the instruction of sex-related education as outlined by the district School Board? (abstinence plus or abstinence-only) (Code 37-13-17)							
2.4 Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?							
2.5 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the health education or physical							

education curriculum? (Senate Bill 2185)							
2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?							
2.7 Do all teachers of health education participate at least once a year in professional development in health education?							
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?							
<b>COMPONENT #2 Column Totals</b> Total for All Items (2.1 – 2.8) ____/24 = _____% <i>(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 &amp; 12)</i>							

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in place	Under Development	Partially in Place	Fully in Place

<b>Component 3: Physical Education / Physical Activity</b>							
Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?							
3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?							
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?							

3.4 Does the school prohibit exemptions or waivers for physical education?							
3.5 Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?							
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®							
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5 <sup>th</sup> grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?							
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?							
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)							
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?							
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)							
3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?							
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?							

<b>COMPONENT #3 Column Totals</b> Total for All Items (3.1 – 3.13) = ___/39 = _____% (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							
---	--	--	--	--	--	--	--

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in place	Under Development	Partially in Place	Fully in Place

**Component 4: Nutrition Environment and Services**

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?							
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)							
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?							
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?							
4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?							
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and							

snack or food carts.							
4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.							
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?							
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?							
4.10 Is your school implementing any Farm to School activities?							
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?							
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?							
<b>COMPONENT #4 Column Totals</b> Total for All Items (4.1 – 4.12) = ____/36 = ____% <i>(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 &amp; 12)</i>							

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in place	Under Development	Partially in Place	Fully in Place

**Component 5: Health Services, Counseling, Psychological and Social Services**

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
5.1 Does your school have a school nurse to serve students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)							
5.2 Does your school nurse work under the guidelines of the <i>Mississippi School Nurse Procedures and Standards of Care</i> ? (State Board of Education Policy # 4008)							
5.3 Does your school track students with chronic health conditions?							
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?							
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)							
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)							
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)							
5.8 Does the school use Administrative Claiming to help support school health programming?							
5.9 Does your school have a licensed counselor, to whom students have access?							
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)							

<b>COMPONENT #5 Column Totals</b> Total for All Items (5.1–5.10) = ___/30 = ____% <i>(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 &amp; 12)</i>							
---	--	--	--	--	--	--	--

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Not in Place	Under Development	Partially in Place	Fully in Place

**Component 6: Physical Environment**

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?							
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?							
6.3 Are all chemicals used at the school site stored properly?							
6.4 Are fire extinguishers inspected each year and are they properly tagged?							
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?							
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?							
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?							
6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)							



6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?							
<b>COMPONENT #6 Column Totals</b> Total for All Items (6.1 – 6.9) = ___/27 = _____% (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

	<b>1</b>	<b>2</b>	<b>3</b>
Not in Place	Under Development	Partially in Place	Fully in Place

**Component 7: Employee Wellness**

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.							
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.							
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.							
<b>COMPONENT #7 Column Totals</b> Total for All Items (7.1 – 7.3) = ___/9 = _____% (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

0	1			2			3
Not in place	Under Development			Partially in Place			Fully in Place
<b>Component 8 - Family Engagement and Community Involvement</b>	0	1	2	3	Don't Know	NA	Comments & Notes
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.							
8.2 The school invites family or community members to eat a meal at school.							
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.							
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.							
8.5 The school encourages family mealtimes that include healthy choices.							
8.6 The school updates parents on school health news through monthly newsletters and/or email.							
8.7 The school plans for healthy fundraisers and healthy school celebrations.							
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.							
<b>COMPONENT #8 Column Totals</b> Total for All Items (8.1–8.8) = ___/24 = _____% <i>(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 &amp; 12)</i>							

## **Mississippi Healthy School Self-Assessment Overall Score Card**

*To complete score card, take % calculated for each component above and place it in the appropriate column below. Check the components where work needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.*

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
<b>Component 1:</b> School Health Policies						
<b>Component 2:</b> Health Education						
<b>Component 3:</b> Physical Education/Physical Activity						
<b>Component 4:</b> Nutrition Environment & Services						
<b>Component 5:</b> Health Services, Counseling, Psychological and Social Services						
<b>Component 6:</b> Physical Environment						

<b>Component 7:</b> Employee Wellness						
<b>Component 8:</b> Family Engagement & Community Involvement						

## **Mississippi Healthy School Self-Assessment**

**Planning Questions** – for all components  
(copy this page for each component that you are writing a plan for).

### **Planning Question 1**

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

### **Planning Question 2**

For each weakness identified, list recommended action(s) to improve your school's scores.