



# Navigating the National Healthy Schools Award Checklist (NHSAC) in FY19

AZ Health Zone Policies & Procedures Training

# Today's Trip

- **Outfitting:** gathering what we need to get started
- **Scouting:** making sure we know where we're going
- **Launching:** off we go!
- **Tracking:** holding our course
- **Different Strokes for Different Folks**



Nailed it.



# OUTFITTING

Gathering what we need to  
get started

# Training

**Only LIA staff who receive NHSAC training in FY19 can complete the NHSAC.**

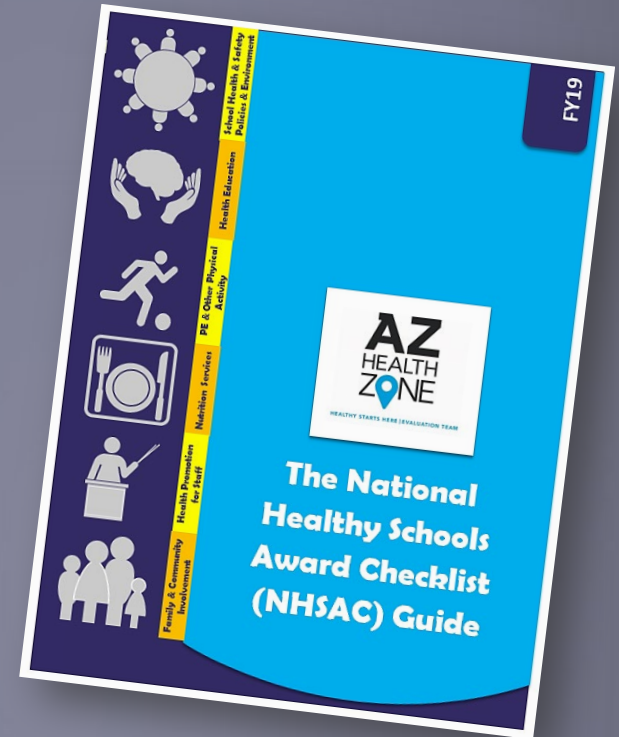
**Missed the live training? Access training materials on the SET website.**



# Your NHSAC Supplies

## ✓ The NHSAC Guide

- When/how to complete NHSACs
- Links to online NHSACs
- Answers to FAQs
- Hardcopy of NHSAC (Appendix A)
- Online NHSACs (Appendix B)



## ✓ Your NHSAC denominator

- List of FY17 NHSACs completed by your LIA
- New NHSACs are optional in FY19!

# NHSACs YOU COMPLETE

# NHSACs YOU PLAN TO COMPLETE







School Health & Safety  
Policies & Environment



Health Education



PE & Other Physical  
Activity



Nutrition Services



Health Promotion  
for Staff



Family & Community  
Involvement

FY19



HEALTHY STARTS HERE | EVALUATION TEAM

# The National Healthy Schools Award Checklist (NHSAC) Guide

Download from  
SET Website

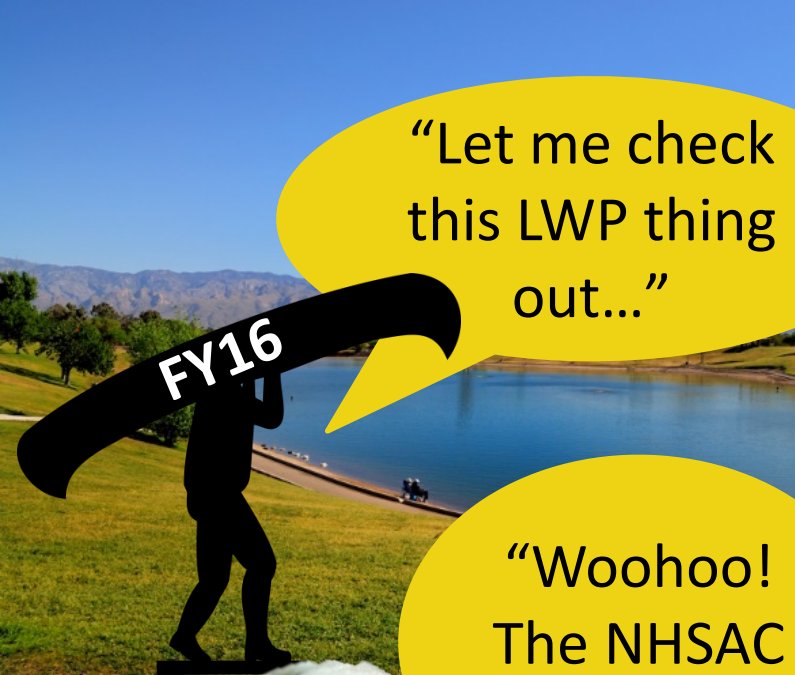
<https://nutritioneval.arizona.edu/>

All of this dam  
planning really  
helps!

# SCOUTING

Making sure we know where  
we're going





"Let me check  
this LWP thing  
out..."



"Okay, so what  
are schools  
actually *doing*?"



"Woohoo!  
The NHSAC  
is *back*!"



"I've got  
written policies  
*down*!"



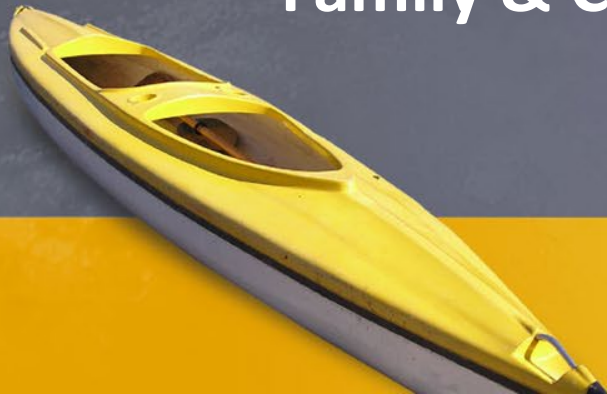
# What is the NHSAC?

- National Healthy Schools Program Award Checklist
- Outlined in the Alliance for a Healthier Generation's *Healthy Schools Program (HSP) Framework of Best Practices*
- Measures implementation of best practices in school health across 6 sections



# NHSAC Sections

- School Health & Safety Policies & Environment
- Health Education
- PE & and Other Physical Activity Programs
- Nutrition Services
- Health Promotion for Staff
- Family & Community Involvement



# How Do I Complete the NHSAC?

- ✓ Check the box if the school or district meets the criterion.
- ☐ Do not check the box if the school or district does not meet the criterion.

- ☐ **Prohibit using physical activity as punishment:** School prohibits using physical activity and withholding physical education class as punishment. This prohibition is consistently followed.  
 *Please do not consider issues related to participation in interscholastic sports for this best practice.*
- ☐ **Prohibit withholding recess as punishment (Elementary only):** School prohibits withholding recess as punishment. This prohibition is consistently followed.
- ☐ **Prohibit using food as reward or punishment:** School prohibits giving students food as a reward and withholding food as punishment. This prohibition is consistently followed.



# Why is there additional information on some of the NHSAC booklet pages?

- Some items reference national standards or guidelines.
- Example: “Sequential physical education curriculum consistent with standards.”

## NATIONAL STANDARDS FOR PHYSICAL EDUCATION

### A physically literate individual:

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.





# Why Are There Award Levels?

- NHSAC = HSP's Award Checklist for Bronze, Silver, and Gold
- School must meet **all** criteria for an award level to qualify
- To learn more, visit <https://schools.healthiergeneration.org/>
- You can ignore award levels or introduce school to the HSP
- Hint: Bronze items are easier to implement than Silver, Silver are easier to implement than Gold.



## BEST PRACTICES FOR **Health Education**

### **SILVER/GOLD**

☐ Meets Bronze/Silver

Rudderly excited  
about helping

# When Do I Use the NHSAC in FY19?

- **Guideline 1.** Your denominator tells you which schools to assess.
- **Guideline 2.** Your school health strategies tell you which NHSAC version to complete.
- **Guideline 3.** Your Healthy Schools Program (HSP) participation tells you if you need to collect data yourself, or if the SET will receive HSP data.




# Your Denominator

## Required in FY19

- You completed an NHSAC in FY17 using the online tool
- You had one completed for you by the SET as part of the Healthy Schools Program (HSP)

## Optional in FY19

- You started working with a new school and want to use the online NHSAC tool
- You started supporting a school in completing an HSP assessment

A woman with brown hair and glasses, wearing a black shirt, is sitting in a yellow kayak. She is smiling and looking towards the camera. The kayak is on a yellow surface that represents water.

The SET already emailed your list of FY19 required NHSACs!

Let the SIT and SET know so that we can obtain the HSP data!

# Your School Health Strategies

- If you work in the **LWP strategy** with the school, complete all sections.
- If you only work in **nutrition information through classroom curricula** with the school, complete only the Health Education section.
- If you only work in **CSPAP** with the school, complete only the PE & Other Physical Activity section.





# HSP Participation

- *Complete* the NHSAC if you are **not supporting** the school's HSP participation.
- *Do not* complete the NHSAC if you **are supporting** the school's participation in the HSP.
  - The HSP assessment is a more detailed NHSAC!
  - The HSP provides the SET with NHSAC data.
  - You get **credit** for completing the NHSAC.
  - You get **data** in your summary reports.



# LAUNCHING

Off we go!





# Live Links

The first page of  
the NHSAC  
Guide provides  
you with the  
links you need.

## Quick Links

### Online NHSACs

[CLICK HERE](#) for the *Practice NHSAC*

[CLICK HERE](#) for the *Full NHSAC*

[CLICK HERE](#) for the *Health Education* section

[CLICK HERE](#) for the *PE & Other Physical Activity Programs* section

### Hardcopy NHSAC

[Healthy Schools Program \(HSP\) Framework of Best Practices](#)

### State Evaluation Team (SET) Website

<https://nutritioneval.arizona.edu/>

### Alliance for a Healthier Generation's Healthy Schools Program (HSP)

<https://schools.healthiergeneration.org/>



# LIAs complete NHSACs online

## Online NHSACs

[CLICK HERE](#) for the *Practice NHSAC*

[CLICK HERE](#) for the *Full NHSAC*

[CLICK HERE](#) for the *Health Education* section

[CLICK HERE](#) for the *PE & Other Physical Activity Programs* section

You can practice  
whenever you  
like!



Trying not to  
drown in data



# What about hardcopy NHSACs?

You do NOT  
submit  
hardcopies,  
but...



# We highly recommend completing a hardcopy with the school or district.

- Avoid internet issues
- Complete at your own pace
  - There is no SAVE key for online NHSACs
- Review with school staff
- Reference additional information
- Keep for planning!

BEST PRACTICES FOR School Health & Safety Policies & Environment	
SMART SNACKS IN SCHOOL – NUTRITION STANDARDS FOR FOODS	
<b>Any food sold in schools must:</b> <ul style="list-style-type: none"><li>• Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or</li><li>• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or</li><li>• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or</li><li>• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)*</li><li>• If water is the first ingredient, the second ingredient must be one of the food items above.</li></ul>	<b>Foods must also meet several nutrient requirements:</b> <p><b>Calorie limits:</b></p> <ul style="list-style-type: none"><li>• Snack items: ≤ 200 calories</li><li>• Entrée items: ≤ 350 calories</li></ul> <p><b>Sodium limits:</b></p> <ul style="list-style-type: none"><li>• Snack items: ≤ 230 mg**</li><li>• Entrée items: ≤ 480 mg</li></ul> <p><b>Fat limits:</b></p> <ul style="list-style-type: none"><li>• Total fat: ≤ 35% of calories</li><li>• Saturated fat: &lt; 10% of calories</li><li>• Trans fat: zero grams</li></ul> <p><b>Sugar limit:</b></p> <ul style="list-style-type: none"><li>• ≤ 35% of weight from total sugars in foods</li></ul>
<small>*Beginning July 1, 2016, foods may not qualify using the 10% DV criteria. **Beginning July 1, 2016, snack items must contain ≤ 200 mg sodium per item.</small>	
SMART SNACKS IN SCHOOL – NUTRITION STANDARDS FOR BEVERAGES	
<b>All schools may sell:</b> <ul style="list-style-type: none"><li>• Plain water (with or without carbonation)</li><li>• Unflavored low-fat milk</li><li>• Unflavored or flavored fat-free milk and milk alternatives permitted by National School Lunch Program/School Breakfast Program</li><li>• 100% fruit or vegetable juice</li><li>• 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners</li></ul> <p><small>There is no portion size limit for plain water. Elementary schools may sell up to 8-ounce portions of milk and juice. Middle schools and high schools may sell up to 12-ounce portions of milk and juice.</small></p>	<b>Additional beverage options for high school:</b> <p><b>No more than 20-ounce portions of:</b></p> <ul style="list-style-type: none"><li>• Calorie-free, flavored water (with or without carbonation)</li><li>• Other flavored and/or carbonated beverages that are labeled to contain &lt; 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces</li></ul> <p><b>No more than 12-ounce portions of:</b></p> <ul style="list-style-type: none"><li>• Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces</li></ul>

# Who actually checks the NHSAC boxes?

- **You**, as the LIA, will be the person who completes the final online NHSAC.
- In most cases, you will also be the person who completes the hardcopy version, but you may ask school staff to complete & return some items.



# How do I complete the NHSAC for a K-8 school?

- Answer items for both elementary & middle schools.
  - Elementary = K-5th/6<sup>th</sup>
  - Middle = 6th/7th-8th
- You decide whether elementary is K-5th or 6th.
- Be sure to check **both the elementary and middle school boxes on the first page of the online NHSAC.**





# No Cover Sheets!

Everything is  
submitted using  
the online NHSAC  
links.



Local Implementing Agency (LIA):

County:

Sub-Contractor (if applicable):

Your Full Name:

School/Site:

This is a \_\_\_\_\_ school (check all that apply):

☐ Elementary

☐ Middle

☐ High

**Name** of school representative who helped to complete checklist (if applicable):

**Title** of school representative who helped to complete checklist (if applicable):

How are you completing this NHSAC?

☐ **(RECOMMENDED)** I already completed a hard copy version and am now entering that here.

☐ I did NOT complete a hard copy version and am entering information for the first time.

0%  100%

BACK

NEXT

# Scheduling

What's actually going on at this school?

- Most NHSAC items call for a school visit
- Schedule with the right people
  - Administrator
  - Nurse
  - Wellness coordinator
  - PE teacher
  - Food service manager
  - Classroom teachers.
- Include time for direct observation
- Share a pdf NHSAC with the school



Curious like  
a cat...fish

# How to Talk with Schools about the NHSAC

- NHSAC best practices can be intimidating
  - School staff may overstate what they are actually doing or become defensive.
- To avoid this, use these key talking points
  - The NHSAC *is not used* to judge the quality of the school.
  - The NHSAC *is used* to assess what kinds of support the AZ Health Zone should be providing.
  - The NHSAC is also a *planning tool*, or a list of ideas about how to move forward with school health changes.



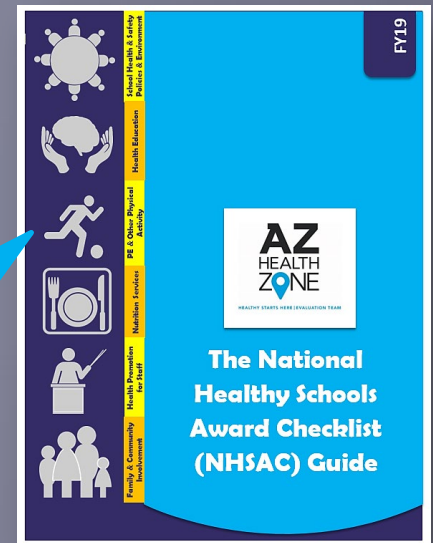
# Packing

Take me!



No! Take me!

Hey, what about me? Theresa spent a lot of time putting me together!





# TRACKING

Holding our course



Has the  
map

# Let's Not Get Off Course!

- As with all AZ Health Zone evaluations, LIAs need a tracking system for NHSACs.
- The SET recommends using the FY17 list of NHSAC schools that we emailed to you to help develop your tracking system.



# DIFFERENT STROKES FOR DIFFERENT FOLKS



Fish out  
of water

# Does the NHSAC replace the SHI, the ADE's Activity & Assessment Tool (AAT), or other assessments?

- **No!** Only LIAs that did FY17 NHSAC assessments are required to do these again in FY19.
- **For other schools**, LIAs have the *option* of doing an NHSAC. If you assist a school in completing other assessments, *report this work as internal evaluation*.





# Can I transfer information from another assessment to the NHSAC?

- **Yes!** Many of the NHSAC items appear on other assessment tools.
- **If a school has completed another assessment within the past year**, you can use that information to complete the NHSAC items that match.



# Do you suggest starting the NHSAC assessment by implementing the full the Healthy Schools Program (HSP)?

**It depends!**

- If you already assist a school in implementing a different school health program, no need to switch to HSP.
- If you have not yet begun using a program to improve school wellness, we highly recommend the HSP.



# Can I use multiple sources of information to complete the NHSAC?

- Yes! LIAs have used phone calls, online research, in person observations, in person interviews, school health team meeting minutes, emails, and other methods to assemble all NHSAC information.
- If you miss something during a visit, you can call or email to follow up.



# NHSAC items seem straightforward until I ask different school staff and get different answers. What do I do when this happens?

- Once you dive into the NHSAC, you'll see that items can be **subjective**.
- Talk to more than one school representative, and do direct observation.
- Go with **what you observe first**, then by **what most people** say.





# The school partially meets some of the NHSAC items, or they specify certain conditions in meeting the criteria. What do I do?

- In general, do NOT check the box for partially completed items.
- But, use your judgment for items where the school is close to meeting the item, or if certain conditions are specified by the school.
- Example: One water fountain is broken among all school fountains. Still check the box for the school providing water access!



# Use the NHSAC Guide!

Section Questions: Nutrition Services		
LIA Question	SET Answer	Example
What does it mean to have "Breakfast and lunch programs <b>fully accessible</b> to all students"?	The school must offer both breakfast and lunch, and both programs are in compliance with the National School Meals Program. <b>Students can get a meal, even if they have no money</b> or have an unpaid meal account.	A school offers free and reduced price lunches (FRPL), and students get the same meals whether they are in the FRLP, fully paid, or have an unpaid meal account. You check the box.
For "Variety of foods in school meals," <b>what evidence is required</b> to ensure these bullet points?  What type of meal would address the <b>cultural practices</b> of the student population?	<b>Menus are ideal</b> , but the food service director's word is also okay for this item.  <b>You determine</b> what type(s) of cultural practices would be most appropriate for the kids at the school you work with.	A Tucson school has "Taco Tuesdays," which you determine is appropriate for the student demographic.  A school serving Native American students has blue corn tortillas, which you feel is appropriate.

# Questions?

Theresa LeGros

[drejza@email.arizona.edu](mailto:drejza@email.arizona.edu)



Happy  
clam