

Test Your Knowledge

You are a parent who is concerned about the food that is being offered at your child's school. You recently read online about a tool called the School Health Index. You need to pitch the idea to the school principal, but first you need to learn more about it. Use your copy of the SHI to help answer these questions.

1. What are the six health topics that the SHI currently addresses?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

2. List the eight different modules of the SHI.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

3. These modules are the eight components of _____
_____ .

4. What do each of the following letters stand for?

T =

S =

N =
CC =
PA =
A =
SH =

5. Place the following SHI activities in the order they should be completed, from first to last (1 to 5):

_____ Create School Health Improvement Plan by identifying specific steps to implement recommended actions.
_____ Carefully read through discussion questions and respond on Module Scorecards.
_____ Complete the Overall Scorecard.
_____ Put together a school health team.
_____ Reassess annually.

True or False

- _____ The SHI should be completed by a school health team, consisting of teachers, administrators, parents, students, community members, and any other interested parties.
- _____ The SHI is only available in a print version.
- _____ The SHI is a research tool to compare schools against each other.
- _____ The SHI includes cross-cutting questions for issues that apply to all six health topics.
- _____ The SHI process is complete once schools answer all the self-assessment questions in the modules.