

CDC School Health Index Analysis

City Charter High School

Below are the scores and results of the eleven modules provided by the CDC index with recommended actions provided by the staff.

Top priority actions will be vetted through the wellness committee and top scoring actions will be put into effect over the 2020-2021 school year.

Module 1: School Health and Safety Policies and Environment

Avg: **85%** Implementation

Strengths

Foodservice is very compliant with smart snack policy options.

Highly developed security protocols for safety, (ALICE, Nightlocks, Evac plans)

Weaknesses

Staff development concerning certain areas (HIV, Mental Illness, At-Risk Strategies)

Fundraising is often food oriented.

Student participation in school councils and committees is low.

Recommended actions

Staff PD on strategies to recognize and deal with at-risk categories.

Improve student participation in school policy.

Top Priority Actions

1.) Staff PD on strategies to recognize and deal with at-risk categories.

2.) Invite students to participate in the wellness committee

Module 2: Health Education

Avg. **91%** Implementation

Strengths

Health teachers receive professional dev. In delivery of chronic illness, drugs, alcohol, sexual health

All students are required to take a health course.

Health teachers receive professional dev in classroom management and delivery of curriculum.

Weaknesses

Time restraints hinder exposure to certain chronic health issues, drugs and alcohol.

Unintentional injuries and violence prevention

The sexual education curriculum needs strengthened
No CPR instruction for students

Recommended actions

Use of outside speakers to address topics such as drugs/alcohol or health issues.
Expand violence unit to include community initiatives
Network with communities to identify phys ed options (Clubs etc)
Field trips to treatment facilities.
More gym classes and health education classes offered.
Revamp the sexual education curriculum and allow more class time set aside for this information.
Train students in CPR

Top Priority Actions

- 1.) More gym classes and health education classes offered.
- 2.) Revamp the sexual education curriculum and allow more class time set aside for this information.
- 3.) Use of outside speakers to address topics such as drugs/alcohol or health issues.
- 4.) More gym classes and health education classes offered.
- 5.) Network with communities to identify phys ed options (Clubs etc)
- 6.) Train students in CPR

Module 3: Phys Ed. and Other Activity Programs

Avg: **74.5%** Implementation

Strengths

Certified teachers
New facility
PD for teachers
60 Minute Classes

Weaknesses

Years of PE required (<10% of time spent at CH)
Promoting community involvement/Lack of sports
Lacking interscholastic sports program within the school

Recommended actions

Brainstorm ways to provide fitness to 10th grade students.
Add an option with the opportunity to take additional years of PE.
Expand "clubs" that address the lack of extracurricular sports.
Provide more staff to adequately add more PE classes to the curriculum
Provide more emphasis on having students elect PE when given the chance

Top priority actions

- 1.) Brainstorm ways to provide fitness to 10th grade students.
- 2.) Increase PE requirements beyond 1 year.
- 3.) Provide more emphasis on having students elect PE when given the chance
- 4.) Provide more staff to adequately add more PE classes to the curriculum
- 5.) Expand "clubs" that address the lack of extracurricular sports.

Module 4: Nutrition Environment and Services

Avg: **86%** Implementation

Strengths

Progressive meal program with chef inspired meals
NSLP professional development for kitchen staff.
Professionally equipped kitchen

Weaknesses

No farm or food oriented field trips
Low breakfast response/ lack of second breakfast options

Recommended actions

Design a field trip to an orchard or farm.
Utilize a second breakfast option.

Top priority actions

- 1.) Utilize a second breakfast option.
- 2.) Design a field trip to an orchard or farm.

Module 5: School health services

Avg: **83%** Implementation

Strengths

Full time nurse in the building.
Health screenings that include vision.
CH consults with a pediatrician that provides support.
Health class promotes health and safety by covering important issues.

Weaknesses

Need written plans with direction in nurse absence
No dental care or exams are offered.
Minimal school-wide promotion is provided beyond classroom activities.
Collaboration between nurse and health teachers.

Recommended actions

- Nurse to provide health news each trimester in parent mailing
- School nurse presentations
- Health staff to coordinate and network community resources for student ATOD issues
- Help connect students to free or low cost dental care.
- School-wide training for students regarding vaping, tobacco use, drugs and alcohol.

Top priority actions

- 1.) School-wide training for students regarding vaping, tobacco use, drugs and alcohol.
- 2.) Deliver methods for dental exams.
- 3.) Nurse to provide health news each trimester in parent mailing

Module 6: School Counseling, Psychological, and Social Services

Avg: **82.7%** Implementation

Strengths

- 2 Fulltime Master's level mental health professionals on staff collaborating with professional advisors
- Active collaboration between counselors and other school staff with respect to HIPAA and PERPA.
- Looping
- Team liason for each grade meets with counselors weekly.
- Team principal meets with counselors frequently to discuss student issues.
- Strong referral system.
- Identifying and tracking students with emotional, behavioral, and mental health needs.

Weaknesses

- Limited school-wide health promotion and prevention programs.
- Need to identify those with needs in a more formal, sophisticated fashion
- We do not use a systematic tracking system.
- Identifying and tracking tobacco use.
- No full-time psychologist.

Recommended actions

- SEL Curriculum
- Distribute information about mental health, drug and alcohol issues.
- Have more counselors/social workers or a full-time psychologist.
- More targeted efforts to prevent tobacco use/vaping.

Top priority actions

- 1.) Distribute information about mental health, drug and alcohol issues.
- 2.) Implement school-wide SEL program.
- 3.) More targeted efforts to prevent tobacco use/vaping.
- 4.) Have more counselors/social workers or a full-time psychologist.

Module 7: Social and Emotional Climate

Avg: **85%** Implementation

Strengths

Positive student relationships
Active supervision
Collaboration to promote SEL
Harassment and bullying prevention
A lot of attention has been placed on equity and use of mediations.
Use of restorative practices

Weaknesses

Engaging all students
School-wide SEL
Students are not given sufficient opportunity to socialize with one another.
Community engagement is limited.

Recommended actions

Elicit feedback from students and staff for additional ways to engage students.
Provide staff with additional SEL resources and training.
SEL program to engage both students and staff.
More opportunities for students to interact in a relaxed setting (assemblies, field day, extra-curricular activities)
Invite organizations to school to offer educational groups.

Top priority actions

- 1.) Elicit feedback from students and staff for additional ways to engage students.
- 2.) Provide students more time to socialize.
- 3.) Implement socio-emotional learning programs.
- 4.) Provide staff with additional SEL resources and training.
- 5.) SEL program to engage both students and staff.

Module 8: Physical Environment

Avg: **91.5%** Implementation

Strengths

Safe physical environment
School environmental health program.
Covid cleaning and maintenance practices.
HVAC system is checked and monitored daily.
Cleaning service is contracted focusing on good housekeeping practices.
Pest prevention is done 3x per year when students and staff aren't present.
All hazards plans in place
Fully comply with safe phys. Environments, pest control, and cleaning practices outlined in the module.

Weaknesses

No PD for school environmental health
Lack of student involvement in promoting environmental health practices.
No effective management of environmental health and safety program
Room for improvement concerning practices in place.
Investigating requirements for radon testing and carbon monoxide monitoring.

Recommended actions

PD for environmental health opportunities for staff
Increase student involvement
Organize key staff for environmental health and safety program
Radon testing and carbon monoxide monitoring
Increase communication of practices in place

Top priority actions

- 1.) Increase communication of practices in place
- 2.) Organize key staff for environmental health and safety program
- 3.) Radon testing and carbon monoxide monitoring
- 4.) Increase student involvement
- 5.) PD for environmental health opportunities for staff

Module 9: Employee wellness and Health Promotion

Avg: **51%** Implementation

Strengths

EAP offers stress management, conflict resolution, and psychological services
Wellness counselors assist staff with resources
EAP newsletter sent out quarterly as well as pamphlets and magnets distributed to staff
Breastfeeding policy accommodates women

Weaknesses

Health education isn't tailored nor does it focus on staff development or behavior choices
Stress management should be offered on-site
Conflict resolution training is not offered
Lack of promotion for employee wellness programs offered through insurance or an overall wellness program

Recommended actions

Allow staff to use the gym during planning times
Offer fitness classes to staff on half days
Offer training for stress management and conflict resolution
Offer smoothie bar or salad bar to staff
Create resource lists for staff to access where to go for respective issues/ more opportunities for self-care
Utilize wellness opportunities to help make decisions for our middle states goal, especially on PD days

Top priority actions

- 1.) Allow staff to use the gym during planning times
- 2.) Utilize wellness opportunities to help make decisions for our middle states goal, especially on PD days
- 3.) Create resource lists for staff to access where to go for respective issues/ more opportunities for self-care
- 4.) Offer training for stress management and conflict resolution
- 5.) Offer fitness classes to staff on half days

Module 10: Family Engagement

Avg: **67.8%** Implementation

Strengths

We use Transperfect service to communicate with parents/guardians who do not speak english
We use sign language interpreters
Frequent communication between teachers/administrators/counselors

Weaknesses

Lack of staff knowledge of parenting strategies
Being high school only, a lack of long term parental engagement
No parental volunteer opportunities
No systematic or formal process for parents/guardians to be a part of school decision-making

Recommended actions

Create lists of helpful parenting strategies to support high school students
Create a professional development for admin and wellness staff on family engagement and assisting families with seeking services.
Utilize volunteers
Survey parents/guardians regarding school health

Top priority actions

- 1.) Create a professional development for admin and wellness staff on family engagement and assisting families with seeking services.
- 2.) Survey parents/guardians regarding school health
- 3.) Create lists of helpful parenting strategies to support high school students
- 4.) Utilize volunteers

Module 11: Community Involvement

Avg: **52%** Implementation

Strengths

Grad projects and internships build connections with communities and provide external input and influence
Our security Director works closely with the Pittsburgh police and collaborates on policy issues and best practices
Student involvement in community organizations

Weaknesses

Limited number of community groups and organizations we work closely with
Low utilization of community volunteers
No community-wide health promotion events
No partnerships with healthcare providers

Recommended actions

Recruit community volunteers for health promotion and school decision-making
Written agreement with community partners to develop school health programs and activities
Health fair to bring in organizations to address health and safety
Build relationships with community organizations and invite them to participate in relevant meetings
Create a process to utilize volunteers
Create a plan to work with community partners with the specific goal of engaging students/families in health promotion activities

Top priority actions

- 1.) Create a process to utilize volunteers
- 2.) Build relationships with community organizations and invite them to participate in relevant meetings
- 3.) Health fair to bring in organizations to address health and safety
- 4.) Create a plan to work with community partners with the specific goal of engaging students/families in health promotion activities