**School Health Index Assignment**

Go to the School Health Index (SHI) Website: <http://apps.nccd.cdc.gov/shi/default.aspx>The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs.

1.) I suggest you go to Participate Using a Paper Format, select the Customizable Paper Format, select school level, select ALL health topics listed, select Scorecard Only, print each scorecard, take the assessment to your school site to gather information, and return to the website to take the online asessment (preferred) or complete using the paper format.

2.) When ready, select Participate Online. Register your team (School Site). Select level (ie. Elementary or Middle and High School), and select All Topics.

3.) Take assessment- Answer the Discussion Questions for all eight modules.

4.) When complete, go to Overall Scorecard. This will provide you feedback for each of the modules.

Submit the Following:

5.) In a Word document, summarize your school's results in each of the modules.

6.) Identify three modules that are in need of improvement. Give a rationale for your selection of each of the three modules. Why do you consider these modules as most important? What will improvement in these areas do to affect students' health and well being?

7.) Create an Action Plan that includes 3 action steps, who is responsible for each step, and a timeline for implementation for each of the three modules you selected.