





### Today's Presenters



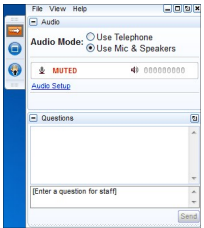
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Southern Regional Manager



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Field Manager

### Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



### Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

We work to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.

### The Learning Connection





Integrating health and wellness into schools gives students the opportunity for an academic advantage – what AFHK calls The Learning Connection.

- Physical activity has a positive impact on academic achievement. It leads to more focused classroom behavior and improved test scores.
- Participation in breakfast programs are associated with increased grades specifically math and arithmetic scores.
- There is a positive association between healthy dietary consumption and mental processes including cognition.





### School Health Index (SHI)

### Why Take the School Health Index?

- Develop relationships with key staff.
- Determine your school's strengths and weaknesses.
- Define goals that suit your school's needs.
- Justify your decision to make changes.
- Document starting points to show progress over time.
- Develop an action plan for improving school health.

### Complete Your SHI Annually

Complete your School Health Index assessment annually so you can measure your progress over time.




### Features of AFHK's SHI

- Completed by school health teams
- Two separate versions:
  - Elementary School
  - Middle School/High School
- Organized by topic areas such as physical activity, physical education, health education, school meals, etc.
- A customized report help your school compare results to other schools in your district and state, and focus on areas of needed improvement

Let's check it out!

### School Users

- Saves time and effort, as school health teams can collaborate online to complete the assessment
- Makes prioritizing health and wellness initiatives easy with the summary report
- Provides a focus for current and future work
- Demonstrates your commitment to a healthy school environment



### District Users

- Become a district administrator in the school portal to save time with district answers
- Monitor school-level implementation of district wellness policies
- Compare schools across the district



## State Agency Users

- Allocate professional development and resources across the state
- Standardize how schools in your state are measuring health and wellness activities
- Understand how schools are doing around health and wellness across the state



## Keep in Mind



- Low scores on the SHI do NOT indicate “low-performing” schools.
- The SHI is a self-assessment – Answer questions honestly to facilitate improvement!
- Taking the SHI is one thing...using the results is another!



## Resources

- Game On, Step 2:  
<http://www.actionforhealthykids.org/game-on/assess-a-track-progress>
  - Questions and Answers
  - User Guide
  - Ways to Engage Students in Completing the School Health Index
  - Coming Soon: Benefits of the School Health Index for Schools, Districts and State Agencies



## Follow Us for More Resources



Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!



Questions?

Questions? Let us know!

[GameOn@ActionforHealthyKids.org](mailto:GameOn@ActionforHealthyKids.org)



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