

English ver.

H P S 評価指標 2013 年版

[Kindergarten version]

2014.03.04 編

Questionnaire about Health promotion in Schools
English version

(2013) < Kindergarten version >

The purpose of this questionnaire is to reveal concrete suggestions as to what points should be considered in order to promote healthy schools/kindergarten.

Making a healthy school means:

All people who are involved with children: teaching staff, parents and guardians, the local community, health professionals work together and cooperate to promote a healthy school. This is very important in order for each individual to continue a healthy lifestyle throughout their lives.

We hope that the questionnaire will be completed by members of the school principal, vice principal, senior management, school nurses, and other health professionals working in schools. We would like you to fill in the survey in consultation with the relevant teachers.

※ Circle the applicable answers to the questions below

I to be filled in by those answering the survey

I - 1 sex (①male ②female)

I - 2 age (①20s ②30s ③40s ④50s)

I - 3 years of relevant experience (① 1 ~ 5 years ② 6 ~ 10years ③ 11 ~ 15years
④ 16 ~ 20years ⑤ 21 ~ 25years ⑥ 26 ~ 30 years ⑦ 31 or more years)

I - 4 your job title

① School Principal ② Vice Principal ③ Deputy Head ④ Senior Management
⑤ Teacher ⑥ School nurse or Health Teacher ⑦ Other ()

I - 5 Your current duties (circle all the applicable answers)

① in charge of educational affairs ② in charge of education counseling (related areas)
② in charge of health and safety education (related areas) special needs education coordinator
⑤ in charge of research (related areas) ⑥ other position of responsibility

()

II The size of your school

II - 1 Write down the total number of school years in your kindergarten.

① 3 years (3,4,5 years old) ② 2 years (4,5 years old) ③ 1 years (5 years old)
④ other()

II - 2 Write down the total number of classes in your kindergarten (omitting special needs classes)

① fewer than 3 classes ② 4~6classes ③ 7~9 classes ④ 10~12 classes
③ 13 or more classes

(options)

5 yes
4 to some extent
3 both yes and no
2 not really
1 no
0 not applicable to this Kindergarten

From the next page, there are five possible replies for each question. For each question, tick the appropriate response on the grid.

Where there are brackets () on the answer sheet, write the number in the brackets.

For example, (number of times per year: times)



Section 1 Kindergarten health policy

This section is about the policies necessary for carrying out general health promotion at kindergarten. The content refers mainly to school health planning and school safety planning. It includes policies related to the content of the remaining five sections.

options

コメント [Microsoft1]: (options) 5 yes

4 to some extent

3 both yes and no

2 not really

1 no

0 not applicable to this school

Points to evaluate

Checkpoints

1. health planning · safety planning

1. Your kindergarten has explicit objectives regarding health within its educational objectives (planning)
2. Your school has policies for school health and school safety
3. The kindergartens' health planning and safety planning are evaluated based on specific methods of evaluation.

2. health planning, safety planning and related matters

1. Your kindergarten makes use of the previous year's implementation and evaluation of health and safety policies when devising polices.
2. The items listed below are included in your kindergarten health planning, safety planning and other planning.
 - 1) basic lifestyles(e.g. dressing and undressing washing hands, excretion)
 - 2) food (school lunch, food available for purchase, boxed lunch, snacks) · education about diet and nutrition
 - 3) sex education, guidance about sexual matters (e.g. respect for life, toilet training)
 - 4) measures for prevention of and dealing with infectious diseases (e.g. Influenza, Norovirus, Rotavirus, SARS)
 - 5) anti-smoking policy (e.g. forbidding smoking on the kindergarten premises, anti-smoking policy for teachers, etc.)
 - 6) policies for the prevention of and dealing with violence, bullying and harassment in the kindergarten (e.g. between students and teachers, between students)
 - 7) media literacy education (e.g. appropriate use of information about health)
 - 8) guidance about dental hygiene (e.g. guidance about oral cavities)
 - 9) crisis management measures (a manual and training for dealing with natural disasters and man-made disasters)
 - 10) traffic safety policy

コメント [F2]: 幼稚園版は「本園」の英訳・。

コメント [mt3]:

	11) measures for prevention and dealing with of crime-related injuries (violence, sexual violation、 abduction)						
	12) storage and management of medicine						
	13) the senior management have a good understanding of the health and safety situation of the teaching staff						
	14) training is provided for teaching staff to become health leaders						
3. Considering Health matters in kindergarten management and the curriculum	1. Do the school rules protect students' human rights? (e.g. taking care for individual differences, support for the young children who have special needs)						
	2. The starting time of the kindergarten is appropriate (e.g. you are taking into account the particular circumstances of the young children and they time they take to travel to school)						

Section 2: the physical environment of the kindergarten

This section is concerned with supporting a sustainable environment which is safe, hygienic and pleasant.

options

コメント [Microsoft4]: (options) 5 yes

4 to some extent

3 both yes and no

2 not really

1 no

0 not applicable to this school

points to evaluate	Check points	options					to this
		5 yes	4 to some extent	3 both yes and no	2 not really	1 no	
1. A safe environment	1. The kindergarten has its own original manual for dealing with crisis management, both before and after the event in the areas of 「safety in daily life」 「road safety」 「safety in disasters (disaster prevention)」						
	2. Training is carried out for teaching staff and young children on how to behave in the case of accidents, incidents and disasters (number of times in a year: times)						
	3. Measures are in place for protecting young children 'safety on their way to kindergarten. (e.g. guidance in road safety from local residents, road safety classes, safety watchers)						
	4. Regular or occasional checks of young children' routes to kindergarten are carried out.						
	5. All the teaching staff who use equipment or tools are informed about the safe way to use them.						
	6. Safety checks are carried out at least once a term to see if there is anything wrong with the equipment or tools which the young children are using.						
	7. There are escape routes in all the rooms and they are clearly signposted.						
2. Creating a hygienic and pleasant environment	1. The kindergarten provides support for the young children and their parents to create a hygienic and attractive environment. (e.g. activities for cleaning the kindergarten or making it more attractive)						
	2. Inspecting the environment based on basic standards for a hygienic kindergarten environment.						
	1) Regular sustainable management of the hygienic environment is carried out by experts, (for example, kindergarten pharmacists).						
	2) Regular and special checks are carried out when necessary. (e.g. checks of temperature, lighting, volatile organic compounds,						

	radiation levels)						
	2. There is a chart for checking that the toilets and shower areas are kept clean in accordance with the environment of the kindergarten, and regular checks are carried out						
3. A peaceful and restful environment where consultation is possible	1. There is a relaxation space in the school (a place for students to rest besides staff room).						
4. A healthy food environment	1. There is a system to check whether the school has a policy for providing healthy food (e.g. lunch or snacks) (e.g. a system for carrying out checks by a nutrition teacher or other nutrition staff, a system to check the food purchased in school or drinking water or checks of the food by senior management.)						
	2. Inspections and checks of school lunch are carried out. Checks on school lunch are carried out (e.g. checking that the menu has nutritional balance and takes food allergies into consideration, food allergies.)						
	3. Guidelines are provided for what to do in the case of food poisoning.						
5. An environmentally-friendly kindergarten	1. There is a system in place for recycling paper, tin cans and pet bottles(healthy menu) (e.g. recycling is an activity necessary for the healthy survival of society) .						
	2. Environmental protection activities are carried out regarding the resources of water, electricity, and organic waste.						
6.The environment is suitable for children and parents who have special needs	1. It is possible to use wheelchairs there (e.g. : the position and ease of use of the elevators)						

Section 3 The Social environment of the kindergarten

This section is concerned with the human relations and social consideration necessary for the general promotion of good health in kindergartens.

options

コメント [Microsoft5]: (options) 5 yes

4 to some extent
3 both yes and no
2 not really
3 no
0 not applicable to this school

5
yes

4
to some extent

3
both yes and no

2
not really

1
no

0
not applicable to this

Evaluation points

Check points

1. Quality of human relations within the kindergarten

1. When the teaching staff give guidance about increasing consciousness of norms of behavior, they have consideration for and respect the young children's independence.

2. When the teaching staff give guidance about increasing consciousness of norms of behavior, they do so with kindness and consideration.

3. There is good mutual understanding among the young children appropriate for their age.

4. There is a good mutual understanding among the teaching staffs.

5. There is a good mutual understanding between teaching staff and young children.

2. Respect for the values of individuals

1. There is mutual respect for the cultural, religious and ethnic background of individuals. (e.g. children of different nationalities and religions)

2. The curriculum is easy for young children to study from the point of view of respecting cultural, religious and ethnic diversity. (e.g.: education about human rights, understanding other cultures etc.)

3. There are rules about protecting young children' and teaching staffs' personal information.

3. Personal and financial support for students in financial difficulties

1. Public Support and information are provided by the kindergarten for young children in financial difficulty, and appropriate programs are provided.(e.g. there is a system for the provision of educational support or financial assistance for attending kindergarten.)

4. Support for children who need

1. For children who need special consideration, information, developmental support and appropriate programs are provided.

special consideration	2. When special support is necessary, there are support systems in place in the kindergarten for dealing with the problem swiftly.					
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Section 4 parents and guardians: links with the local area		options				
Evaluation points	Check points	5 yes	4 to some extent	3 both yes and no	2 not really	1 no
<p>This section is concerned with the interpersonal communication, between kindergartens and parents or local organizations, that are necessary for general health promotion in schools.</p>						
1. Contact with parents and guardians	1. You carry out health-related programs for the children's parents (e.g.health-awareness session for parents)					
	2.In order to develop closer cooperation with parents, you organize groups for parents or for both parents and teaching staff (e.g. PTA, mothers' groups, fathers' groups)					
	3.You provide opportunities for parents and guardians to participate in the planning and evaluation of health and safety policies. (e.g. setting up a kindergarten health committee)					
	4.You are proactive in carrying out surveys or surveys or investigations about health for young children' families (e.g. a newsletter about health)					
2. Links with the community and other kindergartens	1. You inform local and associated organizations* about the contents of your healthy policy (e.g. displays and advertising at local events, open days and local events or publishing brochures, open day or on the kindergarten homepage) .					
	2. You dispatch representatives about health activities to local areas and beyond (e.g. the kindergarten principal participates in local health festivals)					
	3. In order to support health activities in the local area, you carry out exchange activities regarding health education. (e.g. carrying out health education for people in the local area)					
	4. You share facilities for carrying out health education activities					

コメント [Microsoft6]: (options) 5 yes
 4 to some extent
 3 both yes and no
 2 not really
 4 no
 0 not applicable to this school

	with people from the local area (e.g. making your playground or play rooms available to people from the local area)					
	5. You minimize students' exposure to harmful media images (e.g. removing graffiti or immoral posters from the area around the school). You work together with the relevant organizations* to improve young children and teaching staffs' media literacy.					
	6. You get advice and cooperation from local organizations* about how to develop a health-promoting kindergarten					
	7. When you draw up and evaluate health planning and safety planning policies, you provide opportunities for local related organizations* to participate.					
	8. The young children and their parents use local health resources (e.g. information, things, places) in educational activities.					

※ **relevant organizations:** health care situations, municipalities, education consultation offices, universities, libraries, medical institutions, emergency medical centers, mental health and welfare centers, organizations for prevention of tuberculosis, welfare offices, Japan Red Cross Organization, Japan Medical Association, Japan Dentists' Association, community centers, neighborhood associations, police stations, fire stations etc

Section 5 health skills, health education		options					
		5 yes	4 to some extent	3 both yes and no	2 not really	1 no	0 not applicable to this Kindergarten
Points to evaluate	Checkpoints						
1. Curriculum for acquiring health skills	1. Plan						
	1) Health education is given priority in the kindergarten's health and safety planning.						

コメント [Microsoft7]: (options) 5 yes
 4 to some extent
 3 both yes and no
 2 not really
 5 no
 0 not applicable to this school

	2. Implementation					
	1) You are implementing necessary health education that goes beyond the contents of the national curriculum (prescribed course of study) (e.g. how to use the internet safely) , education for crime prevention)					
	2) There are opportunities for young children to take the initiative in health education and teach and support each other in this (e.g. putting up a notice about washing hands and lunch duties)					
	3. Evaluation					
	1) You evaluate young children's education such as their health skills and activity (e.g. through written examinations or physical examinations)					
	2) You test and evaluate the young children's physical abilities (for example, physical strength and exercise)					
2. Staff enrichment	1. Teaching staff have the opportunity to undergo training in health education, and this is reflected in education activities					
	2. When you carry out health education, you receive help and cooperation from kindergarten doctors, kindergarten pharmacists, and professionals from outside the kindergarten(e.g. public health nurses, police)					
3. Materials and tools for acquiring health skills.	1. You provide suitable materials and tools.					
	2. You are carrying out activities to raise public awareness of health education. (e.g. health newsletter, health notice board)					
	3. You have groups and organizations for young children and their parents which promote health and health-related problem-solving. (e.g. activities for cleaning the kindergarten or making it more attractive)					

Section 6 Health service

This section is about the health care service and its foundation for young children, teaching staff and parents or guardians

options

コメント [Microsoft8]: (options) 5 yes

4 to some extent

3 both yes and no

2 not really

6 no

0 not applicable to this school

Points to evaluate	Check points	options					
		5 yes	4 to some extent	3 both yes and no	2 not really	1 no	0 not applicable to this Kindergarten
1. Measures for dealing with infectious diseases	1. You use health newsletters or leaflets to provide information to parents about infectious diseases						
	2. You encourage parent to have their children vaccinated against infectious diseases.						
	3. You investigate whether young children have been vaccinated against or contracted infectious diseases.						
	4. You gather statistics about whether young children are being vaccinated against or have contracted infectious diseases.						
2. Individual health support plans	1. The kindergarten has a policy regarding specific individual support (guidance)for students with particular conditions (allergies, diabetes, developmental disorders) .						
3. Keeping records of students' health conditions	1. You keep a record of the young children who are treated by health care.						
	2. You keep a record of individual young children' health conditions						
	3. Management of individuals' health information is carried out appropriately (e.g.: having lockable storage space)						
	4. You gather statistics on students' health conditions						
	5. Kindergarten doctors and dentists regularly check the results of young children' regular medical/physical examinations.						
4. System for consultation about bringing up children and education	1. Consultation services are available and information about these is provided to pupils and their parents. (e.g. counseling services)						
	2. There is a kindergarten counselor or someone who carries out counseling in the kindergarten. (other than school nurses.)						
	3. There is a consultation room where individuals' privacy is preserved.						
5. System for crisis management	1. The teaching staff receive regular first-aid training. (e.g. A E D)						

Select either① or ②. If you choose ① () write 1 (number of days in the kindergarten in a month: day 、 total time)

コメント [Microsoft9]: 意味不明??

	2. There is a manual plan for first aid treatment						
	3. A basic first aid kit and equipment (e.g. stretcher, A E D) are readily available						
	4. There are regular checks to see if the three items mentioned above are used up, broken or past their expiry date.						
6. Health care for teaching staff	1. There is active promotion of improving the health of the teaching staff, relevant training is carried out and support provided for participation in this.						
	2. Teaching staff are encouraged to have regular health checks, up-to-date vaccinations, and participate in other health activities.						
	3. The senior management care about the physical health of the teaching staff and if necessary make it possible for them to visit a doctor or take leave from work.						
	4. The senior management care about the psychological health of the teaching staff and where necessary make it possible for them to have counseling, visit a doctor and leave from work.						
	5. The senior management provide a relaxation room for teaching staff. (a place to rest for physical and mental relaxation) (e.g. a lounge)						
	6. Relevant, up-to-date information about health and health services is provided to the teaching staff.						

⟨If you have any further comments , please write them in the space below

Thank you for your cooperation. Pease place your completed form in the envelope provided and mail it.