

Healthy School Environment Rubric

Depending on the size of a school corporation, it can be difficult to track school wellness activities. The Healthy School Environment Rubric can be used to measure the extent of implementation within individual schools. The rubric is intended to be completed by individual school principals. It can be used by school corporation leaders or building wellness committees to measure the extent of implementation at individual schools and can be adapted as necessary. The Healthy School Environment Rubric can be used by school corporation leaders to help focus the efforts of policy development and environmental change.

Healthy School Environment Rubric

School _____ Principal _____ Date ____/____/____

Use the rubric to score your programs or policies in the following areas:

① = not in place, ② = in development, ③ = progressing toward full implementation, ④ = successfully implemented

I. Coordinated School Health (CSH) Advisory Council

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|--|------------|
| 1. There is a representative from the school on the CSH Advisory Council. | ① ② ③ ④ NA |
| 2. Information regarding the CSH Advisory Council is given to school staff on a regular basis. | ① ② ③ ④ NA |
| 3. School staff members are encouraged to participate in the CSH Advisory Council. | ① ② ③ ④ NA |
| 4. The Wellness Policy is available to all school staff members. | ① ② ③ ④ NA |

II. School Activities

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| 5. The school promotes policies and environmental changes to promote a healthy, active lifestyle for students. | ① ② ③ ④ NA |
| 6. At least three activities are offered each year to support student wellness. | ① ② ③ ④ NA |
| 7. At least three activities are offered each year to support staff wellness. | ① ② ③ ④ NA |
| 8. All students are offered opportunities for daily physical activity during the school day. | |
| 9. Elementary students receive 30 of the recommended 60 minutes of physical activity before, during and/or directly after school. | ① ② ③ ④ NA |
| 10. Students and families have access to resources from the school on exercise, nutrition, and other health issues related to eating and physical activity. | ① ② ③ ④ NA |
| 11. The school communicates its wellness activities with families through newsletters, school website or other appropriate channels. | ① ② ③ ④ NA |

III. Recess

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|---|------------|
| 12. All elementary students have recess on a daily basis. | ① ② ③ ④ NA |
| 13. If the weather does not allow going outside for recess, there is a back-up plan in place that includes physical activity. | ① ② ③ ④ NA |
| 14. The students are encouraged to be physically active during recess . | |
| 15. The students have recess prior to lunch. | ① ② ③ ④ NA |
| 16. Students are not denied recess or other physical activity as a form of punishment. | ① ② ③ ④ NA |

IV. Activities Outside of School Hours	
17. Students are permitted to walk and bike to school.	① ② ③ ④ NA
18. The school has before-school physical activities available for students, regardless of ability.	① ② ③ ④ NA
19. The school has after-school physical activities available for students, regardless of ability.	① ② ③ ④ NA
20. The school offers programs that promote wellness to families and the community.	① ② ③ ④ NA
21. Families and community members have regular access to schools' outdoor facilities during non-school hours.	① ② ③ ④ NA
V. Non-PE Curriculum	
22. Health is being taught by classroom teachers (elementary), physical education teachers or health education teachers.	① ② ③ ④ NA
23. The school encourages movement in the classroom within the core curriculum.	① ② ③ ④ NA
24. Nutrition education is being taught in all grade levels.	① ② ③ ④ NA
VI. Physical Education	
25. There is an up-to-date copy of the PE equipment inventory.	① ② ③ ④ NA
26. PE teachers communicate fitness assessment results with parents/guardians.	① ② ③ ④ NA
27. PE teachers encourage students to stay active throughout the PE class period.	① ② ③ ④ NA
28. Students receive the recommended amount of physical education (150 minutes/week for elementary, 225 minutes/week for middle and high school).	① ② ③ ④ NA
29. PE is taught by a qualified instructor who is licensed to teach physical education.	① ② ③ ④ NA
30. PE teachers receive professional development opportunities on a yearly basis.	① ② ③ ④ NA
31. Each of the PE teachers offers a quality PE program.	① ② ③ ④ NA
VII. School Nutrition	
32. The food service staff and teachers work together to create a pleasant eating environment for students.	① ② ③ ④ NA
33. Students are given adequate time to eat lunch (at least 20 minutes).	① ② ③ ④ NA
34. All student-accessible vending machines are turned off during the school day.	① ② ③ ④ NA
35. Competitive foods are not sold in the cafeteria during school lunch time.	① ② ③ ④ NA
36. The school discourages withholding food or meals as a form of punishment.	① ② ③ ④ NA
37. The school discourages the use of food as a reward in classroom activities.	① ② ③ ④ NA
38. Activities such as club meetings are not scheduled during mealtimes, unless students may eat during the meetings.	① ② ③ ④ NA
39. The school uses non-food items for fundraising activities.	① ② ③ ④ NA
VIII. Staff Wellness	
40. The school promotes policies/environmental changes to promote a healthy active lifestyle for staff.	① ② ③ ④ NA
41. The school offers programs to help all staff feel engaged in wellness activities.	① ② ③ ④ NA
42. The school honors successes of all staff members.	① ② ③ ④ NA
43. Teachers and school staff are advocates for wellness at the school.	① ② ③ ④ NA

(This rubric was adapted from the Indianapolis Public Schools Corporation)