

Healthy Schools Program Wellness Assessment 2020-21

DUE OCT.21st, 2020

KRS 158.856/KRS 160.345 requires Kentucky schools to do the following every year:

- Conduct an annual evaluation of the nutrition and physical activity environment each school year, starting SY 2017-18.
 - *Each school must complete or update this assessment. Schools with SBDM Councils should also review their Wellness policy for additional guidance. Wellness policies are required of all K-5 schools and best practice for all secondary schools.*
 - KDE approved the Alliance for a Healthier Generation's Healthy Schools Program (HSP) assessment as a tool that each school district may use to accomplish this requirement. This is a tool to help your school find ways to improve the health and well-being of students and staff. It is a tool to build upon each year and schools should only focus on a few action steps each year.

Note: JCPS was not allowed to delay or to waive the HSP for this year. We continue to work collaboratively to support our staff, students and families during this unprecedented time and know that everyone has a lot on their plates. Please be sure to reach out to others for assistance. Many of the P.E. and Health teachers attended a training this summer on how to complete this assessment. They, along with other team members who specialize in the various areas listed on the assessment, should be included to help complete it by making them a **team member. Please reach out to them as well as your district members listed on this sheet. A training video is available at: <https://www.jefferson.kyschools.us/student-support/meals/nutrition>**

Steps for completing or updating the assessment:

1. Click on the following link to get started.
<https://www.healthiergeneration.org/take-action/schools>. Click on the box that says 
2. This will take you to a log in page. If you have not logged into the AFHG website since October 2018, you will [need a new password](#).

If you are new to the system please follow these [instructions on how to REGISTER](#).

If you are new and need to join your organization (school) after registering please see instructions on [how to find your organization](#).

3. Once you are in to your schools **DASHBOARD** click on your school and be sure to update all **TEAM MEMBERS**. Team members will be able to access the assessment and should include a variety of people that could best answer the questions. i.e. your wellness chair, PE teacher, Health teacher, FRC coordinator, and/or administrator. Let the team member know they will be receiving an email invitation from AFHG and to accept (check SPAM folders).
4. After updating your team members, click **Healthy Schools Assessment** under Assessment section. The blue bar indicates how much of the assessment has been completed. Most schools should say 100%. However, schools still need to go in and review answers and update annually.
5. Click on **Healthy Schools Assessment** to begin reviewing your assessment by topic areas. Each area specialist may click on the **TOPIC** area to complete their section.
*Note: Answers were transferred over from last year's assessment. There may be some new questions that have not been answered yet. Please make sure you review and answer all questions and update. **As well, some answers have an asterisk beside them which means that a central office district administrator answered these questions and should be the suggested answer.***
6. If you are unsure about how to answer questions, please feel free to may reach out to:
 - a. For help with the assessment and website in general, please contact AFHG Program Manager, [Kat Satterley](#) by email, or phone (202) 805-1290
 - b. Nutrition Services, please contact [Andrea Wright](#) by email or phone 485-3199.

- c. Health & Physical Education, contact [Meme Ratliff](#) at 485-7219
- d. Physical Activity, contact [Craig Hammons](#) (502) 640-8701 Or [Arlisa Brown](#) 485-3387 as well as Meme Ratliff

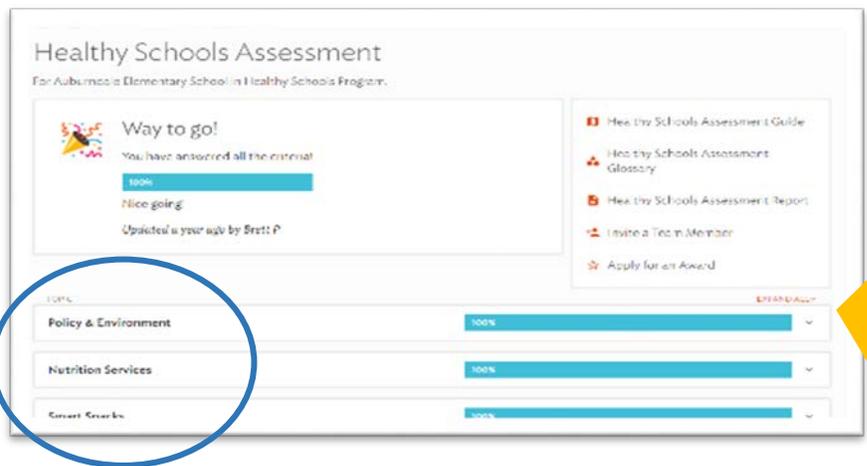
Next Steps:

Begin working on your **Action Plan**. The Action Plan is a to-do list designed to help you keep track of the Assessment items you're working on. Use it to prioritize, stay organized, and find relevant resources while you make changes at your organization.

Steps to Access and Complete Action Plan

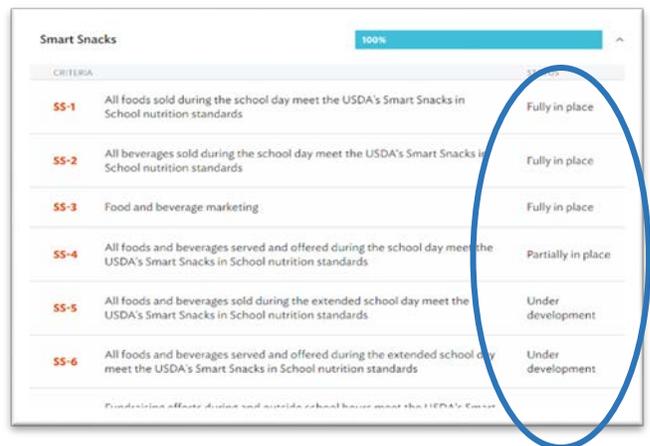
1. You can access your Action Plan in the left side bar when viewing your school or when you are in the assessment questions. There are several ways to go about this but I am going to give some general guidance on the easiest way. More directions can be found here as well: <https://www.healthiergeneration.org/take-action/get-help/how-to-use-the-action-plan>

2. Go to your school's assessment page and scroll down to see a topic areas.



3. Pick a topic areas and click on the right arrow to expand.

4. Once you expand the topic areas, you can see the status for each question. It will state *fully in place*; *partially in place*; *under development*; or *not in place*.



- Choose one of the criteria that is not fully in place and click on it to read over the question. If this is something you want to work on, scroll to the bottom and click **ADD TO ACTION PLAN**.

SS-4 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.

Status Partially in place
[ADD TO ACTION PLAN](#)

Last update by andrea wright on 9/15/20

Who will likely know the answer?

- Principal
- Food service director
- Food service manager

Still don't know the answer?
[Contact an expert.](#)

Related resources

- [Smart Snacks Product Calculator](#)
Find out if your products are compliant with Smart Snacks in School gu...
- [Celebrations that Support Child Health](#)
- [Healthy Ways to Reward Children](#)

Is this something you like to work on? [ADD TO ACTION PLAN](#)

- Continue to look over each topic area and pick items to work on. **I would only suggest 2-3 things to work on for this school year depending on the complexities.**
- Once you have completed this, go back to the Action Plan Center to see what you have added. You can choose to place your goals under: *To Work On (eventually)*; make it a *This year's goal*; or mark it as *Done*. *This Year's Goal* is the area you would want your 2-3 items to be under.

What are categories?

The columns are categories for you to sort your items into. Move items from one column to another based on its priority or status.

To move an item to another category, simply drag and drop. Click on the item and drag it to the category you want it to move to.

ALLIANCE FOR A HEALTHIER GENERATION | ACTION CENTER | Welcome, Brian | My Account | Log out

ACCOUNT > MY ORGANIZATIONS > DURAN HIGH SCHOOL > ACTION PLAN

Action Plan

To work on [Add item](#)

- SS-1** All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards. [View](#)
- PA-6** Prohibit using physical activity as punishment. [View](#)

This year's goals [Add item](#)

- PO-10** Out-of-school programs. [View](#)
- HPE-4** Students active at least 50% of class time. [View](#)
- PO-2** Written school health and safety policies. [View](#)

Done [Add item](#)

- EW-4** Promote staff member participation. [View](#)
- PO-5** Health services provided by a full-time school nurse. [View](#)

8. Once you have your goals in your Action Plan it is time to work on how to accomplish it. If you click on View for the item, it will take you to a page with resources to help you accomplish goal and to list your tasks. You can add tasks related to your goal and team members can share notes in order to track the team's progress.



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.

- [View full question on the Healthy Schools Assessment](#)

Action Plan Category
This year's goals | v

MARK AS COMPLETED

[REMOVE THIS ITEM FROM ACTION PLAN](#)

Tasks

[Add Task](#)

Notes

BOLD **ITALIC** **BLOCKQUOTE** **BULLET LIST** **NUMBER LIST**

Recommended resources

- [Smart Snacks Product Calculator](#)
Find out if your products are compliant with Smart Snacks in School gu...
- [Celebrations that Support Child Health](#)
- [Healthy Ways to Reward Children](#)

Team members who may be involved

- Principal
- Food service director

Congratulations! You DID it! On your way to a healthier school community!