2022-2023 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. Thriving Schools Integrated Assessment
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’, (2) Sometimes we do it or ‘PARTIALLY IN PLACE’, 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.

Thriving Schools Integrated Assessment

As schools and districts return to learning in the 2022-20023 school year, this 14 category assessment supports them in prioritizing and implementing key mental, physical and social health practices.   
The Thriving Schools Integrated Assessment School Edition has a total of 323 questions. Each category listed has the following number of questions…

1. Advancing Core Policies and Practices – 11 questions
2. Increasing Family and Community Engagement– 21 questions
3. Improving Nutrition and Food Access – 27 questions
4. Implementing Local School Wellness Policy – 14 questions
5. Enriching Health Education –13 questions
6. Bolstering Physical Education and Activity – 20 questions
7. Strengthening Social-Emotional Health and Learning – 18 questions
8. Cultivation Staff Well-Being – 18 questions
9. Promoting Tobacco-Free Schools – 28 questions
10. Supporting School Health Services – 17 questions
11. Reducing Chronic Absenteeism – 36 questions
12. Addressing School Discipline – 29 questions
13. Fostering Positive School Climate and Culture – 49 questions
14. Building Staff Capacity – 22 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. Each Category has the following number of questions…

1. Policy & Environment – 9 questions
2. Nutrition Services – 12 questions
3. Smart Snacks – 7 questions
4. Health & Physical Education – 10 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 4 categories of questions; each Category has the following number of questions…

1. District-Staff Well- Being – 7 questions
2. District Leadership Team – 6 questions
3. District-Wide Policies & Procedures – 9 questions
4. District-Level Collaboration – 6 questions

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.

Attached is the CISD action plan for the 2022-2023 school year.

**CISD Action Plan for 2022-2023**

The CISD would like to implement farm to school strategies which include procurement of local/regional food items for school meals, identification of local/regional food items on the school menu and/or in the cafeteria, and support for schools using school gardens for educational activities, by December 2023.

The CISD would like to provide easily accessible space(s) for all staff (including non-instructional staff) to take breaks and allow for acute stress-management by providing staff at each school with a designated break area.