2020-2021 School Health and Wellness Review

Alliance of a Healthier Generation supports schools, districts, and out-of-school time sites in creating and sustaining healthier environments wherever kids live, learn, and play. The process comes to life in the Healthier Generation Action Center, an easy-to-use, online platform where participants build a wellness team, assess their school or site, track progress, and access resources and trainings. The district and its schools answer a variety of questions to get an instant snapshot of their environment. The evidence-based assessments support leaders in identifying actionable steps to meet the comprehensive health needs of students and staff.

Alliance of a Healthier Generation gives us three assessments each school completes and reviews throughout the school year:

1. Quick Start Health Assessment: School Edition
2. Healthy Schools Assessment
3. RISE Index

Basically, the assessments are a four level rating system on your level of implementation or awareness of specific health & wellness topics in the school starting with a (4) Yes, we do this and have evidence or ‘FULLY IN PLACE’, (3) Most of the time we do this or ‘MOSTLY IN PLACE’ or ‘PARTIALLY IN PLACE’, (2) Sometimes we do it or ‘UNDER DEVELOPMENT’, to (1) No, we don’t have this or ‘NOT IN PLACE’. The levels have more wording than that, but this gives you an idea of how you are implementing health & health in the school.

Quick Start Health Assessment: School Edition

As schools and districts return to learning in the 2020-2021 school year, this quick, 15 question assessment supports them in prioritizing and implementing key mental, physical and social health practices within the context of COVID-19.   
The Quick Start Health Assessment: School Edition has 4 categories of questions: Teaming & Implementation, Staff Health, Mental Health & Wellness, and Physical Activity & Physical Education. Each Category has the following number of questions…

1. Teaming & Implementation – 3 questions
2. Staff Health – 4 questions
3. Mental Health & Wellness – 3 questions
4. Physical Activity & Physical – 2 questions
5. Food Access & Other Social Health Considerations – 3 questions

Healthy Schools Assessment

The Healthy Schools Assessment is Healthier Generation’s version of the School Health Index (SHI). A district version allows district leaders to provide suggested responses to their schools for a selection of criteria from the school version. The Healthy Schools Assessment has 6 categories of questions: Policy & Environment, Nutrition Services, Smart Snacks, Health & Physical Education, Physical Activity, and Employee Wellness. Each Category has the following number of questions…

1. Policy & Environment – 10 questions
2. Nutrition Services – 12 Questions
3. Smart Snacks – 7 Questions
4. Health & Physical Education – 12 Questions
5. Physical Activity – 8 Questions
6. Employee Wellness – 6 Questions

Resilience in School Environments (RISE) Index

The RISE Index is a social-emotional well-being assessment tool that helps school and district leaders assess, prioritize, and plan key actions that promote the social-emotional health of staff and students. The RISE Index has 5 categories of questions: School-Staff Well-Being, School Systems, Universal Prevention Strategies, Targeted Intervention Strategies, and Collaboration. Each Category has the following number of questions…

1. School-Staff Well-Being – 10 questions
2. School Systems – 10 questions
3. Universal Prevention Strategies – 8 questions
4. Targeted Intervention Strategies – 7 questions
5. Collaboration – 5 questions

Healthier Generation has also recently added a Tobacco-Free District Assessment that the district team will be completing. Reporting of this assessment will be available this fall. The Tobacco-Free District Assessment support districts in strengthening and sustaining 100% tobacco-free environments by assessing the strength and implementation of their tobacco policies. It covers:

1. Prohibitions and allowances
2. Implementation and accountability
3. Violations
4. Education
5. Cessation

The assistant principals at each school have developed their school teams to assist in completing the assessments. Once the assessment is complete; an action plan is developed. All team work and reporting is presented to the school’s SBDM council.

The results of these assessments are attached.

In addition, each school council has reviewed and revised their school’s wellness policy and will continue to do so, annually. Evidence of the review is documented in the SBDM Council meeting minutes.