Office of the
State Superintendent of Education

Healthy Schools Act of 2010 (D.C. Law 18-209) Report
As Required by Section 405: Mandatory Reporting
September 28, 2012

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As Required by Section 405: Mandatory Reporting
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As required by Section 405 of the Healthy Schools Act of 2010 (HSA), the Office of the State Superintendent of Education (OSSE) is pleased to report to the Mayor, the Council and the Healthy Schools and Youth Commission on:

(1) Compliance of public schools and public charter schools with the physical and health education requirements in the title; and

(2) Student achievement with respect to the health and physical education standards.

Executive Summary

The completion rate for the 2012 HSA School Health Profile was 96.7%. Schools with grades Kindergarten through grade 5 reported 31 minutes of health education and 60 minutes of physical education per week. Schools with grades 6 through 8 reported providing 48 minutes of health education and 106 minutes of physical education per week. Schools are excelling in many areas, including serving breakfast (100% offer free breakfast) and making water available during mealtimes (85%).

This information, along with a detailed analysis of all of the data provided by the schools in the 2012 School Health Profile is provided in the following pages. Also included in this report are the citywide average scores for the first administration of the 2012 DC CAS for Health and Physical Education.

For the 2013 School Health Profiles, the OSSE will continue to work with stakeholders to ask questions that enable us to paint a picture of the health and wellness of public and public charter students in Washington, D.C. The OSSE will also provide technical assistance to schools to ensure they provide the most accurate data for these purposes.

SECTION 1: Compliance of public schools and public charter schools with the physical and health education requirements in this title.

HSA Requirements – Health Education

Under section 402 of the HSA, all public schools and public charter schools are required to provide health education for students in Kindergarten through grade 8. During the 2011-2012 school year, students in Kindergarten through grade 8 were to be provided with an average of at least 15 minutes per week of health education, or the same level as was provided in the 2009-2010 school year, whichever was greater.

In the 2014-2015 school year, the health education requirement increases to 75 minutes per week.

HSA Requirements – Physical Education

Under section 402 of the HSA, all public schools and public charter schools are required to provide physical education for students in Kindergarten through grade 8. During the 2011-2012 school year, students in Kindergarten through grade 5 were to be provided with an average of at least 30 minutes of physical education per week, or the same level as was provided in the 2009-2010 school year, whichever was greater. During the 2011-2012 school year, students in grades 6 through 8 were to be provided with an average of at least 45 minutes of physical education per week, or the same level as was provided in the 2009-2010 school year, whichever was greater. Furthermore, 50% of physical education class time is to be "devoted to actual physical activity."

In the 2014-2015 school year, the physical education requirement will increase to an average of at least 150 minutes per week for students in grades Kindergarten through grade 5 and an average of at least 225 minutes per week for students in grades 6 through 8.

Monitoring and Evaluation – School Health Profiles

Section 602 of the Healthy Schools Act requires OSSE to collect information annually, by February 15 of each year, through the School Health Profiles (SHP). See Appendix A for the complete 2012 questionnaire. To determine compliance with the HSA's health education and physical education provisions, the 2012 SHP included the following questions:

- For each grade in your school, please indicate the average number of minutes per week during the regular instructional school week that students receive health education instruction.

- For each grade in your school, please indicate the average number of minutes per week during the regular instructional school week that students receive physical education instruction.

- For each of the above grades, please indicate the number of minutes per week during the regular instructional school week devoted to actual physical activity within the physical education course.

Additionally, the SHP asked schools to answer the questions:
- Is the health education instruction based on the OSSE's health education standards?

- Is the physical education instruction based on the OSSE's physical education standards?

The 2011 amendments to the HSA removed the phrase "by the rule," enabling the OSSE to ask additional questions not specifically stated in the Act, in an effort to gather as much pertinent information as possible.

Results – Compliance with the HSA

Over 96% of all DC schools completed the SHP*, including 95.8% of public and 97.9% of public charter schools. The 206 schools that completed the profile are listed in Appendix B.

For the schools that reported data in the categories of number of minutes of health education, physical education and physical activity, data indicate that in schools with grades Kindergarten to 5, schools provide an average of 31 minutes of health education and 60 minutes of physical education per week. In schools with grades 6 to 8, schools provide an average of 48 minutes of health education 106 minutes of physical education and per week. Schools reported that 84% of the time spent in physical education classes is devoted to actual physical activity. Grade-by-grade averages of both health education and physical education are set forth in Tables 1 and 2.

Table 1. Average Amount of Health Education Provided Per Week

Grade	K	1	2	3	4	5	6	7	8
Average minutes of health per week	27.2	31.7	30.3	32.5	32.1	34.4	43.6	47.4	49.1

Table 2. Average Amount of Physical Education Provided Per Week

Grade	K	1	2	3	4	5	6	7	8
Average minutes of PE per week	56.0	59.8	57.1	59.5	59.4	66.1	101.9	108.5	109

* The following schools did not complete the 2012 School Health Profile: Booker T. Washington PCS, Perry Street Prep PCS, Dunbar High School, Oyster-Adams Bilingual School, Washington Metropolitan High School, Wheatley Education Campus, and H.D. Woodson High School.

The above data are either stagnant from 2011 to 2012 or represent a slight decrease from the numbers reported in 2011 (see Table 3).

Table 3. Comparison of Minutes Per Week of Health Education and Physical Education

School Year	Health Education K-5	Health Education 6-8	Physical Education K-5	Physical Education 6-8
2010 – 2011	35	53	65	107
2011 – 2012	31	48	60	106

All data collected were self-reported by each school. To maintain consistency in analysis and reporting, data that indicated students received more than 125 minutes per week of health education in any grade, more than 225 minutes per week of physical education in Kindergarten through grade 5, or more than 300 minutes per week of physical education in grades 6 through 8 were eliminated from the analysis pool. Data that indicated a greater number of physical activity minutes than physical education minutes were also removed from the pool, as the question specified only to count minutes of physical activity within the physical education course, which does not include recess or before/after school activities.

Physical education data from one school were eliminated prior to data analysis and health education data were eliminated from 19 schools prior to data analysis. Also, some schools left these fields blank. When this occurred, the school was removed from the data pool.

According to the data reported in the SHP, schools are meeting the current requirements for health education and physical education. While some schools report that they are meeting the 2014-2015 requirements; once the data is aggregated, one can see that meeting these more stringent requirements within the next three years will prove challenging for many schools, as much more school time must be allocated to health and physical education.

While not reported in the SHP, another key component of the HSA is participation in the National School Lunch Program (NSLP). In order to receive HSA reimbursements, schools must submit their menus for approval and then submit claims.

The following schools did not submit any menus for the 2011 – 2012 school year:

- E.L. Haynes PCS
- Hospitality PCS
- Maya Angelou PCS
- Meridian PCS
- Paul PCS
- Perry Street Preparatory Academy PCS

A complete analysis of the SHP data is included in the appendices of this report. See Appendix C for citywide data, Appendix D for public school data, and Appendix E for public charter school data.

SECTION 2: Student achievement with respect to health and physical education standards.

HSA Requirements – Health and Physical Education Achievement

In addition to mandating time requirements, Section 402 of the HSA states that "the physical education and health education required by this section shall meet the curricular standards adopted by the State Board of Education." These standards, approved by the State Board of Education in December 2007, indicate the concepts and skills that students should know and be able to do at the end of each grade pre-Kindergarten through grade 8 and by the end of high school.

Monitoring and Evaluation – Health Education Assessment

As reported in 2011, the OSSE convened a task force in summer of 2010, comprised of representatives from the OSSE, District of Columbia Public Schools (DCPS), Public Charter School Board, Friends of Choice in Urban Schools (FOCUS), Student Support Center, State Board of Education, DC Department of Health, DC Council Committee on Health, Friendship PCS, Metro Teen AIDS, George Washington University, and American University. The task force recommended the development of a standards-based Comprehensive Assessment System (DC CAS) for health and physical education. This assessment was developed and administered to 5th and 8th graders and high school students enrolled in health, as part of the DC CAS tests in April 2012. Each assessment contained 50 multiple choice items, covering topics such as nutrition, communication and emotional health, disease prevention, safety skills, and sexual health.

The items on the assessment were derived from the Health Education Assessment Project (HEAP) of the Council of Chief State School Officers (CCSSO). The items were aligned to the OSSE health and physical education learning standards and edited to be unique to the standards and the District of Columbia.

Similar to the process of sexual health education, a passive consent form was sent home with students, and parents/guardians were able to "opt out" of the sexual health questions. Depending on grade level, these questions were the final three, four, or five test questions, and students either stopped the test prior to these questions or completed all 50 questions.

Physical education standards were also covered on the DC CAS for health and physical education; however, most physical education standards cannot be assessed with a multiple-choice test. Many schools use a tool to assess achievement in regards to the physical education standards; however, this tool varies by Local Education Agency. DCPS uses the FitnessGram for students in grade four and above. Appendix G has more information on this tool. This data is collected once per year and assess:

- Aerobic Capacity, as measured by a progressive aerobic cardiovascular endurance run (PACER)
- Body Composition, as measured by either a skin fold test or body mass index (BMI)
- Muscular Strength and Endurance, as measured by curl-ups and push-ups
- Flexibility, as measured by a back-saver sit and reach

Analysis of the FitnessGram data is ongoing, but school year 2011-2012 data is presented below in Tables 6, 7, and 8. This data only includes DCPS, although some charter schools do utilize the FitnessGram.

Results – Compliance with the HSA

Adherence to the OSSE Standards
According to the SHP data, 79% of all respondent schools reported that their health education is based on the OSSE health education learning standards, and 87% of respondent schools reported that their physical education is based on the OSSE physical education learning standards.

DC CAS - Health and Physical Education
All eligible schools except for one charter school** participated in the DC CAS for Health and Physical Education. Below are the participation numbers, including the percent of students who opted out of the sexual health questions, and the aggregated scores for all students in 5th and 8th grade and high school.

Table 4. Participation and Sexual Health Opt Out Numbers/Percentages by Grade

Grade	Number of Participating Schools	Number of Participating Students	Number of students who opted out of the sexual health questions	Percent of students who opted out of the sexual health questions
Grade 5	134	4560	425	9.3%
Grade 8	102	4119	80	1.9%
High School	64	2697	64	2.4%

Table 5. DC CAS Health and Physical Education 2012 Results

Grade	Average Percent Correct
Grade 5	64.0 %
Grade 8	64.3 %
High School	61.5 %
Total	63.5 %

These scores include only the results from the 40 operational items; 10 items per test were considered "field test" items and thus not included in the score. These 40 items will remain stable for the 2013 test so that we might be able to gather trend data.

**Achievement Preparatory Academy PCS did not participate in the 2012 DC CAS for Health and Physical Education.

FitnessGram Data Results – DCPS Students

District of Columbia Public Schools supplied data collected on student performance on the FitnessGram. Tables 6, 7, and 8 include data from 2012, while a comparison of the 2011 and 2012 data is set forth in Table 9. While this comparison does show a greater percent of students in the healthy fitness zone, the data must be analyzed over time before coming to any conclusions.

Table 6. 2012 FitnessGram Measures – All Grades, Both Sexes

	Abdominal	Upper Body	Aerobic Capacity	Body Composition	Flexibility
Number of students measured	8578	8528	5824	6198	7104
Number in the Healthy Fitness Zone	6256	5533	3628	3702	4259
Percent in the Healthy Fitness Zone	73%	65%	62%	60%	60%

Table 7. FitnessGram Measures – Girls, All Grades

	Abdominal	Upper Body	Aerobic Capacity	Body Composition	Flexibility
Number of students measured	4362	4342	2995	3172	3669
Number in the Healthy Fitness Zone	3028	2539	1646	1878	2119
Percent in the Healthy Fitness Zone	69%	58%	55%	59%	58%

Table 8. FitnessGram Measures – Boys, All Grades

	Abdominal	Upper Body	Aerobic Capacity	Body Composition	Flexibility
Number of students measured	4216	4186	2829	3026	3435
Number in the Healthy Fitness Zone	3228	2994	1982	1825	2140
Percent in the Healthy Fitness Zone	77%	72%	70%	60%	62%

Table 9. Comparison of 2011 and 2012 FitnessGram Measures – All Grades, Both Sexes

	Abdominal	Upper Body	Aerobic Capacity	Body Composition	Flexibility
2011 - Percent in the Healthy Fitness Zone	66%	65%	36%	56%	59%
2012 – Percent in the Healthy Fitness Zone	73%	65%	62%	60%	60%

HSA Funding for Increased Physical Activity

In May of 2012, OSSE awarded the first DC Physical Activity for Youth (DC PAY) grants to 19 public and public charter schools (see Table 10 below for a complete list). These grants are funded by the HSA with the goal, per Section 102 of the HSA, of increasing "the amount of physical activity in which their students engage." These projects will begin in fall of 2012, and range in diversity, including sustaining partnerships, purchasing climbing walls, and starting swimming programs.

Table 10. 2012 DC Physical Activity for Youth (DC PAY) Grant Recipients and Award Amounts

School	Funding Amount
Capitol Hill Montessori at Logan	$10,000
Center City - Brightwood	$10,000
Center City - Capitol Hill	$10,000
Center City - Congress Heights	$10,000
Center City - Petworth	$10,000
Center City - Shaw	$10,000
Center City - Trinidad	$10,000
DC Bilingual PCS	$10,000
E.W. Stokes PCS	$10,000
Excel Academy PCS	$4,950
IDEA PCS	$10,000
KIPP Key Academy PCS	$10,000
National Collegiate Preparatory Academy PCS	$10,000
Savoy Elementary School	$10,000
SEED PCS	$10,000
Thurgood Marshall Academy PCS	$10,000
Tree of Life PCS	$10,000
Two Rivers PCS	$10,000
Washington Yu Ying PCS	$10,000

SECTION 3: Continued Implementation of HSA and Next Steps

To continue with past efforts and to improve future implementation and measurement of HSA requirements, the OSSE is working on the following initiatives:

- Adding new questions and editing 2012 questions for the 2013 SHP. Each year thus far, the OSSE has learned valuable lessons regarding the wording of questions and the impact this can have on meaningful data. OSSE will review questions and consult with stakeholders regarding the 2013 questionnaire.
- Analyzing the results from the 2012 DC CAS for Health and Physical Education and creating new field test items as part of the 2013 assessment.
- Researching, evaluating and reviewing the health and physical education curricula schools are using to determine alignment with the OSSE learning standards.
- Creating a library of health and physical education curricula resources that align with the OSSE learning standards for schools and teachers.
- Providing training and technical assistance for school staff members so they are able to better provide health and physical education as per the requirements in the HSA.
- Providing training and technical assistance for school staff members to implement and update local wellness policies as required by the HSA.

The OSSE continues to analyze and utilize the data collected from the HSA SHP. Not only does this data assist in painting the picture of health and health education in Washington, DC public and public charter schools, but it also helps drive, with the support of our many community partners, the OSSE's health and wellness programming, and decision-making process.

Appendix A
SCHOOL HEALTH PROFILE FORM

Healthy Schools Act of 2010
Under Section 602 of the *Healthy Schools Act of 2010* (L18-0209), each public school and public charter school within the District of Columbia is required to complete and submit the School Health Profile (SHP) form to the Office of the State Superintendent of Education (OSSE) on or before February 15th of each year. Schools are also required to post the information requested in this School Health Profile form online, if the school has a website, and make the information available to parents at the main office. ***Any public school or public charter school that fails to complete and submit its School Health Profile form to OSSE on or before February 15th of each year will be out of compliance with Section 602 of the Healthy Schools Act of 2010.***
Instructions
This SHP form must be completed by each school. For example, if your local education agency (LEA) includes five campuses, each campus must complete a SHP. Complete all sections of the form with responses for the 2011-2012 school year, unless otherwise noted. Once submitted, each school is required to post the information requested in this SHP form online, if the school has a website, and make the information available to parents at the main office. The OSSE recommends that one person at each school be responsible for disseminating the SHP form to school staff members (health teacher, nurse, food services manager, etc.) and then collecting the data and submitting the form online. For more information on how to complete the SHP form, please see the FAQ page. **Submission Deadlines** Forms must be received on or before February 15th of each year. OSSE will post each completed SHP form on the OSSE website for public review within 14 days of receipt. If your school has not completed the form by February 15th, your school will be listed on the OSSE website as out of compliance with Section 602 of the *Healthy Schools Act of 2010.* OSSE also reports compliance with the SHP to the Mayor, City Council and the Healthy Youth and Schools Commission. The School Health Profile form can be completed and submitted on-line. Please visit your principal portal or contact OSSE.HSAhealthform@dc.gov for more information. For more information, see the School Health Profile FAQs page. **For assistance, please call 202-654-6115 or email** OSSE.HSAhealthform@dc.gov.

Office of the
State Superintendent of Education

SCHOOL HEALTH PROFILE FORM

Section 1: School Profile	
Type of School* ☐ Public School ☐ Public Charter School	
School Name*	
Street Address*	
Does your school currently have a Website?* ☐ Yes ☐ No	If yes, what is your school's website address?
Current number of students enrolled* _____	
Grades Served (*select all that apply)** ☐ PS ☐ 2 ☐ 6 ☐ 10 ☐ PK ☐ 3 ☐ 7 ☐ 11 ☐ K ☐ 4 ☐ 8 ☐ 12 ☐ 1 ☐ 5 ☐ 9 ☐ Adult ☐ Other (*please specify*) _____	
Contact Name*	
Contact Job Title*	
Contact Email*	

Section 2: Health Services	
What type of nurse coverage does your school have?* ☐ Full-time ☐ Part-time ☐ No coverage	
How many nurses are available at your school? ☐ One ☐ Two ☐ Three or more	
Name of School Nurse	School Nurse 1 Phone
School Nurse 1 E-mail	Suite/Room Location
School Nurse 1 Credentials ☐ RN ☐ LPN ☐ Other: _____	
Name of School Nurse 2	School Nurse 2 Phone
School Nurse 2 E-mail	Suite/Room Location
School Nurse 2 Credentials ☐ RN ☐ LPN ☐ Other: _____	
Does your school currently have a school-based health center?* ☐ Yes ☐ No	
Does your school currently have a School Mental Health Program or similar services on site for students?* ☐ Yes ☐ No	
What type of mental health clinician coverage does your school have?* ☐ Full-time ☐ Part-time ☐ No coverage	
How many mental health clinicians are available at your school? ☐ One ☐ Two ☐ Three or more	

Section 3: Health Education Instruction		
Are any students required to take health education at your school?* ☐ Yes ☐ No		
How many health education teachers does your school currently have on staff?* ☐ None ☐ One ☐ Two ☐ Three or more		
Does your school currently have at least one certified or highly qualified health teacher on staff? ☐ Yes ☐ No		
Does one (or more) health education instructor also serve as physical education instructor? ☐ Yes ☐ No		
Name of Health Ed Instructor 1	Health Ed Instructor 1 Phone	Health Ed Instructor 1 E-mail
Did this health education instructor have a concentration in health OR physical education in college? ☐ Yes ☐ No		
Please list any Health Education Certification or training received by this Health Education Instructor (i.e. Masters, CHES, other health certifications)		
Name of Health Ed Instructor 2	Health Ed Instructor 2 Phone	Health Ed Instructor 2 E-mail
Did this health education instructor have a concentration in health OR physical education in college? ☐ Yes ☐ No		
Please list any Health Education Certification or training received by this Health Education Instructor (i.e. Masters, CHES, other health certifications)		
For each grade in your school, please indicate the average number of minutes per week during the regular instructional school week that students receive health education instruction.* Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____		

How is health education instruction provided (*select all that apply*):
☐ Health education course ☐ Incorporated into another course ☐ Assemblies or presentations ☐ Other (*please specify*): _____ ☐ No health education is provided
Is the health education instruction based on the OSSE's health education standards? ☐ Yes ☐ No
Which health education curriculum (or curricula) is your school currently using for instruction?
Does your school partner with any outside programs or organizations to satisfy the health education requirements? ☐ Yes ☐ No If yes, what programs or organizations does your school use? _____

Section 4: Physical Education Instruction		
Are any students required to take physical education at your school?* ☐ Yes ☐ No		
How many physical education teachers does your school have on staff? ☐ None ☐ One ☐ Two ☐ Three or more		
Name of Phys. Ed. Instructor 1	Phys. Ed. Instructor 1 Phone	Phys. Ed. Instructor 1 E-mail
Did this physical education instructor have a concentration in physical education in college? ☐ Yes ☐ No		
Please list any physical education certifications or training received by this physical education instructor.		
Name of Phys. Ed. Instructor 2	Phys. Ed. Instructor 2 Phone	Phys. Ed. Instructor 2 E-mail
Did this physical education instructor have a concentration in physical education in college? ☐ Yes ☐ No		
Please list any physical education certifications or training received by your physical education instructor.		
For each grade in your school, please indicate the average number of minutes per week during the regular instructional school week that students receive physical education instruction. Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____		

For each grade that receives physical education instruction, please indicate the average number of minutes per week during the regular instructional school week devoted to actual physical activity within the physical education course.

Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____

Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____

Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____

Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____

Grade: _____ Minutes/Week: _____ Grade: _____ Minutes/Week: _____

Is the physical education instruction based on the OSSE's physical education standards?*

☐ Yes ☐ No

Which physical education curriculum (or curricula) is your school currently using for instruction?

Does your school use a physical education or fitness assessment tool?*

☐ Yes ☐ No

If yes, what is the name of the tool? (e.g. FitnessGrams, President's Physical Fitness Test, etc.)

Does your school partner with any outside programs or organizations to satisfy the physical education or physical activity requirements?*

☐ Yes ☐ No

If yes, what programs or organizations does your school use? _____

What strategies does your school use, during or outside of regular school hours, to promote physical activity? *(select all that apply)*

☐ Active Recess ☐ Movement in the Classroom ☐ Walk or Bike to School

☐ After-School Activities ☐ Athletic Programs ☐ Safe Routes to School

☐ None ☐ Other *(please specify)*: _____

Section 5: Nutrition Programs
Name of Food Service Vendor*
What types of nutrition education services does your school provide? (*select all that apply*)* ☐ None ☐ Multimedia ☐ Vendor-provided nutrition education ☐ Posters ☐ Meal time presentations ☐ Classroom Instruction ☐ Outside speakers ☐ Handouts/brochures ☐ Other (*please specify*): _____
Please indicate the number of students that qualify for the following: Free Meals* ____ Reduced Price Meals* _____ Full Price Meals* _____
Does your school offer breakfast to all students?* ☐ Yes ☐ No If yes, where is breakfast offered (*select all that apply*): ☐ Classroom ☐ Cafeteria ☐ Grab and Go cart ☐ Other (*please specify*): _____
For November 2011, please indicate the average daily participation (number of students) for the following meals: Breakfast – Free Meals* _____ Breakfast – Reduced Price Meals* ____ Breakfast – Full Price Meals* _____ Lunch – Free Meals* _____ Lunch – Reduced Price Meals* ____ Lunch – Full Price Meals* _____
Please indicate which of the following *lunch menu components* your school provides.* • A different vegetable every day of the week? ☐ Yes ☐ No • Dark green and/or orange vegetables at least three times a week? ☐ Yes ☐ No • Cooked dry beans or peas at least once a week? ☐ Yes ☐ No • A different fruit every day of the week? ☐ Yes ☐ No • Fresh fruit at least twice a week? ☐ Yes ☐ No • A whole grain food serving every day of the week? ☐ Yes ☐ No • Milk each day? ☐ Yes ☐ No

- If yes, specify which type(s) of milk are available (*select all that apply*):
  - ☐ Low-fat (1%) flavored milk
  - ☐ Low-fat (1%) unflavored milk
  - ☐ Fat-free (skim) flavored milk
  - ☐ Fat-free (skim) unflavored milk
  - ☐ Soy milk
  - ☐ Lactose-free milk
  - ☐ Other (*please specify*): _____

Is water available to students during meal times?* ☐ Yes ☐ No

If yes, is it available via (*check all that apply)*:

☐ Water fountain in the cafeteria ☐ Water fountain in another location

☐ Water pitcher and cups ☐ Students bring water

☐ Other (*please specify*): _____

Does your school participate in the Afterschool Snack Program?*

☐ Yes ☐ No

If yes, please indicate the average daily participation for November 2011. _____

Does your school participate in the Afterschool Supper Program?*

☐ Yes ☐ No

If yes, please indicate the average daily participation for November 2011. _____

Does your school participate in the Fresh Fruit and Vegetable Snack Program?*

☐ Yes ☐ No

Does your school participate in the DC Free Summer Meals Program?*

☐ Yes ☐ No

If yes, please indicate the average daily participation for each of the following meals for the summer of 2011:

Breakfast: ____ Lunch: ____ Supper: ____ Snack: ____

Does your school serve locally grown and/or locally processed and unprocessed foods at meal times from growers engaged in sustainable agricultural practices? ☐ Yes ☐ No If yes, how often? ☐ Once or twice per day ☐ Three or four times per week ☐ Once or twice per week ☐ Once or twice per month ☐ Other *(please specify)*:_____
On average, how many school meals include a locally-grown produce item?* ☐ Every day ☐ Three or four times per week ☐ One or two times per week ☐ One or two times per month ☐ Other (*please specify*): _____
On average, how many meals include a sustainably-grown produce item?* ☐ Every day ☐ Three or four times per week ☐ One or two times per week ☐ One or two times per month ☐ Other (*please specify*): _____

Section 6: Local Wellness Policy
Has your LEA's local wellness policy been submitted to OSSE for review?* ☐ Yes ☐ No ☐ Don't Know
Has your LEA's local wellness policy been distributed to your school's foodservice staff members?* ☐ Yes ☐ No
Has your LEA's local wellness policy been distributed to your school's parent/teacher organization (PTO)?* ☐ Yes ☐ No ☐ Don't have a PTO
Please indicate which of the following is covered by your LEA's local wellness policy (*check all that apply*):* ☐ goals for nutrition education, physical activity, and other school-based activities ☐ nutritional guidelines for all competitive foods served and sold on campus during the school day ☐ guidelines for school meals, that are not less restrictive than those set at the federal level ☐ plan for measuring implementation of the local wellness policy ☐ goals to improve the environmental sustainability of schools ☐ none of these is covered in our LEA's local wellness policy
Who at your school is responsible for implementing your LEA's local wellness policy?* _____
Does your school have vending machines?* ☐ Yes ☐ No If yes, are these vending machines available only to faculty and staff members? ☐ Yes ☐ No If yes, how many vending machines do you have: _____ If yes, what are the hours of operation of these vending machines? _____ If yes, what items are sold from these vending machines? _____
Does your school have a school store?* ☐ Yes ☐ No If yes, what are the hours of operation for the school store? _____ If yes, what food and beverages are sold? _____
Does your school have a school wellness council?* ☐ Yes ☐ No
Does your school solicit input from students, parents, staff or community members about foods that are offered for meals or snack?* ☐ Yes ☐ No If yes, please explain how input is solicited and received.
Is your school in compliance with your LEA's local wellness policy?* ☐ Yes ☐ No ☐ Don't Know

Section 7: Distributing Information
Where are the following items located at your school? ***LEA's Local Wellness Policy**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____ ***School Menu for Breakfast and Lunch**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____ ***Nutritional Content of each Menu Item**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____ ***Ingredients of each Menu Item**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____ ***Information on where fruits and vegetables served in schools are grown and processed**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____ ***Information on whether growers are engaged in sustainable agriculture practices**** ☐ This information is not available. ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____

Are students and parents informed about the availability of vegetarian food options at your school?* ☐ Yes ☐ No ☐ Vegetarian food options are not available If yes, where can they find this information? ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____
Are students and parents informed about the availability of milk alternatives, such as soy milk, lactose free milk, etc., at your school?* ☐ Yes ☐ No ☐ Milk alternatives are not available If yes, where can they find these options? ☐ School Website ☐ School Main Office ☐ School Cafeteria or Eating Areas ☐ Other *(please specify)*: _____

Section 8: School Gardens	
Does your school currently have a School Garden?* ☐ Yes ☐ No	
Name of Garden Contact	Garden Contact E-mail
How many students benefited from the school garden during the 2010-2011 school year? ____ How many students have benefited from the school garden thus far during the 2011-2012 school year? _____	
How is your school garden used? (*select all that apply*) ☐ Outdoor classroom ☐ Afterschool club/program ☐ Summer enrichment ☐ Currently this garden is not used ☐ Other (*please specify*): _____	
Do students eat food from the school garden? ☐ Yes ☐ No If yes, please describe the events and/or programs that facilitate this experience. (e.g. school lunch, snack time, incorporated into lessons, etc.)	
Please list any outside organizations that you have partnered with in developing your school garden and/or school garden programs.	
Which of the following components are included in your school garden? (*select all that apply*) ☐ Raised beds for edibles ☐ In-ground edibles ☐ Native plants ☐ Rain garden ☐ Community garden plots ☐ Compost bin/pile ☐ Garden kitchen (outdoor or access to indoor) ☐ Tool shed ☐ Meeting space for a full class ☐ Greenhouse ☐ Rain Barrel(s) ☐ Fruit tree(s) ☐ Butterfly/Pollinator Garden ☐ Other (*please specify*): _____	
Has your school participated in any of the following farm-food education in the past year? (*select all that apply*) ☐ Our school did not participate in farm-food education ☐ Our school did not participate, but would like more information on farm-food education ☐ Farm field trips ☐ Chef demonstrations ☐ Participation in DC Farm to School Week ☐ Participation in DC School Garden Week ☐ Other (*please specify*): _____	

Section 9: Posting and Form Availability to Parents
According to section 602(c) of the *Healthy School Act of 2010*, "each public school and public charter school shall post the information required by subsection (a) online if the school has a website and make the form available to parents in its office". How will you make this information available to parents?* ☐ Online ☐ Copies Available at Main Office ☐ Other *(please specify)*: _____ Is your school sharing information about the Healthy Schools Act in any other ways?* ☐ Yes ☐ No If yes, please explain. _____

Appendix B

Schools that Completed the 2012 School Health Profile

DC Public Schools

Preschool – Pre-Kindergarten Schools

- School-Within-School at Peabody

Preschool - Grade 8 Schools

- Brightwood Education Campus
- Brookland Education Campus at Bunker Hill
- Browne Education Campus
- Burroughs Education Campus
- Francis-Stevens Education Campus
- Langdon Education Campus
- Langley Education Campus
- LaSalle-Backus Education Campus
- Noyes Education Campus
- Prospect Learning Center
- Raymond Education Campus
- Takoma Education Campus at Meyer
- Truesdell Education Campus
- Walker-Jones Education Campus
- West Education Campus
- Whittier Education Campus
- Winston Education Campus

Pre School - Grade 12 Schools

- Mamie D. Lee School
- Sharpe Health School

Elementary Schools

- Aiton Elementary School
- Amidon-Bowen Elementary School
- Bancroft Elementary School
- Barnard Elementary School
- Beers Elementary School
- Brent Elementary School
- Bruce-Monroe Elementary School at Park View
- Burrville Elementary School
- Capitol Hill Montessori at Logan
- C.W. Harris Elementary School
- Cleveland Elementary School
- Davis Elementary School
- Drew Elementary School
- Eaton Elementary School
- Ferebee-Hope Elementary School
- Garfield Elementary School
- Garrison Elementary School
- H.D. Cooke Elementary School
- Hearst Elementary School
- Hendley Elementary School
- Houston Elementary School
- Hyde-Addison Elementary School
- J.O. Wilson Elementary School
- Janney Elementary School
- Kenilworth Elementary School
- Ketcham Elementary School
- Key Elementary School
- Kimball Elementary School
- King Elementary School
- Lafayette Elementary School
- Leckie Elementary School
- Ludlow-Taylor Elementary School
- M.C. Terrell/McGogney Elementary School
- Malcolm X Elementary School
- Mann Elementary School
- Marie Reed Elementary School
- Marshall Elementary School
- Maury Elementary School
- Miner Elementary School
- Moten Elementary School at Wilkinson
- Murch Elementary School
- Nalle Elementary School
- Orr Elementary School
- Patterson Elementary School
- Payne Elementary School
- Peabody Elementary School
- Plummer Elementary School
- Powell Elementary School
- Randle Highlands Elementary School
- River Terrace Elementary School
- Ross Elementary School
- Savoy Elementary School

- Seaton Elementary School
- Shepherd Elementary School
- Simon Elementary School
- Smothers Elementary School
- Stanton Elementary School
- Stoddert Elementary School
- Thomas Elementary School
- Thomson Elementary School
- Tubman Elementary School
- Turner Elementary School at Green
- Tyler Elementary School
- Watkins Elementary School

Middle Schools

- Deal Middle School
- Eliot-Hine Middle School
- Hardy Middle School
- Hart Middle School
- Jefferson Middle School
- Johnson, John Hayden Middle School
- Kelly Miller Middle School
- Kramer Middle School
- MacFarland Middle School
- Ron Brown Middle School
- Shaw Middle School at Garnet-Patterson
- Sousa Middle School
- Stuart-Hobson Middle School

Grade 6 - Grade 12 Schools

- C.H.O.I.C.E. Academy Middle/High School
- Columbia Heights Education Campus
- Youth Services Center

High Schools

- Anacostia High School
- Ballou High School
- Benjamin Banneker High School
- Cardozo High School
- Coolidge High School
- Eastern High School
- Ellington School of the Arts
- Luke C. Moore High School
- McKinley Technology High School
- Phelps Architecture, Construction, and Engineering High School
- Roosevelt High School
- School Without Walls High School
- Spingarn High School
- Wilson High School at UDC

Office of the
State Superintendent of Education

DC Public Charter Schools

Preschool – Pre-Kindergarten & Early Schools

- Apple Tree Early Learning Center PCS - Amidon
- Apple Tree Early Learning Center PCS - Columbia Heights
- Apple Tree Early Learning Center PCS – Douglass Knoll
- Apple Tree Early Learning Center PCS – East Capitol
- Apple Tree Early Learning Center PCS – Lincoln
- Apple Tree Early Learning Center PCS - Parkland
- Apple Tree Early Learning Center PCS - Riverside
- Bridges PCS
- Community Academy - Amos II
- DC Preparatory Academy - Benning Elementary Campus
- Eagle Academy - M Street
- KIPP-DC LEAP Academy
- KIPP-DC GROW Academy
- KIPP-DC Discover Academy
- Shining Stars Montessori

Grades K - 8 Schools

- Capital City - Lower
- Center City - Brightwood
- Center City - Capitol Hill
- Center City - Congress Heights
- Center City - Petworth
- Center City - Shaw Campus
- Center City PCS - Trinidad
- Community Academy - Amos III
- E.L. Haynes - Georgia Avenue
- Friendship - Chamberlin
- Friendship- Woodridge
- Hope Community - Lamond
- Hope Community - Tolson
- Ideal Academy
- Mary McLeod Bethune
- Meridian PCS
- Potomac Lighthouse PCS
- Roots PCS
- Tree of Life PCS

Grades K - 12 Schools

- Perry Street Preparatory Academy
- St. Coletta Special Education
- William E. Doar, Jr.

Elementary Schools

- Achievement Preparatory Academy
- Arts and Technology Academy
- Community Academy - Amos I
- Community Academy - Butler
- Community Academy - Rand
- DC Bilingual
- DC Preparatory Academy - Edgewood
- Eagle Academy - NJ Ave
- Early Childhood Academy
- E.L. Haynes - Kansas Avenue
- Elsie Whitlow Stokes
- Excel Academy
- Friendship - Southeast
- Howard Road Academy - Main Campus
- Howard Road Academy - Pennsylvania Avenue Campus
- Imagine Southeast
- Inspired Teaching School
- KIPP-DC Heights Academy
- KIPP-DC Promise Academy
- Latin American Montessori Bilingual (LAMB)
- Mundo Verde Bilingual
- Septima Clark
- Two Rivers - Elementary
- Washington Yu Ying

Middle Schools

- Cesar Chavez - Bruce Prep
- Cesar Chavez – Parkside Lower
- DC Preparatory - Edgewood

- Friendship - Blow-Pierce Campus
- Friendship - Tech Prep
- Howard Road Academy - Martin Luther King Avenue Campus
- Howard University Middle
- KIPP-DC AIM Academy
- KIPP-DC KEY Academy
- KIPP-DC WILL Academy
- Maya Angelou - Lower
- Paul Junior High PCS
- Two Rivers – Middle School

Grades 6 - 12 Schools

- Capital City PCS - Upper
- Integrated Design & Electronic Academy (IDEA)
- Options PCS
- Richard Wright PCS
- SEED
- Washington Latin PCS

High Schools

- Cesar Chavez - Capitol Hill
- Cesar Chavez – Parkside Upper
- Friendship - Collegiate
- Hospitality
- KIPP-DC College Preparatory Academy
- Maya Angelou High School & Adult Ed
- National Collegiate
- Thurgood Marshall Academy
- Washington Math Science and Technology

Adult Schools

- Youth Build

Other Schools

- Community Academy Online
- Education Strengthens Families

Appendix C
HSA School Health Profiles – School Year 2011-2012 Results

Section 602 of the *Healthy Schools Act of 2010* (D.C. Law 18-0209), states each public school and public charter school within the District of Columbia is required to complete and submit the School Health Profile (SHP) to the Office of the State Superintendent of Education (OSSE) each year.

Over 96% of all DC schools completed the SHP, including 95.8% of public and 97.9% of public charter schools. Unless noted, all statistics are self-reported.

Section 1: School Profile

- 78.5% of respondents have a school website.

Section 2: Health Services

- 83% of reporting schools have at least one part-time school nurse
  - 73.4% have at least one full-time nurse
- 33.7% of reporting schools have a school-based health center
- 68% of schools have at least one part-time mental health clinician
- 60% of schools have a school mental health program

Section 3: Health Education Instruction

- 79% of reporting schools require students to take health education
- 77% have at least one health teacher on staff
- 79% report their health education is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 31.4 minutes of health education per week
- Schools with students in grades 6-8 provide students with an average of 47.7 minutes of health education per week

Section 4: Physical Education Instruction

- 88.3% of reporting schools require students to take physical education
- 84.4% have at least one physical education teacher on staff
- 87.3% report physical education instruction is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 59.6 minutes of physical education per week
- Schools with students in grades 6-8 provide students with an average of 106.4 minutes of physical education per week
- 84 % of the time in physical education courses is devoted to physical activity
- 98% of schools report they promote physical activity in at least one way

HIGHLIGHTS:

- 96.7% of all DC schools completed the SHP

- 83% of schools have some nurse coverage

- Schools with grades K-5 average 31.4* minutes of health education per week

- Schools with grades 6-8 average 47.7* minutes of health education per week

- Schools with grades K-5 average 59.6* minutes of PE per week

- Schools with grades 6-8 students average 106.4* minutes of PE per week

- 79% of schools require students to take health education

- 100% of schools offer free breakfast to all students

- 85.4% of schools make water available during mealtimes

*Data indicating more than 125 min/week of health education, more than 225 min/week of PE in K-5, or more than 300 min/week of PE in grades 6-12 were eliminated as outliers.

Type of Physical Activity Promotion	Percent of Schools
Active Recess	79.5%
After-School Activities	82.4%
Athletic Programs	68.3%
Movement in the Classroom	55.6%
Safe Routes to School	18%
Walk or Bike to School	38%

Section 5: Nutrition Programs

- 75% of schools are served by either Chartwells (46%) or Revolution Foods (29%) as their food service vendor
- 100% of reporting schools offer breakfast to all students, and do so in the following ways/locations:
    - 62% offer breakfast in the classroom
    - 50% offer breakfast in the cafeteria
    - 32% offer breakfast from a grab-and-go cart
    - 2.5% offer breakfast in another location/other way
- 85.4% of reporting schools make water available to students during mealtimes
- 57.1% of reporting schools serve locally grown and/or locally processed and unprocessed foods from growers engaged in sustainable agricultural practices
- 53.2% of reporting schools include a locally-grown produce item in their meals
- 47.83%*** report that their menus meet all the 2010 Healthy Schools Act lunch menu criteria, which include:
    - A different vegetable every day of the week
    - A dark green/orange vegetable at least three times per week
    - Cooked dry beans or peas at least once per week
    - A different fruit every day of the week
    - Fresh fruit twice per week
    - Whole grains once per day
    - Milk each day (one each of two different milk fats, 1% and skim)

  ***207 out of 215 schools received reimbursements in the 2011-2012 school year as a result of serving meals that meet the HSA lunch meal criteria, demonstrating that schools are under-reporting participation in meeting the nutrient requirements of the Healthy Schools Act.

Section 6: Local Wellness Policy

- 64.9% of reporting schools state that their LEA's local wellness policy has been submitted to OSSE
- 80% state that their LEA's local wellness policy has been distributed to food service staff
- 52.7% state that their LEA's local wellness policy has been distributed to the school's PTO
- 37% of schools report that their Local Wellness Policy meets all the requirements of the HSA
- 41% of schools have vending machines
    - Of the schools with vending machines, 81% are available to staff only
- 32.2% of reporting schools have a school wellness council

Section 7: Distributing Information

- Schools distribute information in various ways:

	School Website	School Main Office	School Cafeteria or Eating Areas	This information is not available	Other
Local Wellness Policy	35.6%	49.6%	28.3%	18%	12.7%
School Menu for Breakfast and Lunch	36.6%	64.9%	57%	7.3%	23.9%
Nutritional Content of each Menu Item	16.6%	33.7%	41.5%	23.4%	15%
Ingredients of each menu item	17%	31.7%	41.5%	24.9%	13%
Information on where fruits and vegetables served in schools are grown and processed	13.2%	23.9%	24.4%	39.5%	30.7%
Information on whether growers are engaged in sustainable agriculture practices	9.3%	16.6%	15.6%	43.9%	18%

- 74.6% inform students and parents about available vegetarian options
- 7.3% inform students and parents about available milk alternatives, such as soy milk or lactose-free milk

Section 8: School Gardens

- 69 schools report having a school garden; however, these self-reported numbers differ from those in the 2012 School Garden Report (73 DCPS and public charter schools have a school garden)
- 16.1% of schools took part in farm-food education in the past year

Section 9: Posting and Form Availability to Parents

- 47.8% of reporting schools will make their individual School Health Profile available on their school's website
- 82.4% of reporting schools will make their individual School Health Profile available in the Main Office
- 31.7% are sharing information about the Healthy Schools Act in other ways

Appendix D
HSA School Health Profiles – School Year 2011-2012 Results
D.C. Public Schools

Under Section 602 of the *Healthy Schools Act of 2010* (D.C. Law 18-0209), each public school and public charter school within the District of Columbia is required to complete and submit the School Health Profile (SHP) form to the Office of the State Superintendent of Education (OSSE) each year.

The completion rate for the SHP among DCPS schools was 95.8%. All data below include only the final submission from each school. Unless noted, all statistics are self-reported.

Section 1: School Profile

- 63.7% of respondents have a school website.

Section 2: Health Services

- 98.2% of schools have at least one part-time nurse
  - 90.3% of schools have at least one full-time nurse
- 39.8% have a school-based health center
- 69.9% of schools have at least one part-time mental health clinician
- 58.4% of schools have a school mental health program

Section 3: Health Education Instruction

- 78.7% of reporting schools require students to take health education
- 84.9% have at least one health teacher on staff
- 87.6% report their health education is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 32.8 minutes of health education per week
- Schools with students in grades 6-8 provide students with an average of 55.6 minutes of health education per week

Section 4: Physical Education Instruction

- 92.9% of reporting schools require students to take physical education
- 91.9% have at least one physical education teacher on staff
- 93.8% report their physical education instruction is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 57.3 minutes of physical education per week
- Schools with students in grades 6-8 provide students with an average of 122.5 minutes of physical education per week

HIGHLIGHTS:

- 95.8% of DC public schools completed the SHP

- 98% of schools have some nurse coverage

- Schools with grades K-5 average 32.8* minutes of health education per week

- Schools with grades 6-8 average 55.6* minutes of health education per week

- Schools with grades K-5 average 57.3* minutes of PE per week

- Schools with grades 6-8 average 122.5* minutes of PE per week

- 78.7% of schools require students to take health education

- 100% of schools offer free breakfast

- 80.1% of schools make water available during mealtimes

*Data indicating more than 125 min/week of health education, more than 225 min/week of PE in K-5, or more than 300 min/week of PE in grades 6-12 were eliminated as outliers.

- 79.4 % of the time spent in physical education courses is devoted to actual physical activity
- 97.3% of schools report they promote physical activity in at least one way

Type of Physical Activity Promotion	Percent of Schools
Active Recess	80.5%
After-School Activities	87.6%
Athletic Programs	69.0%
Movement in the Classroom	45.1%
Safe Routes to School	19.5%
Walk or Bike to School	35.4%

Section 5: Nutrition Programs

- 84% of schools are served by Chartwells as their food service vendor
- 100% of reporting schools offer breakfast to all students, and do so in the following ways/locations:
    - 54.9% offer breakfast in the classroom
    - 56.6% offer breakfast in the cafeteria
    - 16.8% offer breakfast from a grab-and-go cart
- 80.1% of reporting schools make water available to students during mealtimes
- 40.1% of reporting schools serve locally grown and/or locally processed and unprocessed foods from growers engaged in sustainable agricultural practices
- 40% of reporting schools include a locally-grown produce item in their meals
- 61.1%*** report that their menus meet all the 2010 Healthy Schools Act lunch menu criteria, which include:
    - A different vegetable every day of the week
    - A dark green/orange vegetable at least three times per week
    - Cooked dry beans or peas at least once per week
    - A different fruit every day of the week
    - Fresh fruit twice per week
    - Whole grains once per day
    - Milk each day (one each of two different milk fats, 1% and skim)

  ***122 out of 122 (100%) schools received reimbursements in the 2011-2012 school year as a result of serving meals that meet the HSA lunch meal criteria, demonstrating that schools are under-reporting participation in meeting the nutrient requirements of the Healthy Schools Act.

Section 6: Local Wellness Policy

- 49.6% of reporting schools state that their LEA's local wellness policy has been submitted to OSSE
- 76.1% state that their LEA's local wellness policy has been distributed to food service staff
- 53.1% state that their LEA's local wellness policy has been distributed to the school's PTO
- 25.7% of schools report that their Local Wellness Policy meets all the requirements of the HSA
- 55.7% of schools have vending machines
    - Of the schools with vending machines, 85.7% are available to staff only
- 25.7% of reporting schools have a school wellness council

Section 7: Distributing Information

- Schools distribute information in various ways:

	School Website	School Main Office	School Cafeteria or Eating Areas	This information is not available	Other
Local Wellness Policy	29.2%	38.9%	28.3%	27.4%	9.7%
School Menu for Breakfast and Lunch	36.2%	63.7%	61.1%	8.8%	22.1%
Nutritional Content of each Menu Item	11.5%	23%	48.7%	27.4%	11.5%
Ingredients of each menu item	14.2%	19.5%	46.9%	32.7%	8%
Information on where fruits and vegetables served in schools are grown and processed	11.5%	15%	26.5%	51.3%	31%
Information on whether growers are engaged in sustainable agriculture practices	10.6%	9.7%	21.2%	57.5%	4.4%

- 70% inform students and parents about available vegetarian options
- 4.4% inform students and parents about available milk alternatives, such as soy milk or lactose-free milk

Section 8: School Gardens

- 46 schools report having a school garden; however, these self-reported numbers differ from those in the 2012 School Garden Report (53 schools have a school garden)
- 13.3% of schools took part in farm-food education in the past year

Section 9: Posting and Form Availability to Parents

- 36.3% of reporting schools will make their individual School Health Profile available on their school's website
- 76.1% of reporting schools will make their individual School Health Profile available in the Main Office
- 30% are sharing information about the Healthy Schools Act in other ways

Appendix E
HSA School Health Profiles – SY 2011-2012 Results
D.C. Public Charter Schools

Under Section 602 of the *Healthy Schools Act of 2010* (D.C. Law 18-0209), each public school and public charter school within the District of Columbia is required to complete and submit the School Health Profile (SHP) form to the Office of the State Superintendent of Education (OSSE) each year.

The completion rate for the SHP among public charter schools was 97.9%. All data below include only the final submission from each school. Unless otherwise noted, all statistics are self-reported.

Section 1: School Profile

- 96.7% of respondents have a school website

Section 2: Health Services

- 64.1% of schools have at least one part-time nurse
    - 53.3% of schools have at least one full-time nurse
- 26% have a school-based health center
- 66.3% of schools have at least one part-time mental health clinician
- 63% of schools have a school mental health program

Section 3: Health Education Instruction

- 80.4% of reporting schools require students to take health education
- 68.4% have at least one health teacher on staff
- 70.7% report their health education is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 28.6 minutes of health education per week
- Schools with students in grades 6-8 provide students with an average of 40.3 minutes of health education per week

Section 4: Physical Education Instruction

- 82.6% of reporting schools require students to take physical education
- 76% have at least one physical education teacher on staff
- 79.3% report their physical education instruction is based on the OSSE standards
- Schools with students in grades K-5 provide students with an average of 64.3 minutes of physical education per week
- Schools with students in grades 6-8 provide students with an average of 94.6 minutes of physical education per week

HIGHLIGHTS:

- 97.9% of DC public charter schools completed the SHP

- 64.1% have some nurse coverage

- Schools with grades K-5 average 28.6* minutes of health education per week

- Schools with grades 6-8 average 40.3* minutes of health education per week

- Schools with grades K-5 average 64.3* minutes of PE per week

- Schools with grades 6-8 average 94.6* minutes of PE per week

- 80.4% of schools require students to take health education

- 100% of schools offer free breakfast to all students

- 92.3% of schools make water available during mealtimes

*Data indicating more than 125 min/week of health education, more than 225 min/week of PE in K-5, or more than 300 min/week of PE in grades 6-12 were eliminated as outliers.

- 88.7% of the time spent in physical education courses is devoted to actual physical activity
- 98.9% of schools report they promote physical activity in at least one way

Type of Physical Activity Promotion	Percent of Schools
Active Recess	78.3%
After-School Activities	78.3%
Athletic Programs	67.4%
Movement in the Classroom	70.7%
Safe Routes to School	16.3%
Walk or Bike to School	41.3%

Section 5: Nutrition Programs

- 56.5% of schools are served by Revolution Foods as their food service vendor
- 100% of reporting schools offer breakfast to all students
- Of the reporting schools that offer breakfast:
    - 67.3% offer breakfast in the classroom
    - 38% offer breakfast in the cafeteria
    - 14.1% offer breakfast from a grab-and-go cart
- 92.3% of reporting schools make water available to students during mealtimes
- 77.1% of reporting schools serve locally grown and/or locally processed and unprocessed foods from growers engaged in sustainable agricultural practices
- 70% of reporting schools include a locally-grown produce item in their meals
- 41.3%*** report that their menus meet all the 2010 Healthy Schools Act lunch menu criteria, which include:
    - A different vegetable every day of the week
    - A dark green/orange vegetable at least three times per week
    - Cooked dry beans or peas at least once per week
    - A different fruit every day of the week
    - Fresh fruit twice per week
    - Whole grains once per day
    - Milk each day (one each of two different milk fats, 1% and skim)

  ***85 out of 93 schools received reimbursements in the 2011-2012 school year as a result of serving meals that meet the HSA lunch meal criteria, demonstrating that schools are under-reporting participation in meeting the nutrient requirements of the Healthy Schools Act.

Section 6: Local Wellness Policy

- 83.7% of reporting schools state that their LEA's local wellness policy has been submitted to OSSE
- 84.8% state that their LEA's local wellness policy has been distributed to food service staff
- 52.2% state that their LEA's local wellness policy has been distributed to the school's PTO
- 51% of schools report that their Local Wellness Policy meets all the requirements of the HSA
- 22.3% of schools have vending machines
    - Of the schools with vending machines, 66.7% are available to staff only
- 40.2% of reporting schools have a school wellness council

Section 7: Distributing Information

- Schools distribute information in various ways:

	School Website	School Main Office	School Cafeteria or Eating Areas	This information is not available	Other
Local Wellness Policy	43.5%	63%	28.3%	6.5%	16.3%
School Menu for Breakfast and Lunch	37%	66.3%	52.2%	5.4%	26%
Nutritional Content of each Menu Item	22.8%	46.7%	32.6%	18.5%	19.6%
Ingredients of each menu item	20.7%	46.7%	34.8%	15.2%	19.6%
Information on where fruits and vegetables served in schools are grown and processed	15.2%	34.8%	21.8%	25%	30.4%
Information on whether growers are engaged in sustainable agriculture practices	7.6%	25%	8.7%	27.2%	34.8%

- 80% inform students and parents about available vegetarian options
- 11% inform students and parents about available milk alternatives, such as soy milk or lactose-free milk

Section 8: School Gardens

- 23 schools report having a school garden; however, these self-reported numbers differ from those in the 2012 School Garden Report (20 schools have a school garden)
- 14% of schools took part in farm-food education in the past year

Section 9: Posting and Form Availability to Parents

- 62% of reporting schools will make their individual School Health Profile available on their school's website
- 87% of reporting schools will make their individual School Health Profile available in the Main Office
- 33.7% are sharing information about the Healthy Schools Act in other ways

Appendix F

2013 Health Education Assessment Target Blueprint*

*Each test contains an additional 10 field test items, which are dispersed throughout the reporting categories.

Grade 5 Health and Physical Education - Target Blueprint			
Reporting Category	**No. of Standards**	**No. of questions**	**% Points**
1. Communication and Emotional Health	4	5 or 6	14.0%
2. Safety Skills	3	5 or 6	14.0%
3. Human Body and Personal Health	3	4 or 5	12.0%
4. Disease Prevention	3	4 or 5	12.0%
5. Nutrition	1	4 or 5	12.0%
6. Alcohol, Tobacco and Other Drugs	2	4 or 5	12.0%
7. Health Decision Making	5	4 or 5	12.0%
8. Physical Education	6	4 or 5	12.0%
TOTAL	27	40	100.0%

Grade 8 Health and Physical Education - Target Blueprint			
Reporting Category	**No. of Standards**	**No. of questions**	**% Points**
1. Communication and Emotional Health	3	4 or 5	12.0%
2. Safety Skills and Community Health	4	5 or 6	14.0%
3. Human Development and Sexuality	5	5 or 6	14.0%
4. Disease Prevention	3	4 or 5	12.0%
5. Nutrition	2	4 or 5	12.0%
6. Alcohol, Tobacco and Other Drugs	3	4 or 5	12.0%
7. Health Information and Advocacy	2	4 or 5	12.0%
8. Physical Education	6	4 or 5	12.0%
TOTAL	28	40	100.0%

High School Health and Physical Education - Target Blueprint			
Reporting Category	**No. of Standards**	**No. of questions**	**% Points**
1. Human Growth and Development	3	4 or 5	12.0%
2. Sexuality and Reproduction	2	4 or 5	12.0%
3. Disease Prevention and Treatment	3	4 or 5	12.0%
4. Nutrition	2	4 or 5	12.0%
5. Alcohol, Tobacco and Other Drugs	2	4 or 5	12.0%
6. Locate Health Information and Assistance	5	5 or 6	14.0%
7. Safety Skills	3	4 or 5	12.0%
8. Physical Education	4	5 or 6	14.0%
TOTAL	24	40	100.0%

Appendix G

The Cooper Institute
Healthy Living...Down to a Science

HUMAN KINETICS
The Information Leader in Physical Activity

FITNESSGRAM® Tests

Six Recommended Tests Are Bolded

2

AEROBIC CAPACITY

1) **PACER** (Progressive Aerobic Cardiovascular Endurance Run) – Set to music, a paced, 20-meter shuttle run increasing in intensity as time progresses

Or:
- One-Mile Run – Students run (or walk if needed) one mile as fast as they can
- Walk Test – Students walk one mile as fast as they can (for ages 13 or above since the test has only been validated for this age group)

3

BODY COMPOSITION

2) **Skin Fold Test** – Measuring percent body fat by testing the tricep and calf areas

Or:
- Body Mass Index – Calculated from height and weight

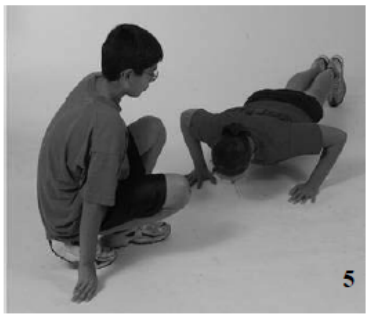
4

MUSCULAR STRENGTH AND ENDURANCE

3) **Curl Up** – Measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored. Set to a specified pace, students complete as many repetitions as possible to a maximum of 75

4) **Trunk Lift** – Measuring trunk extensor strength, students lie face down and slowly raise their upper body long enough for the tester to measure the distance between the floor and the student's chin

5) **Push-Up** – Measuring upper body strength and endurance, students lower body to a 90-degree elbow angle and push up. Set to a specified pace, students complete as many repetitions as possible


5

Or:
- Modified Pull-Up (proper equipment required) – With hands on a low bar, legs straight and feet touching the ground, students pull up as many repetitions as possible
- Flexed Arm Hang – Students hang their chin above a bar as long as possible

6

FLEXIBILITY

6) **Back-Saver Sit and Reach** – Testing one leg at a time, students sit with one knee bent and one leg straight against a box and reach forward

Or:
- Shoulder Stretch – With one arm over the shoulder and one arm tucked under behind the back, students try to touch their fingers and then alternate arms