

School Health Index (SHI)-Self Assessment

March 2014 Dallas County R-1 Schools teamed up with Dallas County Health Department to complete a SHI for DA Mallory and Long Lane Schools in the Dallas County R-1 School District.

For participation in the program (after all steps are completed) the Dallas County R-1 School District will be awarded \$1500.00 for the first school site and \$1499.00 for the second school site-for a total of \$2999.00. (Dallas County Health Department was provided with funding reimbursement to cover staff salaries & mileage for working with the school on this project)

The requirements were as follows:

Teresa Melton (DC R-1), Lindsay Barnhouse (DC R-1), Rachel Shoemaker (DCHD), Ramona Hamilton (DCHD) and Cheryl Eversole (DCHD) attended a day training in March 2014 on the SHI Module and quickly got to work.

Dallas County R-1 School became a Team Nutrition School.

Form an SHI Committee & designate SHI Site Coordinator(s)-Teresa Melton served as the Site Coordinator for both schools, & works with the Wellness Project Coordinator-Rachel Shoemaker.

The team completed eight modules, planning questions, overall scorecard and an improvement plan for each participating school-DA Mallory & Long Lane.

Report the improvement plan to the Board of Education.

After all of this takes place:

A completed Overall Scorecard & SHI Improvement Plan must be shared with the School Wellness Project Coordinator and submitted with the Invoice to DHSS

Summary of Results for Mallory & Long Lane:

Module 1: School Health & Safety Policies & Environment

Overall Score: Mallory 81%, Long Lane 81%

Strengths-Wellness Committee, student safety concerns met, adequate access to physical activity, school meals in line with nutrition standards, PA incorporated into after-school programming suggested snack list provided to teachers

Weaknesses-Wellness Committee meet more, no nutrition standards on food brought from home/ concessions, teachers use food as reward, more PA time

Suggestions: Not withholding physical activity as punishment, encourage teachers to use non-food rewards, encourage parents/caregivers to share healthy options

Module 2: Health Education

Overall Score Card: Mallory 69%, Long Lane 69%

Strengths-outside partnerships with DCHD & MU Extension, participation from students, students practice learned topics, taught in grades K-4, parents encouraged to send healthy snacks

Weaknesses-lack of parent involvement, lack of consistent, updated health education training for staff, parent response to healthy snacks & lunches not well-received

Suggestions: Instruction for every grade/staff training opportunities, parent encouragement

Module 3: Physical Education & Other Physical Activity Programs

Overall Score: Mallory 68.5%, Long Lane 66%

Strengths: adequate teacher/student ratio, PE education consistent with standards, adequate info for PE teachers, health related fitness, certified licensed PE teachers, address student with special healthcare needs, PE safety practices, professional development for teachers

Weaknesses: students don't receive 150 minutes of PA a week, students do not design & implement their own PA plan, no boundaries around swings signaling "safe zone", few school-sponsored intramural & PA programs @ the grade school level, safe routes to school not designated.

Suggestions: regular documented checks of playground equipment/safe zones around swings, continue to promote PA/sports offered in community, additional PE time for students

Module 4: Nutrition Services

Overall Score: Mallory 63.3%, Long Lane 63.3%

Strengths: breakfast/lunch programs in place, healthy foods prepared when possible, cafeteria is safe, clean & pleasant, adequate supervision, children given 10 min for breakfast & 20 for lunch, professional development offered for food services staff

Weaknesses: no collaboration between nutrition staff & teachers-cafeteria tours, lessons, etc, nutrition staff manager does not have a degree

Suggestions: offer a healthy option @ PTO events/family nights/ parties, training for food services staff

Module 5: School Health Services

Overall Score: Mallory 88%, Long Lane 85%

Strengths: adequate nurse to student ratio, health & safety of students promoted, health service provider collaborates with staff, students with chronic health conditions identified & tracked, community resource referral system in place, student health info collected prior to school entry, access to school health physician, collect info on unintentional injuries & violence on school property, plan that includes assessment, management & referral for medical emergencies

Weaknesses: Strengthen all 14 steps of referral system for school & community resources as needed

Suggestions: assuring necessary referrals, care & follow up take place

Module 6: School Counseling, Psychological, & Social Services

Overall Score: Mallory 80%, Long Lane 71%

Strengths: classroom & school wide health promotions promote emotional, behavioral, & mental health of students, counseling staff collaborate with other staff, staff have system to identify & track students with emotional, behavioral & mental health needs, systematic approach for referral, school aids students during life transitions, counseling staff identifies students involved in violence-refer if necessary, weekly classroom presentations-small groups as necessary

Weaknesses: school does not have recommended counselor to student ratio, social worker to student ratio, or a psychologist on staff, assure all 13 steps are taken during student referral

Suggestions: assuring necessary referrals, care & follow up take place

Module 7: Health Promotion for Staff

Overall Score: Mallory 59%, Long Lane 59%

Strengths: staff offered health promotion through Capstone, health assessment through insurance, participation encourage through incentives, CPR offered to necessary staff

Weaknesses: health assessment through ins may not be affordable or onsite, stress management not offered, school allows breast feeding but no official policy, no conflict resolution training offered, CPR not offered to all staff

Suggestions: Make what is already allowed regarding breast feeding a policy

Module 8: Family & Community Involvement

Overall Score: Mallory 61%, Long Lane 61%

Strengths: school communicates culturally & linguistically appropriate, school addresses effective parenting strategies, school gives parents a chance to voice opinion, school does allow volunteers through PTO, provides opportunities for family to reinforce learning @ home, community has access to outdoor school facilities outside school hours

Weaknesses: school addresses parenting strategies but not all recommended, community involvement in school decisions is limited, no formal process to recruit, train & involve parents as volunteers, access to indoor school facilities outside normal hours

Suggestions: Community shouldn't necessarily have a say in what foods are served & prepared but simply trying to serve @ least the main dish of what is advertised for school lunch & breakfast a majority of the time.