



Cottage Grove Elementary School South Washington County Schools

School Health Index Summary Report, November 2019

Prepared by arcadia research & evaluation

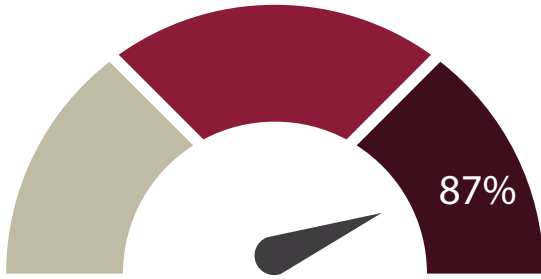
This report summarizes self-assessment data collected in October 2019. This assessment is based on the Center for Disease Control's School Health Index, as well as the Alliance for a Healthier Generation's tool. This assessment asks staff to indicate the level of implementation along three topics: wellness policy communication and compliance; nutrition policies, practices and curriculum; and tobacco policy, practices and curriculum. This is not a test of the school. Rather the report should be used as a self-assessment and planning tool to guide future wellness strategies. *This report will not be shared outside the Living Healthy Washington County SHIP Team without written approval from the school.*

For more information about this report, please contact:
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Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health.

RESULTS DASHBOARD

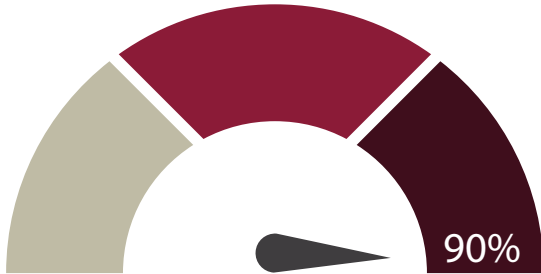


Wellness Policy Communication and Compliance

Definition: Best practices related to the measurement, communication, compliance, and parent engagement around school's wellness policy.

Topic: Wellness Policy Communication and Compliance | Level of implementation: 87%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. District has a representative committee or team that oversees school health policies and programs and meets at least 4 times a year		○				
2. Periodic measurement of school compliance with the wellness policy; updates to the public annually	○					
3. Designation of a lead school official to ensure compliance with wellness policy	○					
4. Communicate wellness policies to students, parents, staff members, and visitors		○				
5. Permit parents, students, school staff, and teachers, school board, school administrators, and the public to participate in the implementation, review and update of wellness policy	○					



Tobacco Policies and Practices

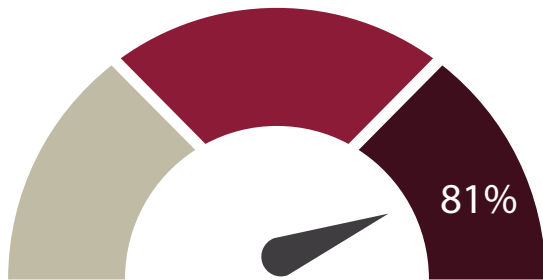
Definition: Best practices related to tobacco prevention in school.

Topic: Tobacco Policies and Practices | Level of implementation: 90%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. School prohibits the use of tobacco (including e-cigarettes and vaping) by students, 24 hours a day, 7 days a week, in all school buildings, on school grounds, at all school-sponsored events off school grounds, and in all school vehicles	○					
2. School prohibits the use of tobacco (including e-cigarettes and vaping) by staff and visitors, 24 hours a day, 7 days a week, in all school buildings, on school grounds, at all school-sponsored events off school grounds, and in all school vehicles	○					

Topic: Tobacco Policies and Practices | Level of implementation: 90%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
3. An individual is designated to enforce the tobacco policies	○					
4. School has written policies for addressing violations by students, staff, and visitors					○	
5. Tobacco products are confiscated from underage users	○					
6. Educational opportunities (e.g., tobacco prevention education sessions) are provided so that punitive measures (e.g., detention, suspension) are not the sole response from the school for tobacco violations	○					
7. Students are referred to the school counselor, nurse, or community-based services	○					
8. The frequency of violations by students are tracked so that repeat offenders can be identified and receive heavier consequences and more intense prevention or cessation assistance and/or referrals	○					
9. Violations are communicated to parents	○					
10. School prohibits advertising and displaying of tobacco-industry brand names and logos on school property, at other places where school functions occur, in school-developed or school-sponsored publications, on student and staff members' clothing, shoes, accessories, gear, and school supplies	○					



Nutrition Policies and Practices

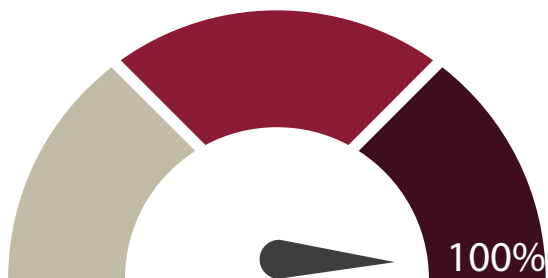
Definition: Best practices related to school food and beverages, student access to nutritious food and drinking water.

Topic: Nutrition Policies and Practices | Level of implementation: 81%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Available foods and beverages during the school day meet or exceed the USDA's requirements	○					
2. Available foods and beverages during the extended school day meet or exceed the USDA requirements	○					
3. Venues outside the cafeteria offer fruits and non-fried vegetables		○				
4. School meals are fully accessible to all students	○					

Topic: Nutrition Policies and Practices | Level of implementation: 81%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
5. Cafeteria uses practices that keep student free or reduced lunch status confidential (e.g., use of PINs at checkout)	○					
6. Nutrition information is made available to parents, staff, and students through the Nutrition Services website	○					
7. Meals for students with special dietary needs due to a chronic health condition or allergies are available	○					
8. Fundraising efforts during and outside school hours meet USDA Smart Snacks nutrition requirements	○					
9. Students have access to hand washing before they eat meals or snacks	○					
10. Students have at least 10 minutes to eat breakfast	○					
11. Students have at least 20 minutes to eat lunch				○		
12. Prohibit the use of food as a reward or punishment		○				
13. Collaboration with nutrition services and teachers to reinforce nutrition education lessons				○		
14. School makes safe, unflavored drinking water available throughout the school day	○					

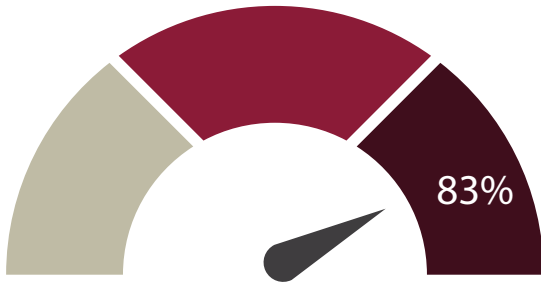


Breakfast

Definition: Best practices related to fruit and vegetable breakfast offerings.

Topic: Breakfast | Level of implementation: 100%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Offer at least 3 different fruits and vegetables each week	○					
2. Offer fresh fruit daily	○					
3. Students are served breakfast efficiently	○					

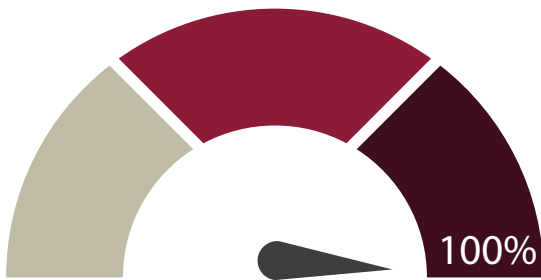


Lunch

Definition: Best practices related to fruit, vegetable, and whole grain lunch offerings.

Topic: Lunch | Level of implementation: 83%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Offer one additional serving per week from any of the 3 vegetable subgroups	●					
2. Offer a different fruit every day of the week during lunch	●					
3. Offer fresh fruit daily	●					
4. Offer foods that address the cultural practices of the student population	●					
5. Offer an alternative entrée option at least one time per week that is legume based, reduced fat dairy, or fish based				●		
6. Offer at least 3 different types of whole grain-rich food items each week	●					

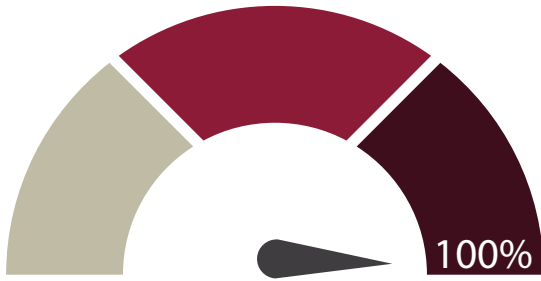


School Nutrition Services

Definition: Best practices related to nutrition service staff practices and professional development.

Topic: School Nutrition Services | Level of implementation: 100%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. School food service staff use healthy food purchasing and preparation practices (e.g., using specifications to lower sugar and sodium content)	●					
2. School food service staff participate in annual continuing education and training	●					
3. Promote healthy food and beverage options using Smarter Lunchroom techniques	●					

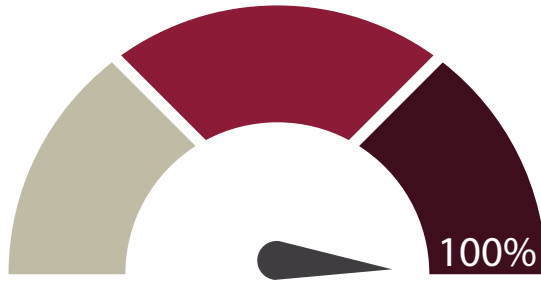


Vending

Definition: Best practices related to vending offerings and availability, and school-based marketing.

Topic: Vending | Level of implementation: 100%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Elementary students do not have access to food and beverage vending machines at schools	○					
2. The district provides vendors product guidelines	○					
3. School based marketing is consistent with nutrition education and health promotion guidelines in the 2015 Dietary Guidelines for Americans	○					
4. School based marketing is consistent with the USDA's Smart Snack guidelines	○					

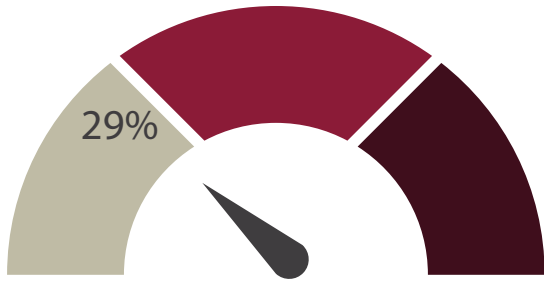


Health Education

Definition: Best practices related to student access to health curriculum.

Topic: Health Education: Overall | Level of implementation: 100%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Teachers of health education use an age-appropriate sequential health education curriculum that is consistent with state or national standards for health education	○					
2. Teachers of health education use health education curriculum that is culturally relevant and participatory	○					
3. Teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health	○					
4. Teachers of health education use active learning strategies and activities that students find engaging and make learning relevant to their daily lives	○					

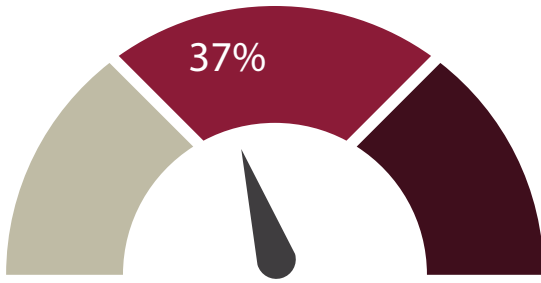


Health Education: Tobacco

Definition: Best practices related to tobacco prevention topics in existing health curriculum.

Topic: Health Education: Tobacco Education Topics | Level of implementation: 29%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. Short- and long-term health consequences of tobacco use, including cigarettes, cigars, smokeless tobacco, e-cigarettes, and other tobacco products	○					
2. Benefits of abstaining from tobacco use	○					
3. Importance of quitting tobacco use					○	
4. Addictive effects of nicotine in tobacco products					○	
5. Health effects of second-hand smoke and benefits of a smoke-free and overall tobacco-free environment	○					
6. How many young people use tobacco	○					
7. Social influences on tobacco use, including media, family, peers, and culture					○	
8. Finding valid information and services related to tobacco-use prevention and cessation					○	
9. Resisting peer pressure to use tobacco					○	
10. Making a personal commitment not to use tobacco				○		
11. Supporting school and community action to support a tobacco-free environment					○	
12. Influencing, supporting, or advocating for others to prevent tobacco use					○	
13. Influencing or supporting others to quit using tobacco					○	
14. How to avoid environmental tobacco smoke or second-hand smoke					○	



Health Education: Healthy Eating

Definition: Best practices related to healthy eating topics in existing health curriculum.

Topic: Health Education: Healthy Eating Education | Level of implementation: 37%

Best Practice	Full	Partial	Under development	Not in place	Unknown	Ideas for moving forward
1. The relationship between healthy eating, personal health, and disease prevention	○					
2. Reading and using food labels					○	
3. Eating a variety of foods every day	○					
4. Balancing food intake and physical activity	○					
5. Eating more fruits, vegetables, and whole grain products	○					
6. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat					○	
7. Choosing foods and beverages with little added sugars					○	
8. Eating more calcium-rich foods					○	
9. Preparing healthy meals and snacks					○	
10. Risk of unhealthy weight control practices					○	
11. Accepting body size differences	○					
12. Food safety					○	
13. Importance of water consumption	○					
14. Importance of eating breakfast	○					
15. Social influences on healthy eating, including media, family, peers, and culture				○		
16. How to find valid information or services related to nutrition and dietary behavior				○		
17. How to take steps to achieve the personal goal to eat healthfully					○	
18. Resisting peer pressure related to unhealthy dietary behavior				○		
19. Influencing, supporting, or advocating for others' healthy dietary behavior					○	