

Featuring: School Self-Assessment Tools

SECTION 1: WHAT'S NEW?

- The Canadian Council on Learning has called for proposals for applied research projects. See the Request For Proposals at: [Health and Learning](#).
- The Canadian Council on Learning has issued a call for better data and tracking of the development and learning of young children. The August 29 news release can be found at: [Information strategy necessary to measure success in early childhood learning.](#)
- The recently renewed Federal Tobacco Control Strategy will aim to reduce Canada's overall smoking prevalence from 19 per cent (2006) to 12 per cent by 2011. In addition to reducing the overall prevalence rate, the renewed Federal Tobacco Control Strategy also aims by 2011 to:
 - Reduce the prevalence of Canadian youth (15-17) who smoke from 15 per cent - 9 per cent;
 - Increase the number of adult Canadians who quit smoking by 1.5 million; and
 - Reduce the prevalence of Canadians exposed daily to second-hand smoke from 28 per cent to 20 per cent.

For more information on Health Canada's tobacco control efforts, please visit www.gosmokefree.ca.

- In the United States, the State Children's Health Insurance Program (SCHIP) and [School-Based Health Clinics Bill](#) that would reauthorize SCHIP (scheduled to expire on September 30) recently passed in both the House and the Senate.

Mental Health Programs Follow Kids Online
As recognition of the prevalence of mental-health problems in children and teens grows, health and social service providers are seeking new ways to reach those at risk. Many programs are following teens to their

RESEARCH, REPORTS & SCHOOL HEALTH KNOWLEDGE

Research Roundup

- Annesi, J.J. (2005). [Correlations of depression and total mood disturbance with physical activity and self-concept in preadolescents enrolled in an after-school exercise program](#) Psychological Reports, 96, 891-898.
- Stathopoulou, G., Powers, M.B., Berry, A.C., Smits, J.A., & Otto, M.W. (2006). [Exercise Interventions for Mental Health: A Quantitative and Qualitative Review](#) Clinical Psychology, 13, 179-193.
- Lawlor, D. A. & Hopker, S. W. (2001). [The effectiveness of exercise as an intervention in the management of depression: Systematic review and meta-regression analysis of randomised controlled trials](#) British Medical Journal, 322, 1-8
- [State of Learning in Canada: Early Childhood Learning](#)
The Canadian Council on Learning has issued a report on and called for better Indicators and information on the progress of Canada's young children.
- [Crossing Sectors - Experiences in Intersectoral Action, Public Policy and Health](#) Prepared by the Public Health Agency of Canada in collaboration with the Health Systems Knowledge Network of the World Health Organization's Commission on Social Determinants of Health and the Regional Network for Equity in Health in East and Southern Africa (EQUINET) 2007 This paper provides an overview of approaches to intersectoral action at the global, sub-regional, national, sub-national, and community levels. It is intended to contribute to the World Health Organization Commission on Social Determinants of Health (SDH).
- [Sharing Our Success: More Case Studies in Aboriginal Schooling](#)
The schools profiled in this study are scattered across north, central and eastern Canada, from the islands of Hudson Bay to the rugged coast of Newfoundland. Collectively, they serve more than 3,300 Aboriginal students in settings ranging from inner city to isolated reserves. Four of the case studies profile band-operated schools; the other six feature schools under provincial/territorial jurisdiction, two of whom are governed by regional First Nations Boards. Society for the Advancement of Excellence in Education
- The Alberta government has released two reports that identify [promising practices in aboriginal education](#) used by several Alberta schools to heighten academic achievement and support high school completion among First Nations, Métis and Inuit (FNMI) students.

favourite hangout: the Internet. www.mindyourmind.ca, now has profiles on MySpace and Facebook, and testimonials by teens on YouTube. In the United States, at least one university professor is offering a mental-health class inside the popular virtual world Second Life.

- Starting in April 2007, the Australian Government will provide the new GARDASIL® vaccine free to all women and girls aged between 12 and 26 through the National HPV Vaccination Program. For more go to: [Australian HPV Vaccination Program - Schools and School Communities](#)
- Statistics Canada recently released a "family portrait" of Canadians using the third set of data from the 2006 Census. This release examines developments in families, marital status, households and living arrangements in Canada between 2001 and 2006, and how children fit into these evolving family structures.
 - Large increase in one-person households
 - More young adults living with their parents
 - Unmarried people outnumber legally married people for the first time
 - Same-sex married couples counted for the first time
- [B.C. Sets Minimum PE time and removes Junk Food from Schools](#) British Columbia will require 30 minutes of daily physical activity for students and is also fast-tracking the removal of junk food in schools.
- [Manitoba will require all students who are entering Grade 9 and 10 this year to complete PE courses in all four years of high school.](#)
- [Violence and bullying prevention](#) was the focus of a back to school forum in Newfoundland on September 2, 2007. The forum brought together over 600 students, teachers and parents and is part of the NF anti-violence campaign.
- As part of its Poverty Reduction program, Newfoundland has extended [access to free dental care](#) for 13-17 year olds in low-income families.

The University of New Brunswick recently launched a newly created [Health and Education Research Group \(HERG\)](#) based in the Faculty of Education.

Educational, Planning, Policy and Assessment Resources

Physical Activity & Sports (From the [Alberta Centre on Active Living](#))

- [A Physical Education and Sports Education Resource Guide](#): Prepared for the BC Premiers Sports Awards Program in 2003-04. Includes many programs for schools.
- [ACTIVE 2010](#). This Ontario web site contains tools, including a target heart rate chart and BMI calculator; resources and links for leaders in various settings as well as resources for population groups such as Aboriginal people and people with disabilities.
- [Canada's Physical Activity Guide to Healthy Active Living](#) The guides tell you how much activity you should strive for and how to get started. The guides also list the many benefits of physical activity and the health risks of inactivity. A handbook for adults and a different one for older adults provide additional information. Support resources for children and youth include a family guide, a teacher's guide, and an interactive magazine. You can order the single tear-off sheets and other resources online.
- [Canada's Report Card on Physical Activity for Children & Youth -- 2007](#) Active Healthy Kids Canada's 2007 report card gives Canada at a "D" for the third straight year. The report card indicates that physical activity levels have reached an all-time low among Canadian teens.
- [CPRA's Everyone Gets to Play Initiative](#) is a national initiative to remove barriers to play caused by user fees, transportation issues, a lack of family support, and barriers related to language and culture. This web site includes a list of Everybody Gets to Play tools and resources.
- [Daily Physical Activity: Overcoming Two Challenges](#) This article discusses ways to overcome two common challenges to daily physical activity (DPA) in schools: ensuring that all staff responsible for DPA have the knowledge and skills to deliver a quality program and how to schedule DPA into a school's timetable.
- [Developmentally Appropriate Daily Physical Activity](#) This article suggests four ways to help teachers change activities so that all children experience success when participating in physical activity.
- [In Motion](#) Saskatchewan In Motion is a province-wide movement aimed at increasing physical activity for health benefits. Communities, workplaces, schools, and physicians are involved. The web site provides benefits and fit facts for all population groups, as well as a media section. The walking workout has self-assessments, walking tips, a place to log

- The Yukon School Health Advisory Committee has released a position paper on school health programs, Why do we need health promoting schools in the Yukon?
- Students in 16 schools throughout Yukon selected the Australian "Gangrene" commercial as the most effective television ad as part of the northern territories Smoke Screen initiative. Students viewed tobacco education television ads from around the world. Similar programs took place in Nunavut and the Northwest Territories.

your walking, and a place to submit your own success stories.

- **Institute for Olympic Education** Through its teaching programs, projects, research, and curriculum development, the Institute promotes best practices for encouraging children to participate in physical activity and sport in a fair and ethical way

FEATURE ARTICLE

School Health Self-Assessment Tools for Schools and Agencies

Webinars in School Health Promotion: Concise, Convenient and Crafted to Your Needs

The Canadian School Health Knowledge Network is pleased to announce the first of many webinars that will occur this year. Go to our web site for updates to this schedule which will offer over 40 webinars this year, thanks to the Support of the Canadian Council on Learning, Health Canada and the Society of Obstetricians and Gynaecologists of Canada.

These telephone conference calls are supported through an easy-to-use web meeting platform that allows all participants to see the slides being presented and to discuss the presentation, signal that they want to ask questions and follow up with email.

All webinars will be supported with pre/post reading to enhance learning

All webinars will feature a blend of expert and practitioner perspectives (note that only the lead presenter is noted below but all will have an educator and/or PH practitioner as well as the expert.

The School Health Webinars will cover numerous topics in school health promotion. These include substance abuse, sexual health, aboriginal communities, tobacco use, youth engagement and more.

Some of the webinars will be linked with "wiki-based tool-boxes". These toolboxes are shared on-line work spaces through which participants will be able to share documents, create links to resources, prepare joint summaries, add comments and more without having to use a webmaster or sending numerous emails to each other.

The fee for each webinars is \$25.00. However, all 40+ webinars will be free of charge for CSH Knowledge Network Members (those organizations who have joined the Knowledge Network by paying the annual fee of \$200 or by attending the annual School Health Conference).

To register for the webinars or for the full schedule, go to:
<http://www.safehealthyschools.org/webinars/introduction.htm>

Initial Schedule of Webinars

Body Image and the Prevention of Disordered Eating: Findings from School-based Research
Dr. Gail McVey, Hospital for Sick Children Date: Oct. 23/07 at 11:00 a.m. – 12:00 noon PT

The Internet: The New Cultural Revolution (e.g. Cyber bullying)
Dr. Tanya Beran, University of Calgary Date: Oct. 25/07 at 11:00 a.m – 12:00 noon PT

Whole School Physical Activity Promotion Programs
Doug Gleddie, Ever Active Schools & Jennifer Fenton, Action Schools! BC Date: Nov. 8 at 11:00 a.m. - 12:00 noon PT

Paediatric Obesity: Getting Beyond Recognition
Dr. Trent Smith, Kamloops, BC
Member, Canadian Paediatric Society's Healthy Active Living Committee Nov. 15 at 11:00 a.m. - 12:00 noon PT

School Food Policies - What's working from the school's Perspective?
Dr. Mary McKenna, University of New Brunswick Date: Nov. 27th at 10:00 a.m. – 11:00 a.m. PT

Smoke Free Schools: Assisting Schools in Policy Implementation
Dave McWilliam, Kingston, Frontenac & Lennox & Addington Health Unit Date:

Youth Engagement in School Health: How's it done?
Christine Preece, Lambton County Health Services & Karen L'Heureux, Sarnia Collegiate and Technical Institute (SCITS) Date: Nov. 22 at 11:00-12:00 PT

The feature article lists several self-assessment tools that can be used by schools and local agencies to assess the status of their school health programs and strategies. Some of these policy/program assessment tools are linked with student surveys on health status and behaviours and with surveys of parents and staff to assess their perceptions about the programs or their respective behaviours/practices.

In some instances, the data from these self-assessment tools is aggregated into a database that can be used as an estimate of the status of programs across a province/state or country. However, the use of the data in this way does not constitute a monitoring system that should be based on regular, reliable surveys.

This feature article lists tools that assess readiness or capacity at a system (national/provincial/territorial), local agency (school board/health authority/other agencies), school (including local community organizations/clinics), community or professional levels.

If you are looking for resources to help you plan and implement School Health programs after you have gathered data using these assessment tools, go to: www.safehealthyschools.org/manuals_planning_tools.htm

A future feature article will list these planning tools.

Also on that web site, we have listed a variety of simple checklists on several health issues. They are listed at the end of this article.

Assessing Overall Comprehensive School Health Program Readiness and Capacity

This subsection lists assessment tools that report on overall readiness and capacity to implement and maintain comprehensive school health programs.

One of the most comprehensive self-assessment tools is the [Healthy School Report Card](#) developed by the Association for Supervision and Curriculum Development as part of their [healthy school communities program](#). The ASCD is an international education leadership organization with chapters in Canada, the United States and several other countries. The tool has been adapted for Canada by Sandra Vamos at Simon Fraser University and is being piloted in several schools across Canada. The tool is based on the ASCD approach that considers the “whole child” in promoting educational success. One of its strengths is that it has been developed from within the education sector.

The Child Health Development Foundation in Adelaide, South Australia has developed and implemented the [School Mapping and Reviewing Tool \(SMART\)](#) that includes an online component that generates an immediate visual representation of the school's readiness to implement SH programs relative to the others that have completed the relatively simple questionnaire.

The [School Health Profiles](#) (CDC, United States) help state and local education and health agencies monitor the current status of school health education; school health policies related to HIV infection/AIDS, tobacco use prevention, unintentional injuries and violence, physical activity, and food service; physical education; asthma management activities; and family and community involvement in school health programs. State and local education and health agencies conduct the survey biennially at the middle/junior high school and senior high school levels in their states or districts, respectively.

The [School Health Indexes](#), also published by the Centers for Disease Control in the US offers three different versions for different grade levels/schools. These instruments are also available online.

The European Network of Health Promoting Schools has published a [comprehensive evaluation tool](#) for school health programs that includes a discussion of principles and consideration of the local community context as an important factor. The European network has also published the proceedings of a [Workshop on the Evaluation of Health Promoting Schools](#).

The Council of Chief Supervisory Officers in the United States has published a paper on [how to incorporate health into Education Indicator Systems](#).

Newfoundland has incorporated health data into their [School Report/Profile System](#) that report yearly on school improvement.

Assessing Readiness and Capacity in Elements of a Comprehensive School Health Approach

This subsection lists assessment tools that address different elements of a comprehensive approach such as:

- School Health Policies
- Coordination of School Health Programs
- School Social Environment
- Healthy Physical Environment
- School Health Services

School Health Policies

School Board/Agency Policies

The National Association of State Boards of Education (NASBE) in the United States has published [model and samples school board policies](#) on comprehensive and coordinated school health programs.

School Policies and Procedures

The Queensland Departments of Education and Health in Australia have published a guide that includes a self-assessment for schools in their policy-making. [How to revise and develop policy](#)

Coordination of Programs

Role of School Health Coordinators

The Healthy School program in England provides a succinct description of standards and the role of the School Health Coordinator in its [Guidance to Healthy Schools Coordinators](#)

Nature of Local Agency Partnerships

The national Healthy Schools Program in England has published a self-audit for local education and health authorities in assessing the state of their interagency partnerships. [National Audit Tool and Guidance for local education and health partnerships](#)

Whole School Audit

The Centre for Health Promotion in Adelaide Australia has published a guide on how to [conduct an audit of school health programs in a local school](#).

Social Environment of School

School Climate/Attachment to School

[Tell Them From Me](#) is an evaluation system designed by professors at the University of New Brunswick. It includes a web-based **Student Survey** and an optional **Teacher Survey** which together assess five student outcomes and ten of the most important aspects of a school's learning climate. A unique feature of Tell Them From Me is that a random selection of students from each school completes the survey each week. The student survey results are updated daily, creating a **System for Continuous Feedback**, enabling school and district staff to assess whether school reforms and interventions are having their intended effect. The **School Report** includes graphs showing the student trajectories for each of the measures, a summary of the teacher survey results, and a compilation of students' and teachers' perceptions about their school taken from their responses to open-ended questions. The Tell Them From Me **Drill Down** feature enables school administrators to compare their school's progress with national norms, and to break down results by gender, socioeconomic status, grade level and other factors of interest to the school or school district.

The World Health Organization has published an assessment tool on school climate as part of a manual on mental health/social and emotional learning and schools.

The California Health and Education Departments host a number of school surveys that can be downloaded from http://www.wested.org/pub/docs/chks_surveys_summary.html

The BC Education Ministry conducts a regular School Satisfaction Survey that includes School Climate and Student Engagement data. The Satisfaction Surveys provide schools, districts, and the public with measures of student, parent, and staff satisfaction in areas such as achievement, human and social development, and safety. The following groups are surveyed; Grades 4*, 7, 10, and 12; parents of those in Grades 4*, 7, 10, and 12; and staff at participating schools.

The Collaborative for Academic Social and Emotional Learning (CASEL) has published several School Climate Assessment Tools. These include SEL Standards section for SEL Learning standards and benchmarks used in different states and countries and

- **School Practices Assessment:** Surveys, inventories, and rubrics that describe aspects of the school setting, policies, instructional activities, and other elements of schools that are known to affect SEL programming.
- **Needs and Outcome Assessments:** Surveys to assess overall student risk-behavior rates and resiliency, and measures of student social and emotional competence
- **School Climate Assessment:** Staff, student, and parent surveys to assess the working and learning climate at your school

Youth/Student Engagement

The Canadian Association for School Health has published an Organizational Self-Assessment Tool for Involving Youth in Decision-making.

The Laidlaw Foundation has published an Evaluation Toolkit for Engaging Youth.

School Health and Other Services

Pre-Schools/Day Care

The Quebec education ministry has published a tool to assess the quality of pre-school and day-care programs. Outil d'autoévaluation pour améliorer la qualité des services de garde en milieu scolaire

Assessment Tools Focused on Specific Health/Social Problems

This sub-section lists tools related to single health topics or combinations.

Smoking

School Smoking Profile (University of Waterloo)

Researchers affiliated with the Centre for Behavioural Research and Program Evaluation (CBRPE) and the University of Waterloo have created a School Smoking Profile (SSP) data system to support evidence-based planning, high quality evaluation, and field research to guide youth tobacco control in Canada. This smoking related tool has recently been expanded to include overeating and physical activity in the SHAPES (School Health Action Planning and Evaluation System)

The School Health Action Planning and Evaluation System (SHAPES) has added modules similar to the School Smoking Profile in overeating and physical activity. These surveys generate health profiles of schools, using standard core items. Building on the work in tobacco, Investigators affiliated with SHAPES at the Centre for Behavioural Research and Program Evaluation recently worked with the Sudbury and Ottawa Public Health Research, Education and Development

(PHRED) program to develop a School Health Environment Survey tool to assess the healthy eating and physical activity environment in Anglophone and Francophone Ontario elementary, middle and secondary schools

Safety/Bullying/Crime

CPHA Bullying/Safe Schools Surveys and Toolkit

This set of five surveys provides a standard way to measure the prevalence of bullying, sexual harassment and racial discrimination. These surveys assess who is involved, where and when these problems take place and the impact of school-based programs. It includes:

School Incident Tracking Form

CPHA Safe School Survey for Grades 4-7

CPHA Safe School Survey for Grades 8-12

CPHA Anti-Bullying/Harassment Program Survey for Teachers/Other Adults in the School

CPHA Administrator Anti-Bullying/Harassment Program Survey

CPHA Safe School Survey for Parents

These survey tools are accompanied by a *CPHA Assessment Toolkit for Bullying, Harassment and Peer Relations at School*. It provides an overview of what works and what doesn't, foundations for best practice standards, and outlines the core school components. CPHA's toolkit includes tips for students, parents, teachers and administrators in the form of a handout and checklist that can be posted on the fridge at home, in the student's desk and on the chalkboard at school.

PREVNET, a research-based organization, has converted the CPHA assessment tools into online versions and added other background materials.

The National Centre on Positive Behavioural Interventions and Supports (PBIS) provides several tools for assessment and planning

Physical Activity

The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) has a self-assessment tool on physical activity as part of its Daily Quality Physical Education program.

Nutrition/Healthy Eating

Health Canada and the Canadian Association for School Health have published a School Nutrition Checklist that includes preventing over-eating, school meals, food safety and food allergies.

The American Food Service Association has published a checklist for healthy cafeterias.

Environmental Health/Indoor Air Quality/Allergies

The Environmental Protection Agency in the United States has published a Coordinators Guide to Indoor Air Quality that includes several specific assessment tools. This guide and program has been adapted by Health Canada. It includes several assessment tools, including:

- Chapter 5: Administration Checklist
- Chapter 6: Health Checklist
- Chapter 7: Air Handling Checklist
- Chapter 8: Classroom Checklist
- Chapter 9: Relocatable Classroom Checklist
- Chapter 10: Building Maintenance Checklist
- Chapter 11: Custodial Checklist
- Chapter 12: Food Service Checklist

- [Chapter 13: Waste Management Checklist](#)
- [Chapter 14: Renovation And Repair Checklist](#)

Mental Health

The Canadian Association for School Health has published a [summary/checklist on the role of the school in promoting mental health](#) and alleviating the impact of mental illness.

The Positive Behaviour Supports program, developed in the US, has several School-wide Assessment Tools including:

- Blueprint Article: The Blueprint article is an overview and should be read first before using any of the other tools. [click here](#)
- System-Wide Evaluation Tool (SET): The System-wide Evaluation Tool used to evaluate systems outcomes conducted in the school before and after implementing school-wide PBS. [System-wide Evaluation Tool.](#)
- PBS Planning and Implementation Self-Assessment Checklist: This self-assessment has been designed to serve as a multi-level guide for (a) appraising the status of positive behavior support (PBS) organizational systems, and (b) developing and evaluating PBS action plans. [PBS Self-Assessment.](#)
- PBS Leadership Team Self-Assessment: This self-assessment has been designed to serve as a multi-level guide for (a) appraising the status of positive behavior support (PBS) organizational systems, and (b) developing and evaluating PBS action plans. [PBS Leadership Self-Assessment.](#)

Injury Prevention

The Canadian Association for School Health has published a [summary guideline and checklist](#) for preventing unintentional injuries and accidents through schools

The BC government has published a presentation on [how to use injury prevention data](#) from your community.

Special Needs/Physical and Intellectual Disabilities

The Centre for Schools and Mental Health at UCLA has published a [School Assessment Tool for working with students with ADHD.](#)

Personal and Social Development

The Canadian Association for School Health has published a [summary/checklist on how schools can promote positive personal and social development](#) such as character education, ethics, social responsibility, family studies and service learning.

Checklists

A checklist is a simpler form of self-assessment. Here are several checklists from different sources.

The Canadian Association for School Health has published a [simple strategic planning process](#) for developing and implementing comprehensive school health programs.

The Canadian Association for Health, Physical Education, Recreation and Dance has published a [checklist for school level action](#) in school health promotion.

The Healthy School Program in England has published a set of criteria for a healthy school at: [National Healthy School Status – A Guide for Schools](#)