

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion

Resource

Foundational Resources*

CDC's Coordinated School Health

<https://www.cdc.gov/healthyschools/index.htm>

*Foundational resources apply to all criteria and applicants should use these as guidance documents. Other resources are supplementary and may also be useful to applicants.

1. Health Education

Assess and evaluate sequential health education curriculum consistent with Oklahoma Academic Health Education Standards utilizing the Health Education Curriculum Analysis Tool (HECAT).

NHES:

<http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>

HECAT:

<http://www.cdc.gov/HealthyYouth/HECAT/index.htm>

CATCH: <http://catchinfo.org/>

Health Smart: <http://www.etr.org/healthsmart/>

Implement a planned and sequential health education curriculum consistent with Oklahoma Academic Health Education Standards that is offered to *all* students PreK-12, is culturally and developmentally appropriate, and addresses a clear set of behavioral outcomes where students will:

Oklahoma State Department of Education (OSDE)

Health and PE Education:

<https://sde.ok.gov/sites/ok.gov.sde/files/documents/files/Revised%20PE%20Standards%20%20For%20Legislation.pdf>

<https://sde.ok.gov/physical-education-and-physical-activity>

- Comprehend concepts related to health promotion and disease prevention to enhance health,
- Analyze the influence of family peers, culture, media, technology, and other factors on health behaviors,
- Demonstrate the ability to access valid information and products and services to enhance health,
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks,
- Demonstrate the ability to use decision-making skills to enhance health,
- Demonstrate the ability to use goal-setting skills to enhance health,
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks,
- Demonstrate the ability to advocate for personal, family, and community health.

Ensure health education programs address age-appropriate essential topics to prevent HIV, STDs, pregnancy, alcohol, tobacco, and drug use and promote chronic health conditions awareness, healthy eating and physical activity.

OSDE:

<https://sde.ok.gov/health-education-resources>

<https://sde.ok.gov/health-education>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Teachers receive professional development on incorporating health education in their classroom on an annual basis.	HECAT: http://www.cdc.gov/HealthyYouth/HECAT/index.htm CATCH: http://catchinfo.org/
Incorporate essential integrated health education topics in core, elective, and special class subjects.	CATCH: http://catchinfo.org/
Use of multiple channels to reinforce health education messaging (e.g., announcements, social media, communication with parents, and signage).	
Teachers of health education use active learning strategies and activities that engages students and makes learning relevant to their daily lives and has a variety of culturally-appropriate activities and examples that reflect the students and the community.	OSDE: Health Education Micro-credential: https://sde.ok.gov/health-education
2. Physical Education and Physical Activity	
Require students' grades K-12 to participate in daily physical education that uses a planned and sequential curriculum and instructional practices consistent with the Oklahoma Academic Standards for Physical Education.	
Physical Education teachers participate at least once a year in professional development for physical education.	OSDE: https://sde.ok.gov/safe-and-healthy-schools-professional-learning
Assess and evaluate sequential physical education curriculum consistent Oklahoma Academic Physical Education Standards utilizing the Physical Education Curriculum Analysis Tool (PECAT).	PE Curriculum Assessment Tool: https://www.cdc.gov/healthyschools/pecat/index.htm
Teachers keep students moderately to vigorously active for at least 50% of the time during most physical education classes.	SHAPE America: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/explorepe.aspx
Students design and implement individualized physical activity and fitness plans in physical education classes that are aligned with the Oklahoma Academic Standards for Physical Education.	OSDE: https://sde.ok.gov/physical-education-and-physical-activity-resources
Provide opportunities for all students to engage in physical activity outside of physical education class.	CDC: https://www.cdc.gov/healthyschools/physicalactivity/index.htm

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Require professional development for all classroom teachers on integrating physical activity throughout the school day.	OSDE: https://sde.ok.gov/physical-education-and-physical-activity-resources CATCH: http://catchinfo.org/ CSPAP: http://schoolspringboard.org/
Integrate physical activity breaks into core, elective, and special class subjects.	Active Academics: http://www.activeacademics.org/?pid=20&homepage http://abllab.com/
Prohibit withholding PE/physical activity/recess as a punishment or using physical activity as punishment	
School offers opportunities for all students to participate in physical activity before or after school, through organized physical activities such as clubs, intramural sports and ensure programs align with the National Afterschool Association Healthy Eating and Physical Activity (HEPA) Standards for out-of-school-time.	CATCH: http://catchinfo.org/programs/after-school/ SPARK: http://www.sparkpe.org/after-school/ National After School Association: https://naaweb.org/resources/naa-hepa-standards
Require all physical education classes be taught by teachers who are certified to teach physical education.	SHAPE America: https://www.shapeamerica.org/standards/pe/?hkey=dd39329-263e-4d63-83ee-bc39b64d119c
Provides <i>weekly</i> physical activity during the school day: <ul style="list-style-type: none"> • If you are an elementary school (Grades K-5) provide 150 minutes in the form of physical education, exercise programs, classroom fitness breaks and, or recess. • If you are a middle, junior, or high school (Grades 6-12) provide 225 minutes in the form of physical education, exercise programs, or athletics. 	Comprehensive School Physical Activity Program: https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm Spring Board: http://schoolspringboard.org/the-framework Fuel Up To Play 60: http://www.fueluptoplay60.com/ CATCH: http://catchinfo.org/ SPARK: http://www.sparkpe.org/
Assure the physical education class has a teacher/student ratio comparable to core subject classroom size.	

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
All Elementary schools follow the CDC’s National Guidelines for Recess including offering recess before lunch to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.	<p>Strategies for Recess in Schools: https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf</p> <p>Recess Planning in Schools: https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_SchoolRecessPlanning_508.pdf</p> <p>CDC Tools for Recess in Schools: https://www.cdc.gov/healthyschools/physicalactivity/recess.htm</p> <p>MedicalXpress: https://medicalxpress.com/news/2015-01-recess-lunch-fruit-veggie-consumption.html</p>
3. Health Services	
School provides school-based healthcare services that are delivered by a school nurse or community healthcare organization that includes pediatric healthcare, dental care, and vision care.	<p>CDC: https://www.cdc.gov/healthyschools/schoolhealthservices.htm https://www.cdc.gov/healthyschools/chronicconditions.htm</p> <p>OSDE: https://sde.ok.gov/health-services-resources</p>
Adopt and implement a written policy on proper storage and disposal of prescription drugs.	<p>OSDE: https://sde.ok.gov/substance-abuse-resources</p> <p>Lock Your Meds: https://www.lockyourmeds.org/</p> <p>Medwise: https://bemedwise.org/</p>
Adopt and implement a written policy on isolation and quarantining for COVID-19 and other infectious diseases.	<p>CDC: Schools and Childcare Programs COVID-19 CDC</p> <p>OSDE: https://sde.ok.gov/crisis-preparedness-response/covid-19-resources</p>
Assure the school is in 100% compliance with state immunization requirements	<p>OSDE: https://oklahoma.gov/health/services/personal-health/immunizations/vaccines-for-school.html</p>
Provide annual training to all school staff on how to recognize acute symptoms such as those of allergic reactions or asthma and the administration of quick relief medications and how to promote student health and safety.	<p>CDC Asthma in Schools: https://www.cdc.gov/healthyschools/asthma/index.htm</p> <p>Food Allergy Research and Education Network: https://www.foodallergy.org/</p>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Provide annual training on infectious diseases and recommendations (e.g., COVID-19, blood born pathogen training through DOE, safety protocol).	
School Nurse or other health services providers have an emergency plan that includes components for assessing, managing, and referring students and staff members suffering from a medical emergency (injury, severe asthma episode, anaphylaxis) to the appropriate level of care.	Oklahoma Emergency Guidelines for Schools: https://www.ok.gov/health2/documents/New%20Emergency%20Guidelines%20for%20Schools.pdf
Provide chronic disease management training for staff.	<p>CDC Adolescent and School Health: https://www.cdc.gov/healthyyouth/index.htm</p> <p>Open Airways: http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative/strategy-2.html</p> <p>Food Allergies: https://www.ok.gov/health2/documents/foodallergyguide.pdf</p> <p>CDC: https://www.cdc.gov/healthyschools/foodallergies/index.htm</p> <p>Managing Asthma – A Guide for Schools: https://www.nhlbi.nih.gov/files/docs/resources/lung/NACI_ManagingAsthma-508%20FINAL.pdf</p> <p>Diabetes: https://www.diabetes.org/tools-support/know-your-rights/safe-at-school-state-laws/training-resources-school-staff/diabetes-care-tasks-school</p> <p>Helping the Student with Diabetes Succeed: https://www.ok.gov/health2/documents/Helping%20the%20Student%20with%20Diabetes%20Succeed%20in%20School.pdf</p>


CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Track students with chronic health conditions and offer disease specific education programs for students with chronic health conditions.	<p>Open Airways for Schools: https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools</p> <p>Diabetes: https://www.ok.gov/health2/documents/Helping%20the%20Student%20with%20Diabetes%20Succeed%20in%20School.pdf</p>
Provide a full time RN for district, school or consortia.	https://oksnoo.nursingnetwork.com/
Offer alcohol, tobacco, and other drugs prevention or cessation referral, services, or program for students.	<p>http://www.okhelpline.com/ 1-800-QUITNOW (Appropriate for 13 years +)</p>
Provide educational opportunities for promoting and maintaining individual, family & community health (voicemail alerts, flyers or other communication regarding communicable diseases, seasonal flu, hand washing, etc.)	<p>CDC: http://www.cdc.gov/ http://www.cdc.gov/flu/school/</p> <p>National Association of School Nurses: http://www.nasn.org/</p> <p>Henry the Hand: http://www.henrythehand.com/</p>
Develop and implement a systematic approach for preventing, identifying, and referring students with health concerns to school or community health services.	<p>SB 1795-Vision Screening: https://www.ok.gov/health2/documents/2020_Session_OSDH_Chapter_531.pdf</p> <p>OSDH Vision Screening List: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health/school-health-vision-screening.html</p> <p>HB 1051-Diabetes Management: https://www.ok.gov/health2/documents/FINAL%20DIABETES%20GUIDELINES%20AUGUST2019.pdf https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html</p> <p>National Institute of Diabetes and Digestive and Kidney Diseases: https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel</p>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
	<p>HB 2101 Anaphylaxis: http://sde.ok.gov/sde/sites/ok.gov.sde/files/210-10-1-21%20RIS.pdf</p> <p>Safe at School and Ready to Learn: A comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies: https://www.ok.gov/health2/documents/foodallergyguide.pdf</p>
Provide annual health screening for students (with parent/guardian permission), then give results to parents along with the appropriate referrals (screening services must be provided by trained staff).	<p>OSDH Maternal and Child Health: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health.html</p> <p>Hearing and Middle-Ear Screening: https://www.ok.gov/health2/documents/Hearing%20and%20Middle%20Ear%20Screening.pdf</p> <p>Type 2 Diabetes Risk Test: http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/</p>
Consult with a school health physician or partner with local healthcare provider to assist with school health program.	The Center for Health and Health Care in Schools: http://www.healthinschools.org/
Consult with local health department or local healthcare provider to assist with COVID-19 mitigation and strategies.	OSDH: https://oklahoma.gov/health.html
4. Nutrition Environment and Services	
Offer breakfast after the bell such as breakfast in the classroom or second chance breakfast.	<p>OSDE Child Nutrition Services: https://sde.ok.gov/child-nutrition-programs</p> <p>Alliance for a Healthier Generation: https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch</p> <p>CDC: https://www.cdc.gov/healthyschools/npao/schoolmeals.htm</p>
Ensure that school meals include a variety of offerings and promote healthy food and beverage choices using Smarter Lunchroom techniques.	Smarter Lunchrooms: https://www.actionforhealthykids.org/activity/smarter-lunchrooms/

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
	<p>OSDE: https://sde.ok.gov/child-nutrition-programs</p> <p>Alliance for a Healthier Generation: https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch</p> <p>CDC: https://www.cdc.gov/healthyschools/npao/schoolmeals.htm</p>
<p>Assure that only food and beverage options that are Smart Snack compliant are available for classroom snacks, parties, and celebrations.</p>	<p>Healthier Generation: https://schools.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf</p>
<p>Assure that only foods that are Smart Snack compliant or nonfood items are used as fundraisers.</p>	<p></p> <p>Healthy Fundraiser Flyer 06 10 2015.pdf</p> <p>CDC:http://www.cdc.gov/healthyouth/health_and_academics/index.htm</p>
<p>Venues offering food outside of the cafeteria (vending machines, school stores, snack bars, etc.) offer fruits and non-fried vegetables.</p>	
<p>Offer nutrition-related community services to children outside of the school lunch program i.e., USDA School Breakfast Program, USDA Summer Food Service Program, food backpack program for students, etc.)</p>	<p>OK Regional Food Bank: https://www.regionalfoodbank.org/programs/food-for-kids</p>
<p>Participate in Farm to School activities.</p>	<p>OK Farm to School: http://www.okfarmtoschool.com/</p>
<p>All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/professional learning hours required by the USDA's Professional Standards requirement.</p>	
<p>Ban the use of food, beverages, or candy as a reward or punishment for academic performance or behavior.</p>	<p>USDA Final Rule Requirement: https://www.fns.usda.gov/sites/default/files/tn/LWPsuimary_finalrule.pdf</p>
<p>Provide 10 minutes for students to eat breakfast and 20 minutes for students to eat lunch, from the time the students are seated.</p>	<p>Bridging the Gap: http://www.bridgingthegapresearch.org/_asset/0h178v/BTG_lunchtime_brief_Oct2014_FINAL.pdf</p>


CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Assure collaboration between nutrition services staff members and teachers to reinforce nutrition education lessons taught in the classroom and use multiple channels to reinforce healthy eating messaging (e.g., announcements, social media, communication with parents, and signage).	<p>USDA: https://www.nal.usda.gov/fnic/nutrition-and-food-safety-education</p> <p>https://www.nutrition.gov/</p>
Provide alternative delivery options to students that are virtual learners through the district	<p>CDC Healthy Schools: https://www.cdc.gov/healthyschools/index.htm</p>
Provider has resources or protocols in place for meals to students during quarantine (for example: meal pick up options).	


5. Counseling, Psychological, and Social Services

<p>Provide a full-time licensed counselor, social worker, or psychologist for providing counseling services based on the following recommendations:</p> <ul style="list-style-type: none"> • One counselor for every 250 students • One social worker for every 400 students • One psychologist for every 1,000 students 	<p>OSDH: https://oklahoma.gov/health/health-education/community-outreach/community-development-services/school-health/wsc.html</p>
<p>Implement a systematic approach for identification, referral, and follow up of students needing social, personal, behavioral or mental health services.</p>	<p>OSDE: https://sde.ok.gov/counseling https://sde.ok.gov/prevention-education#crisikit</p>
<p>Enable self-referral by students as well as by teachers and support staff.</p>	<p>OSDE: https://sde.ok.gov/counseling https://sde.ok.gov/prevention-education#crisikit</p>
<p>Establish a referral network between schools and community resources for students and staff who are needing social, personal, behavioral, and mental health services, including utilization of a third-party referral form.</p>	<p>Child Guidance: https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html</p> <p>Family Support and Prevention Service: https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service.html</p>
<p>Provide social, personal, behavioral, or mental health training to parents/guardians (small group setting, parent newsletters, district/school-wide parent/guardian night).</p>	<p>OSDH: https://www.ok.gov/health2/documents/Website%20Component%20Counseling,%20Psychological%20and%20Social%20Services.pdf</p>
<p>Implement a system for identifying students who have been involved in any type of violence (child abuse, dating violence, sexual assault, bullying, or harassment, fighting, suicide and self-harm behaviors) and, if necessary, refer them to the most appropriate school-based or community-based service.</p>	<p>OSDH: https://www.ok.gov/health2/documents/Website%20Component%20Counseling,%20Psychological%20and%20Social%20Services.pdf</p>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Provide social, personal, behavioral, or mental health treatment to students and families through individual and small group assessments, interventions and counseling.	<p>HB 1623-Suicide Prevention Training: https://oklahoma.gov/odmhsas/prevention/schools/school-based-suicide-prevention.html</p> <p>Southern Plains Tribal Health Board: https://www.spthb.org/trainings/</p> <p>National Registry of Evidence-Based Practices Resource Center: https://www.samhsa.gov/resource-search/ebp</p>
Provide social, personal, behavioral, or mental health prevention and awareness training for students in classroom-based settings.	<p>AlcoholEdu for High School: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html</p> <p>Preventing Suicide: A Toolkit for High Schools: http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669</p>
Establish relationships between school and community resources for assessment and counseling services in regards to any type of violence (including bullying, suicide, and substance use).	<p>Family Support and Prevention Service: https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service.html</p> <p>Child Guidance Service: https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html</p> <p>The Suicide Prevention Resource Center: http://www.sprc.org/</p>
Provide professional development for all staff members to raise awareness of trauma-informed practices, social, personal, behavioral or mental health prevention and intervention.	<p>OSDE: Prevention Services: http://sde.ok.gov/sde/prevention-education</p> <p>Mental Health First Aid Training: https://oklahoma.gov/odmhsas/prevention/business/mental-health-first-aid.html</p>
Promote staff mental and physical well-being.	<p>OSDE: https://sde.ok.gov/employee-wellness</p> <div style="text-align: center;">  </div> <p>NACDD_SchoolEmployeeWellness_Publicati</p>
Provide professional development for all teachers in the implementation and continuation of active peer mediation programs.	<p>Oklahoma Bar Association – PROS (Peaceful Resolutions for Oklahoma Students): https://digitalprairie.ok.gov/digital/collection/stgovpub/id/4952/</p>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
<p>Participate in a student health knowledge and behavior assessments. Youth Risk Behavior Survey (YRBS), Youth Tobacco Survey (YTS), Oklahoma Prevention Needs Assessment (OPNA) and School Health Profiles (SHP).</p>	<p>Oklahoma Prevention Needs Assessment Youth Risk Behavior Survey Youth Tobacco Survey 1st grade Health Survey 5th grade Health Survey School Health Profiles</p>
<h2>6. Physical Environment</h2>	
<p>Written alcohol, tobacco, and drug free campus policies. (Required for Excellence: Tobacco policy must be 24/7 including e-cigarettes and vapor products.)</p>	<p> Sample 24-7 School Policy.doc</p>
<p>Written bullying prevention policies in alignment with the School Safety and Bullying Prevention Act.</p>	<p>HB 1661: http://ok.gov/sde/bullying-prevention</p>
<p>Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.</p>	<p>Positive Behavior Interventions (PBI): http://www.pbis.org/</p>
<p>Assure the school has a school health committee or team (i.e. Safe Schools Committee, Healthy & Fit School Advisory Committee, etc.) that meets at least four times a year to oversee school health safety policies and programs in line with the School Safety and Bullying Prevention Act.</p>	<p>OSDE Bullying Prevention: http://ok.gov/sde/bullying-prevention</p>
<p>Adopt and implement enforceable policies that encourage children and their families to walk, bike, and roll to school.</p>	<p>Safe Routes to School: http://www.saferoutesinfo.org/</p>
<p>Review and update written wellness policy to meet the required changes from the 2010 Healthy Hunger-Free Kids Act (meet USDA Final Rule every three years).</p>	<p>OSDE Child Nutrition Links and Resources: http://ok.gov/sde/node/22</p> <p>USDA Food and Nutrition Service: https://www.fns.usda.gov/tn/local-school-wellness-policy</p>
<p>Adopt and implement a written policy on isolation and quarantining for COVID-19 and other infectious diseases (Examples in OSDE Return to Learn or CDC COVID-19 Guidance).</p>	<p>CDC: Schools and Childcare Programs COVID-19 CDC</p> <p>OSDE: https://sde.ok.gov/crisis-preparedness-response/covid-19-resources</p>
<p>Follow CDC and Local Health Authority guidance on COVID-19 mitigation strategies (mask, spacing, isolation, spacing, contact tracing).</p>	
<p>Adopt and implement a written policy on proper storage and disposal of prescription drugs.</p>	
<p>Participate in the process of completing or reevaluating School Health Index (SHI) in one or more topic areas (e.g.,</p>	<p>CDC: https://www.cdc.gov/healthyschools/shi/index.htm</p>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
physical activity, nutrition, tobacco, asthma, safety, sexual health, and cross-cutting).	
Written crisis response or disaster plan that includes preparedness, response, and recovery elements addressing mental, physical and environmental crisis.	SB258- School Emergency Plan: http://webserver1.lsb.state.ok.us/cf_pdf/2013-14%20ENR/SB/SB258%20ENR.PDF
Have at least 5% of staff with current certification for CPR and training in the Heimlich maneuver.	American Red Cross CPR Training: http://www.redcross.org/take-a-class/cpr

7. Social and Emotional School Climate

Foster a positive school climate using practices that include:

- Communication and consistency for school-wide behavior and academic expectations for students and families.
- Foster an appreciation of student and family, respect for all families’ cultural beliefs and practices.

Foster prosocial behavior by engaging students in activities such as peer tutoring, classroom responsibilities, service learning, teacher assistance, extracurricular activities, sports programs, and creative projects. Provide public recognition for students’ accomplishments in these areas.

School administrators and staff implement and enforce a clear and consistent code of conduct to uphold a standard of nonviolence for students and ensure students and families receive hard copies and/or electronic copies and must read and sign to acknowledge receipt of the code.

All staff receive professional development on meeting a variety of cognitive, personal, and social needs to children and adolescents annually.

Teachers collaborate with counseling services staff to promote life skills for students.

Ensure Oklahoma Academic Standards for Health Education is fully implemented across all grade bands for all students that focuses on analyzing influences, accessing valid resources, interpersonal communication, decision making, goal setting, self-management, and advocacy.

Adopt and implement evidence-based bullying programs that fit the needs of specific school population and establish a climate that prevents harassment and bullying along with learning about listening skills, compassion, and understanding.

CDC: <https://www.cdc.gov/healthyschools/index.htm>

National Center on Safe Supportive Learning Environments:

<https://safesupportivelearning.ed.gov/creating-safe-and-respectful-environment-our-nations-classrooms>

CDC: <https://www.cdc.gov/healthyschools/index.htm>

OSDE Health Education Micro-credential:

<https://sde.ok.gov/health-education>

Center on Great Teachers & Leaders at American Institutes for Research: <https://gtlcenter.org/sel-school>

CDC: <https://www.cdc.gov/healthyschools/index.htm>

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CDC: <https://www.cdc.gov/healthyschools/index.htm>

CDC: <https://www.cdc.gov/healthyschools/index.htm>

OSDE Health Education Micro-credential:

<https://sde.ok.gov/health-education>

Stop Bullying Gov:


<https://www.stopbullying.gov/prevention/at-school/index.html>

OSDE: <http://sde.ok.gov/sde/bullying-prevention>

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.	CDC: https://www.cdc.gov/healthyschools/index.htm National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/creating-safe-and-respectful-environment-our-nations-classrooms
Provide conflict resolution, bullying or problem-solving strategies for students by using evidence-based programs.	CDC: https://www.cdc.gov/healthyschools/index.htm National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/creating-safe-and-respectful-environment-our-nations-classrooms
Implement a strategy to address the overall school climate, such as learning to manage emotions.	CDC: https://www.cdc.gov/healthyschools/index.htm
Create trusting and caring relationships that promote open communication with trusted adults.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls
Provide training for teachers on life skills and building positive school climate integration into all classrooms.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls
Provide students information on the interrelationship between physical and mental health and provide programs that address causes, symptoms and effects of stress, depression and anxiety.	Character Counts: https://charactercounts.org/
Provide students with coping skills to address the mental health and wellness strand in the Oklahoma Academic Standards for Health Education.	SAMHSA: https://www.samhsa.gov/suicide-prevention
Integrate health skills identified in the Oklahoma Academic Standards for Health Education with other existing programs such as combining a lesson in math with personal problem solving.	CDC: https://www.cdc.gov/healthyschools/index.htm OSDE Health Education Micro-credential: https://sde.ok.gov/health-education
Establish yearly reviews of existing procedures for improvement.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls
Brainstorm and get involved in taking steps to improve the school climate and students' sense of connectedness to the school, families, and communities.	

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

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Clearly communicate expectations for learning and behavior that are developmentally appropriate. Describe the goals of the lesson and relate them to your students' lives and the real world. Provide opportunities for students of all levels to interact, develop friendships, and engage in teamwork.	
8. Employee Wellness	
School or district offer staff members health education and health-promoting activities that focus on skill development and behavior change that are tailored to their needs and interests.	OSDE: https://sde.ok.gov/employee-wellness-resources
Encourage administrative support for the staff and involvement in school employee wellness.	OSDE: https://sde.ok.gov/employee-wellness-resources
Promote school district wellness program to staff, assuring administrative support and communication with staff about the program.	Certified Healthy Business Program and Resources Oklahoma Employee Well-Being Program: https://thrive.ok.gov/
	 NACDD_SchoolEmployeeWellness_Publicati
Offer voluntary, accessible, health screenings annually to staff including free or low-cost health assessments.	CDC Workplace Health Promotion: http://www.cdc.gov/workplacehealthpromotion/health-strategies/blood-pressure/index.html
	Diabetes at Work: http://diabetesatwork.org/
	The Community Guide: http://www.thecommunityguide.org/diabetes/selfmanagementeducation.html
Offer free or low-cost stress management programs annually to staff.	North Carolina Health Smart – Worksite Wellness Toolkit – Manage Stress: https://workwellnc.com/turnkey_ManageStress.php
Offer staff accessible and free or low-cost physical activity programs.	CDC: http://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/physical-activity.html
Offer staff accessible and free or low-cost healthy eating/weight management programs.	County Extension Family and Consumer Sciences Educators: https://extension.okstate.edu/county/index.html


CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

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Offer tobacco prevention or cessation referral, services, or program for staff.	Oklahoma Tobacco Helpline: https://okhelpline.com/
Provide a private space, other than a restroom, that may be used to express breast milk and/or breastfeed.	CDC Breastfeeding: http://www.cdc.gov/breastfeeding/policy/index.htm
Provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.	CDC Breastfeeding: http://www.cdc.gov/breastfeeding/policy/index.htm
Promote the district Employee Assistance Program for staff.	
Offer immunization clinics (i.e., flu, MMR, etc.) to staff.	Local County Health Departments: https://oklahoma.gov/health/locations/countymap.html
Offer free or low-cost programs to staff members in the areas of: <ul style="list-style-type: none"> • Counseling, psychological, or social services to promote the personal, behavioral, and mental health of employees. • Training on first aid, cardiopulmonary resuscitation, and automated external defibrillators. • Alcohol and other drug use prevention or cessation. • Chronic health conditions management. • Financial planning and wellbeing. 	OSDE: https://sde.ok.gov/employee-wellness-resources OSDH: https://www.ok.gov/health2/documents/Website%20Component%20Employee%20Wellness.pdf

9. Family Engagement and Community Involvement

Communicate with all family members about school activities and programs in a culturally and linguistically appropriate way using a variety of communication methods.	OSDE: https://sde.ok.gov/fce OSDH: https://www.ok.gov/health2/documents/Website%20Component%20Community%20Involvement.pdf
Provide educational resources for families that address various parenting strategies.	
Partner with community groups, organizations, and local businesses to share resources and obtain volunteers to support student learning, development, and health-related activities.	
Provide parent/guardian and community members education classes/seminars on health such as nutrition/cooking, physical activity, behavioral health, suicide prevention or other health related topics.	CATCH: http://catchinfo.org Suicide Prevention Training: https://oklahoma.gov/odmhsas/prevention/schools/school-based-suicide-prevention.html
Implement formal process to recruit, train, and involve family and community members as volunteers.	OSDE: https://sde.ok.gov/fce

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

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<p>Provide parent/guardian and community members education classes/seminars on computer literacy, job skills training, or literacy.</p> <p>Offer tobacco prevention or cessation referral, services, or program for parents/guardians and community</p> <p>Offer substance abuse and mental health referral, services, or programs for parents/guardians and community</p> <p>Assure opportunities for parents and children to interact on school grounds</p> <p>Allow access of indoor and outdoor physical activity facilities to students, their families, and the community outside of school hours.</p> <p>Support school gardens or actively participate in community gardens by dedicating resources (i.e., fundraisers, volunteer time, containers, tools, etc.)</p>	<p>Oklahoma Tobacco Helpline: www.okhelpline.com (1-800-QUITNOW)</p> <p>21st Century Community Learning Centers: http://ok.gov/sde/21cclc</p> <p>Joint Use Agreements: http://changelabsolutions.org/publications/what-is-JUA</p> <p>USDA: https://www.fns.usda.gov/farmtoschool/farm-school https://www.fns.usda.gov/sites/default/files/f2s/Factsheet_School_Gardens.pdf</p> <div style="text-align: center;">  Final School Garden Tool-kit.pdf </div> <p>OSDE: https://sde.ok.gov/fce</p> <p>OSDH: https://www.ok.gov/health2/documents/Website%20Component%20Community%20Involvement.pdf</p> <p>SWAT: https://www.ok.gov/okswat/</p> <p>2M2L: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html</p> <p>SADD: http://www.sadd.org/</p> <p>4H: http://4h.okstate.edu/</p> <p>FFA: http://www.okffa.org</p> <p>FCCLA: https://www.okcareertech.org/students/student-organizations/fccla</p> <p>Girl Scouts Western Oklahoma: http://www.gswestok.org/</p>
<p>Partner with community-based, out-of-school programs (Boys & Girls Clubs, 21st Century Community Learning Centers, Parks and Recreations, etc.) to develop and implement routine activities that promote health for all participants.</p> <p>Support active youth engagement such as: Student Wellness team, SWAT team (Students Working Against Tobacco), 2M2L (Too Much To Lose), SADD (Student Against Destructive Decisions), 4H or FFA (Future Farmers of America), Peer Mediation, Scout Programs.</p>	

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
	Girl Scouts Eastern Oklahoma: http://www.gseok.org/
	Boy Scouts Central and Southwest Oklahoma: http://www.scoutingrocks.tv/
	Boy Scouts Eastern Oklahoma: http://www.okscouts.org/

The following entities can be contacted for additional assistance regarding any of the criteria:

- Oklahoma State Department of Health, Community Analysis and Linkages
Help Ticket: <https://app.smartsheet.com/b/form/ee8e298e2a6d4614b27f1586c67e11a6>
- County Health Department Health Educators
<https://oklahoma.gov/health/locations/countymap.html>
- Tobacco Settlement Endowment Trust (TSET) Healthy Living Grantees
<https://oklahoma.gov/tset/tset-programs/healthy-lifestyle-grants.html>