

# CDC School Health Index Analysis

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

Top priority actions will be vetted through the wellness committee and top scoring actions will be put into effect over the '17-18 school year.

## Module 1: Avg 91% Implementation

### Strengths

Updated assessments and wellness policy  
USDA Compliant  
Progressive security plans

### Weaknesses

No internal facility for Phys Ed  
Lack of student participation in wellness

### Recommended actions

Improve access to physical education  
Improve student participation in wellness

### Top Priority Actions

New facility under construction  
Invite students to participate in the wellness committee

## Module 2: Health Education Avg. 85% Implementation

### Strengths

Healthy Eating, Preventing ATOD  
Required health class and topics covered in curriculum

### Weaknesses

Professional development in health education  
Unintentional injuries and violence prevention  
Student developed activity plan utilizing community resources  
Lack of mental health and asthma awareness

### Recommended actions

Teachers attend PD in health and wellness each year  
Expand violence unit to include community initiatives  
Network with communities to identify phys ed options (Clubs etc)  
Include phys ed goal setting for each student

Include asthma and mental health awareness

### Top Priority Actions

1. Teachers to attend PD in health/wellness
2. Phys goal setting for each student
3. Include mental health awareness

## Module 3: Phys Ed. and Other Activity Programs 72% Avg. Implementation

### Strengths

Building a new school gym facility  
Meets requirements for participation in PE  
Participation in community events  
Amount of class time  
Student/teacher ratio  
Active engagement

### Weaknesses

Years of PE required  
Professional development  
Promoting community involvement  
Lacking interscholastic sports program within the school  
Training for staff for new facility

### Recommended actions

Increase PE requirements  
Include professional development and training for new facility  
Increase community awareness  
Community fitness night

### Top priority actions

1. Include professional development and training on new facility
2. Increase PE requirements
3. Increase community awareness

## Module 4: Nutrition services 82% Avg. Implementation

### Strengths

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

### Weaknesses

No farm or food oriented field trips

### Recommended actions

Field trip to an orchard or farm

#### **Top priority actions**

Field trip to an orchard or farm

## Module 5: School health services 84% Avg. Implementation

#### **Strengths**

Full time nurse

Emergency response protocol

Asthma & food allergy case management

#### **Weaknesses**

Need written plans with direction in nurse absence

Asthma education

Health and safety in the classroom

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

Put management plan in writing and educate certain staff

Identify non-inhaler asthmatics

#### **Top priority actions**

1. Put management plan in writing and educate certain staff
2. Nurse to provide health news each trimester in parent mailing
3. School nurse presentations

## Module 6: Counseling, Psychological, and Social Services 78.5% Avg. Implementation

#### **Strengths**

2 Fulltime Master's level mental health professionals on staff collaborating with professional advisors

Open lines of communication among teachers, families, admin, counselors, outside agencies

#### **Weaknesses**

Could benefit from more school wide health promotion programs

Need to identify those with needs in a more formal, sophisticated fashion

Need to assess tobacco use before evident or significant usage

#### **Recommended actions**

City High SAD team could help identify those with needs

Could source speakers to discuss tobacco use and other teen related issues

Continue to support student driven initiatives that address teen health related issues through school wide activities

#### **Top priority actions**

1. Could source speakers to discuss tobacco use and other teen related issues
2. City High SAP team could help identify those with needs
3. Continue to support student driven initiatives that address teen health related issues through school wide activities

## Module 7: Health Promotion for Staff 51% Avg. Implementation

#### **Strengths**

Employee assistance through the school program offers individual care if staff need assistance for individual counseling on certain topics

#### **Weaknesses**

We are low in the overall group health/wellness for staff

#### **Recommended actions**

Could provide outside education to come in and train on health topics that would help in staff's everyday lives (nutrition/exercise)  
Offer health screening to promote wellness (Blood work)

#### **Top priority actions**

1. Could provide outside education to come in and train on health topics that would help in staff's everyday lives (nutrition/exercise)
2. Offer health screening to promote wellness (Blood work)

## Module 8: Family and Community Involvement 83.3% Avg. Implementation

#### **Strengths**

Valued yearly parent involvement & feedback each trimester  
Conferences/Advisory/Grad projects  
Family activities (Lit night)  
Title one meeting  
Good open communication between families and staff

#### **Weaknesses**

Need more surveys and conferences for student and family feedback  
Increase parent survey participation  
City high needs to assess and explore more opportunities for family and community volunteers  
For several reasons there is limited access to school facilities

#### **Recommended actions**

Continue to try and make more opportunities that engage families in school activities and trainings  
Increase survey participation

Have SAP providers more effectively address parenting strategies

**Top priority actions**

1. Increase survey participation
2. Have SAP providers more effectively address parenting strategies
3. Continue to try and make more opportunities that engage families in school activities and trainings









