



## **School Health Policies and Practices Study (SHPPS)**

### **Health Education**

#### **School Questionnaire Content**

##### **Health Education Standards**

##### **Health Education Requirements**

- Health topics for student instruction
- Structure of requirements
- Time requirements
- Health education centers
- Grading students in required health education

##### **Staffing and Professional Development**

##### **Collaboration with School Staff and Outside Organizations**

##### **Health Education Program Promotion**

##### **Health Education Coordinator**

- Educational background
- Certifications



## **School Health Policies and Practices Study (SHPPS)**

### **Physical Education and Activity School Questionnaire Content**

#### **Physical Education Standards**

##### **Required Physical Education and Instructional Content**

- Student exemption from physical education
- Physical education activities taught
- Structure of requirements
- Required instruction on physical education
- Time requirements
- Physical education staff

#### **Student Assessment**

#### **Use of Protective Gear**

#### **Physical Activity and Discipline**

#### **Physical Education for Students with Disabilities**

#### **Physical Education Facilities**

#### **Staffing and Professional Development**

- Maximum student-to-teacher ratio
- Required education and certifications for physical education staff

#### **Collaboration and Promotion**

#### **Physical Activity Clubs and Intramural Sports**

#### **Community Use of School Facilities**

#### **Physical Education Coordinator**

- Educational background
- Certifications

#### **Interscholastic Sports**



## **School Health Policies and Practices Study (SHPPS)**

### **Health Services**

#### **School Questionnaire Content**

##### **Student Health Records**

- Information obtained and kept in student health records
- Health Insurance Portability and Accountability Act (HIPAA)

##### **Immunization Requirements**

- Types of immunizations required for school entry
- Exemption from immunizations

##### **Tuberculosis Screening and Testing**

##### **Procedures for the Administration of Student Medications**

##### **Funding/Medicaid**

- Funding for standard health services
- Schools serving as Medicaid providers

##### **School-Based Health Centers**

##### **Health Services Program Communication with Families, Faculty, and Staff**

##### **Student Health Screening**

##### **School Nurse Staffing and Collaboration**

- Number and types of health services staff and hours spent at school
- School nurse participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs) and 504 plans
- School nurse participation in teaching
- School nurse collaboration with school staff and outside organizations

##### **Educational Requirements**

##### **Other Health Services Staffing**

##### **Facilities and Equipment**

##### **Standard Precautions**



### **Health Service Records and Reports**

- Absenteeism
- Injuries
- Illnesses

### **Health Services Provided to Students**

- Standard health services (provided to all students)
- Services provided to medically fragile students

### **Other Services**

- One-on-one or small-group sessions
- Other services provided by school health services staff

### **Services at Other Sites**

#### **Health Services Coordinator**

- Educational background
- Licensure
- Professional development



## **School Health Policies and Practices Study (SHPPS)**

### **Nutrition Services**

#### **School Questionnaire Content**

##### **Organization of School Meals and Snacks**

- Breakfast and lunch options offered to students
- Amount of time students have to eat once seated
- Food variety and availability

##### **Food Ordering**

##### **Food Preparation**

- Reduction or substitution of ingredients
- Fat-reducing techniques to prepare meat, poultry, and vegetables
- Use of HACCP-based recipes

##### **Food Variety and Availability**

- A la carte items offered
- Availability of butter and salt to students

##### **School Cafeterias**

- Capacity of cafeteria during peak meal times
- Food safety training
- Cafeteria inspections
- Use of electronic point of sale system for foods and beverages
- Written plans for school closures, food safety, and students with food allergies

##### **Nutrition Services Program Promotion**

##### **Collaboration with School Staff and Outside Organizations**

##### **Food Service Manager**

- Educational background
- Credentials and certifications



**School Health Policies and Practices Study (SHPPS)**  
Healthy and Safe School Environment  
School Questionnaire Content

**General School Environment**

- Student enrollment
- Dress codes and identification badges
- School security
- Student handbook or code of conduct

**Transportation To and From School**

**Joint Use Agreements**

**Violence Prevention**

- Policies on physical fighting, weapon possession and use, and gang activity
- Student, family, and community involvement in violence prevention efforts
- Policies on bullying
- Policies on electronic aggression or cyber-bullying
- School-wide programs to prevent violence
- School plans related to suicide prevention

**Tobacco Use Prevention**

- Policies prohibiting tobacco use by students, faculty, staff, and visitors on school property
- Policies prohibiting tobacco advertisements on school property or at school-sponsored events
- Policies prohibiting tobacco use during any school-related activity for students, faculty, staff and visitors

**Alcohol Use Prevention**

- Policies regarding alcohol use by students
- Student, family, and community involvement in alcohol use prevention efforts

**Illegal Drug Use Prevention**

- Policies regarding illegal drug possession or use by students
- Student, family, and community involvement in illegal drug use prevention efforts
- Student drug testing

**Injury Prevention and Safety**

- Inspection and maintenance of school equipment
- Student use of protective gear
- Student, family, and community involvement in injury prevention and safety efforts
- Playground safety (elementary schools only)
- Sun safety



### **Physical School Environment**

- Periodic inspection of school physical facilities
- School plans for remediation of lead and PCBs
- Pest management
- Frequency of cleanings, sanitizing, and disinfecting areas within schools
- Indoor air quality
- Drinking water quality
- Purchase of low-emitting products
- Training for custodial or maintenance staff

### **Crisis Preparedness, Response, and Recovery**

- School plan to address crisis preparedness, response, and recovery
- Training for staff, students, and students' families on crisis preparedness, response, and recovery plans
- Involvement of students, parents, community agencies, and other community members in the development and evaluation of the crisis preparedness, response, and recovery plan
- School membership in the local emergency planning committee

### **Family Involvement in the School**

#### **Community Service and Service Learning**

- Community service and service learning opportunities and requirements
- Participation in role model or mentoring programs (e.g., Big Brothers Big Sisters)

#### **Physical Activity**

- Recess (elementary schools only)
- Physical activity breaks

#### **Food and Beverages Available Outside of the School Meal Programs**

- Types of foods/beverages offered at school events and student parties
- Availability of junk food
- Foods and beverages available in vending machines, school stores, canteens, and snack bars
- Foods and beverages sold for fundraising
- Advertisement and promotion of soft drinks, junk food, and fast food restaurants

#### **School Health Coordination**

- School health council, committee, or team
- School improvement plan
- School health coordinator responsibilities and educational background



**School Health Policies and Practices Study (SHPPS)**  
Mental Health and Social Services  
School Questionnaire Content

**Staffing Characteristics**

- Number of school counselors, school psychologists, and social workers and hours spent at school
- Required education and certifications for school counselors, school psychologists, and school social workers

**Collaboration with School Staff and Outside Organization**

**Mental Health and Social Services Program Promotion**

**Mental Health and Social Services Program Facilities and Equipment**

**Provision of Mental Health and Social Services**

- Services available to students
- Student assistance programs
- Student support teams
- School mental health and social services staff participation in the development of Individualized Education Plans (IEPs), Individualized Health Plans (IHPs), and 504 plans

**Mental Health and Social Services Provided at Other Sites**

**Mental Health and Social Services Coordinator**

- Educational background
- Certifications
- Professional development



## **School Health Policies and Practices Study (SHPPS)**

### **Faculty and Staff Health Promotion School Questionnaire Content**

#### **Health Insurance**

##### **Required Examinations and Screenings Prior to and During Employment**

- Physical health examinations
- Drug testing
- Tuberculosis screening and testing
- Influenza vaccinations

##### **Faculty and Staff Health Promotion Activities and Services**

- Health screenings
- Other activities and services
- Physical activity programs, facilities, and equipment

#### **Employee Assistance Program**

#### **Health Risk Appraisals**

#### **Off-site Health Promotion Activities**

##### **Planning and Coordination of Health Promotion Activities and Services**

- Needs assessments
- Incentives for participation in faculty and staff health promotion programs
- Collaboration with school staff
- Promotion of activities and services for faculty and staff
- Coordinator of health promotion activities and services



**School Health Policies and Practices Study (SHPPS)**  
Health Education  
Classroom Questionnaire Content

**General Course Characteristics and Content**

- Class description
- Topics for student instruction
- Resources used to teach health education

**Alcohol or Other Drug Use Prevention Instruction**

**Tobacco Use Prevention Instruction**

**Nutrition and Dietary Behavior Instruction**

**Physical Activity and Fitness Instruction**

**Sexual Health Instruction**

- Pregnancy prevention
- Human immunodeficiency virus (HIV) prevention
- Sexually transmitted disease (STD) prevention

**Emotional and Mental Health Instruction**

**Suicide Prevention Instruction**

**Violence Prevention Instruction**

**Injury Prevention and Safety Instruction**

**Personal Health and Wellness Instruction**

**Teaching Techniques**

- Methods to highlight diversity and cultural values
- Family and community involvement in health education
- Student assessments
- Teaching students with long-term disabilities

**Health Education Teacher**

- Educational background
- Certifications
- Professional development



## **School Health Policies and Practices Study (SHPPS)**

### **Physical Education and Activity Classroom Questionnaire Content**

#### **General Course Characteristics**

##### **Physical Activities**

- Topics for student instruction
- Time spent on different types of activities

##### **Teaching and Evaluation Techniques**

- Teaching methods
- Family and community involvement in physical education
- Fitness testing
- Individualized physical activity plans
- Student assessment

#### **Students with Disabilities**

##### **Physical Education Teacher**

- Educational background
- Certifications
- Professional development