

PA.3 Prohibit using physical activity as punishment

Does your school prohibit using physical activity and withholding **physical education** class as **punishment**? Is this prohibition consistently followed?

NOTE: Please do not consider issues related to participation in **interscholastic sports** programs when answering this question.

3 = Yes, using physical activity as punishment and withholding physical education class as punishment are prohibited, and both prohibitions are consistently followed.

2 = One of these practices is prohibited, and this prohibition is consistently followed.

1 = One or both of these practices is prohibited, but this prohibition is not consistently followed.

0 = Neither practice is prohibited.

N.1 Prohibit using food as reward or punishment

Does your school prohibit giving students food as a reward and withholding food as punishment?
Is this prohibition consistently followed?

3 = Yes, using food as a reward and withholding food as punishment are prohibited, and both prohibitions are consistently followed.

2 = One of these practices is prohibited, and this prohibition is consistently followed.

1 = One or both of these practices is prohibited, but this prohibition is not consistently followed.

0 = Neither practice is prohibited.

N.2 Access to free drinking water

Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?

3 = Yes, students can access water fountains or water filling stations throughout the school day, and they are allowed to bring filled containers to class.

2 = Students can access water fountains or water filling stations throughout the school day, but they are not allowed to bring filled containers to class.

1 = Students have limited access to water fountains or water filling stations throughout the school day.

0 = No, students do not have access to free, safe, unflavored, drinking water.

N.3 All foods sold during the school day meet the USDA’s Smart Snacks in School nutrition standards.

Do all competitive foods **sold** to students during the school day meet or exceed the USDA’s nutrition standards for all foods sold to students (commonly called **Smart Snacks in School**)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal **Smart Snacks in School** nutrition standards). See below.

<i>Smart Snacks in School – Nutrition Standards for Foods</i>
<p>Any food sold in schools must:</p> <ul style="list-style-type: none">• Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).* <p>Foods must also meet several nutrient requirements:</p> <ul style="list-style-type: none">• Calorie limits:<ul style="list-style-type: none">○ Snack items: ≤ 200 calories○ Entrée items: ≤ 350 calories• Sodium limits:<ul style="list-style-type: none">○ Snack items: ≤ 230 mg**○ Entrée items: ≤ 480 mg• Fat limits:<ul style="list-style-type: none">○ Total fat: ≤35% of calories○ Saturated fat: < 10% of calories○ Trans fat: zero grams• Sugar limit:<ul style="list-style-type: none">○ ≤ 35% of weight from total sugars in foods <p>*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria. **Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.</p>

3 = Yes, **all** competitive foods sold meet or exceed the USDA’s Smart Snacks in School nutrition standards, **or** we do not sell competitive foods at our school.

2 = **Most** competitive foods sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

1 = **Some** competitive foods sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

0 = No, **no** competitive foods sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.4 All beverages sold during the school day meet the USDA’s Smart Snacks in School nutrition standards.

Do all competitive beverages **sold** to students during the school day meet or exceed the USDA’s nutrition standards for all beverages sold to students (commonly called **Smart Snacks in School**)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal **Smart Snacks in School** nutrition standards). See below.

<i>Smart Snacks in School – Nutrition Standards for Beverages</i>
<p>All schools may sell:</p> <ul style="list-style-type: none">• Plain water (with or without carbonation)• Unflavored low fat milk• Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP• 100% fruit or vegetable juice• 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners <p><i>There is no portion size limit for plain water.</i> <i>Middle schools and high schools may sell up to 12-ounce portions of milk and juice.</i></p> <p>Additional beverage options for high school:</p> <ul style="list-style-type: none">• No more than 20-ounce portions of:<ul style="list-style-type: none">○ Calorie-free, flavored water (with or without carbonation)○ Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces• No more than 12-ounce portions of:<ul style="list-style-type: none">○ Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

3 = Yes, **all** competitive beverages sold meet or exceed the USDA’s Smart Snacks in School nutrition standards, **or** we do not sell competitive beverages at our school.

2 = **Most** competitive beverages sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

1 = **Some** competitive beverages sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

0 = No, **no** competitive beverages sold meet or exceed the USDA’s Smart Snacks in School nutrition standards.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.5 At the high school level, beverages sold during the school day exceed the USDA’s Smart Snacks in School nutrition standards.

Does your high school sell only *plain water, 100% juice with no added sweeteners, or low-fat or fat-free milk* to students during the school day in all venues (e.g., vending machines, school stores or snack or food carts)? See below.

Nutrition Standards for High School Beverages (exceeding Smart Snacks in School)

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

High schools may sell up to 12-ounce portions of milk and juice.

3 = Yes, our high school sells only *plain water, 100% juice with no added sweeteners , or low fat or fat-free milk* during the school day in **all** venues, **or** we do not sell beverages at our high school.

2 = Our high school sells only *plain water, 100% juice with no added sweeteners , or low-fat or fat-free milk* during the school day in **most** venues.

1 = Our high school sells only *plain water, 100% juice with no added sweeteners , or low-fat or fat-free milk* during the school day in **some** venues.

0 = No, beverages sold are **not limited** to *plain water, 100% juice with no added sweeteners, or low-fat or fat-free milk* during the school day in **any** venue.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.6 All foods and beverages served and offered during the school day meet the USDA’s Smart Snacks in School nutrition standards.

Do all foods and beverages **served and offered** to students during the school day meet or exceed the USDA’s **Smart Snacks in School** nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.

Smart Snacks in School – Nutrition Standards for Foods

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

**Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Smart Snacks in School – Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Additional beverage options for high school:

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

3= Yes, **all** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards, **or** we do not serve or offer additional foods or beverages at our school.

2= **Most** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.

1= **Some** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.

0= No, **no** foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.7 All foods and beverages sold during the extended school day meet the USDA’s Smart Snacks in School nutrition standards.

Do all foods and beverages **sold** to students during the **extended school day** meet or exceed the USDA’s **Smart Snacks in School** nutrition standards? This includes vending machines, school stores and snack or food carts.

Smart Snacks in School – Nutrition Standards for Foods

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

**Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Smart Snacks in School – Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Additional beverage options for high school:

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

- 3= Yes, **all** foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, **or** we do not sell foods and beverages during the extended school day at our school.
- 2= **Most** foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 1= **Some** foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 0= No, **no** foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.8 All food and beverages served and offered during the extended school day meet the USDA’s Smart Snacks in School nutrition standards.

Do all foods and beverages **served and offered** to students during the **extended school day** meet or exceed the USDA’s **Smart Snacks in School** nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.

Smart Snacks in School – Nutrition Standards for Foods

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

**Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Smart Snacks in School – Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Additional beverage options for high school:

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

3= Yes, **all** foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, **or** we do not sell foods and beverages during the extended school day at our school.

2= **Most** foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.

1= **Some** foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.

0= No, **no** foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

N.9 Fundraising efforts during and outside school hours meet the USDA’s Smart Snacks in School nutrition standards.

Do fundraising efforts during and **outside school hours** sell only non-food items or only foods and beverages that meet or exceed the USDA’s **Smart Snacks in School** nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; and market days.

Smart Snacks in School – Nutrition Standards for Foods

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

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Smart Snacks in School – Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

SCHOOL HEALTH INDEX – MIDDLE SCHOOL/HIGH SCHOOL

Additional beverage options for high school:

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

3 = Yes, **all** fundraising efforts sell only non-food items, or **all** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

2 = **Most** fundraising efforts sell only non-food items, or **most** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

1 = **Some** fundraising efforts sell only non-food items, or **some** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

0 = No, **no** fundraising efforts sell only non-food items, or **no** foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

N.10 Food and beverage advertising and promotion.

Does your school limit food and beverage advertising and promotion (e.g., contests or coupons) on **school property** to foods and beverages that meet or exceed the USDA's **Smart Snacks in School** nutrition standards?

This may include, but is not limited to, marketing and branding in cafeterias, hallways, common spaces, classrooms, staff lounges or school stores; and on snack or food carts, vending machine exteriors, display racks, food or beverage cups or containers, coolers, athletic equipment and sports bags. Examples may include, but are not limited to, in-school media, signs, posters and stickers.

Smart Snacks in School – Nutrition Standards for Foods

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.

**Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Smart Snacks in School – Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

*There is no portion size limit for **plain** water.*

Middle schools and high schools may sell up to 12-ounce portions of milk and juice.

Additional beverage options for high school:

- No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of:
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

3 = Yes, **only** foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards are advertised or promoted, **or** no foods and beverages are advertised or promoted on school property.

2 = **Most** foods and beverages advertised or promoted on school property meet or exceed the USDA's Smart Snacks in School nutrition standards.

1 = **Some** foods and beverages advertised or promoted on school property meet or exceed the USDA's Smart Snacks in School nutrition standards.

0 = No, **no** foods and beverages advertised or promoted on school property meet or exceed the USDA's Smart Snacks in School nutrition standards.

Module 1: School Health and Safety Policies and Environment

Planning Questions ***(photocopy before using)***

The Module 1 Planning Questions will help your school use its School Health Index results to identify and prioritize changes that will improve policies and programs to improve students' health and safety.

Planning Question 1

Look back at the scores you assigned to each question. According to these scores, what are the **strengths** and the **weaknesses** of your school's policies and environment related to students' health and safety?

Planning Question 2

For each of the weaknesses identified above, list several recommended actions to improve the school's scores (e.g., create and maintain a school health committee).