

CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion

Resource

Foundational Resources*

Whole School, Whole Community, Whole Child <https://www.cdc.gov/healthyschools/wsc/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, implement, and evaluate sequential health education curriculum consistent with National Health Education Standards (NHES) 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 in School:
<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 pre-k through grade 12, is culturally and developmentally appropriate, and addresses a clear set of behavioral outcomes where students will:

Health and PE Education on Oklahoma State Department of Education page:
<https://sde.ok.gov/sites/ok.gov.sde/files/documents/files/Revised%20PE%20Standards%20%20For%20Legislature.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

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<p>health risks,</p> <ul style="list-style-type: none"> • Demonstrate the ability to advocate for personal, family, and community health. 	
<p>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.</p>	<p>State Department of Education: https://sde.ok.gov/health-education-resources https://sde.ok.gov/health-education</p>
<p>Teachers receive professional development on incorporating health education in their classroom on an annual basis.</p>	<p>HECAT: http://www.cdc.gov/HealthyYouth/HECAT/index.htm CATCH in School: http://catchinfo.org/</p>
<p>Incorporate essential integrated health education topics in core, elective, and special class subjects</p>	<p>CATCH in School: http://catchinfo.org/</p>
<p>Use of multiple channels to reinforce health education messaging (e.g. announcements, social media, communication with parents, and signage)</p>	
2. Physical Education and Physical Activity	
<p>Require students in grades K-12 to participate in daily physical education that uses a planned and sequential curriculum and instructional practices that are consistent with the Oklahoma Academic Standards for Physical Education.</p>	
<p>Physical Education teachers participate at least once a year in professional development for physical education.</p>	<p>Department of Education: https://sde.ok.gov/safe-and-healthy-schools-professional-learning</p>
<p>Assess, implement, and evaluate sequential physical education curriculum consistent with National Standards for Physical Education (NASPE) utilizing the Physical Education Curriculum Analysis Tool (PECAT)</p>	<p>Physical Education Curriculum Assessment Tool: https://www.cdc.gov/healthyschools/pecat/index.htm</p>
<p>Teachers keep students moderately to vigorously active for at least 50% of the time during most physical education classes.</p>	<p>SHAPE America: https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/explorepe.aspx</p>
<p>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.</p>	<p>Department of Education: https://sde.ok.gov/physical-education-and-physical-activity-resources</p>

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Provide opportunities for all students to engage in physical activity outside of physical education class.	CDC: https://www.cdc.gov/healthyschools/physicalactivity/index.htm
Provide professional development for all teachers on integrating physical activity throughout the school day	CATCH in School: http://catchinfo.org/ CSPAP: http://schoolspringboard.org/
Integrate physical activity breaks into core, elective, and special class subjects	http://www.activeacademics.org/?pid=20&homepage http://ablilab.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 Afterschool: http://catchinfo.org/programs/after-school/ SPARK Afterschool: http://www.sparkpe.org/after-school/ National AfterSchool 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=fdd39329-263e-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 (CSPAP) 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.	
All Elementary schools follow the CDC’s National Guidelines for Recess including offering recess before lunch to increase food consumption, reduce	Strategies for Recess in Schools: https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf

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waste, and improve classroom attentiveness when students return from lunch.	<p>Recess Planning in Schools: https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_SchoolRecessPlanning_508.pdf</p> <p>Other 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</p> <p>https://www.cdc.gov/healthyschools/chronicconditions.htm</p> <p>State Department of Education: https://sde.ok.gov/health-services-resources</p>
Adopt and implement a written policy on proper storage and disposal of prescription drugs.	<p>State Department of Education: https://sde.ok.gov/substance-abuse-resources</p> <p>Lock Your Meds: https://www.lockyourmeds.org/</p> <p>Medwise: https://bemedwise.org/</p>
Assure the School is in 100% compliance with state immunization requirements	<p>OSDH: 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>
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.	<p>Oklahoma Emergency Guidelines for Schools: https://www.ok.gov/health2/documents/New%20Emergency%20Guidelines%20for%20Schools.pdf</p>
Provide chronic disease management training for staff	<p>CDC Adolescent and School Health: https://www.cdc.gov/healthyouth/index.htm</p>

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	<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>
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.	http://www.okhelpline.com/ 1-800-QUITNOW (Appropriate for 13 years +)
Provide educational opportunities for promoting and maintaining individual, family & community	CDC: http://www.cdc.gov/

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health (voicemail alerts, flyers or other communication regarding communicable diseases, seasonal flu, hand washing, etc.)	<p>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</p> <p>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> <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>

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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)

Oklahoma State Department of Health- Maternal and Child Health
<https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health.html>

Hearing and Middle-Ear Screening:
<https://www.ok.gov/health2/documents/Hearing%20and%20Middle%20Ear%20Screening.pdf>

Type 2 Diabetes Risk Test
<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

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/>

4. Nutrition Environment and Services

Offer breakfast after the bell such as breakfast in the classroom or second chance breakfast.

State Department of Education Child Nutrition Services:
<https://sde.ok.gov/child-nutrition-programs>

Alliance for a Healthier Generation:
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch>

Center for Disease Control and Prevention:
<https://www.cdc.gov/healthyschools/npao/schoolmeals.htm>


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/>

State Department of Education Child Nutrition Services:
<https://sde.ok.gov/child-nutrition-programs>

Alliance for a Healthier Generation:
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch>

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	Center for Disease Control and Prevention: https://www.cdc.gov/healthyschools/npao/schoolmeals.htm
Assure that only food and beverage options that are Smart Snack compliant are available for classroom snacks, parties, and celebrations	https://schools.healthiergeneration.org/asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf
Assure that only foods that are Smart Snack compliant or nonfood items are used as fundraisers	 Healthy Fundraiser Flyer 06 10 2015.pdf http://www.cdc.gov/healthyyouth/health_and_academics/index.htm
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.)	OK Regional Food Bank: https://www.regionalfoodbank.org/programs/food-for-kids
Participate in Farm to School activities	OK Farm to School: http://www.okfarmtoschool.com/
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.	Cooking4Kids: http://www.cookingforkids.ok.gov/
Ban the use of food, beverages, or candy as a reward or punishment for academic performance or behavior.	USDA Final Rule Requirement: https://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf
Provide 10 minutes for students to eat breakfast and 20 minutes for students to eat lunch, from the time the students are seated.	http://www.bridgingthegapresearch.org/asset/0h178v/BTG_lunchtime_brief_Oct2014_FINAL.pdf
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).	USDA: https://www.nal.usda.gov/fnic/nutrition-and-food-safety-education https://www.nutrition.gov/
5. Counseling, Psychological, and Social Services	
Provide a full-time licensed counselor, social worker, or psychologist for providing counseling services based on the following recommendations: -One counselor for every 250 students -One social worker for every 400 students	OSDH: https://oklahoma.gov/health/health-education/community-outreach/community-development-services/school-health/wsc.html

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-One psychologist for every 1,000 students	
Implement a systematic approach for identification, referral, and follow up of students needing social, emotional, behavioral or mental health services.	State Department of Education: https://sde.ok.gov/counseling https://sde.ok.gov/prevention-education#crisiskit
Enable self-referral by students as well as by teachers and support staff.	State Department of Education: https://sde.ok.gov/counseling https://sde.ok.gov/prevention-education#crisiskit
Establish a referral network between schools and community resources for students and staff who are needing social, emotional, behavioral, and mental health services, including utilization of a third party referral form	Child Guidance https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html Family Support and Prevention Service https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service.html
Provide social, emotional, behavioral, or mental health training to parents/guardians (small group setting, parent newsletters, district/school-wide parent/guardian night).	State Department of Health: https://www.ok.gov/health2/documents/Website%20Component%20Counseling,%20Psychological%20and%20Social%20Services.pdf
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.	State Department of Health: https://www.ok.gov/health2/documents/Website%20Component%20Counseling,%20Psychological%20and%20Social%20Services.pdf
Provide social, emotional, behavioral, or mental health treatment to students and families through individual and small group assessments, interventions and counseling.	HB 1623-Suicide Prevention Training: https://oklahoma.gov/odmhas/prevention/schools/school-based-suicide-prevention.html Southern Plains Tribal Health Board: https://www.spthb.org/trainings/ National Registry of Evidence-Based Practices Resource Center: https://www.samhsa.gov/resource-search/ebp
Provide social, emotional, behavioral, or mental health prevention and awareness training for students in classroom-based settings.	AlcoholEdu for High School: https://oklahoma.gov/odmhas/prevention/communities/2m2l.html Preventing Suicide: A Toolkit for High Schools http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669

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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, emotional, behavioral or mental health prevention and intervention.	<p>Oklahoma State Department of Education: Prevention Services: http://sde.ok.gov/sde/prevention-education</p> <p>Mental Health First Aid Training: https://oklahoma.gov/odmhas/prevention/business/mental-health-first-aid.html</p>
Promote staff mental and physical well-being.	<p>State Department of Education: https://sde.ok.gov/employee-wellness</p> <div style="text-align: center;">  <small>NACDD_SchoolEmployeeWellness_Publicatic</small> </div>
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>
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>Oklahoma Prevention Needs Assessment Youth Risk Behavior Survey Youth Tobacco Survey 1st grade Health Survey 5th grade Health Survey School Health Profiles</p>
6. Physical Environment	
Written alcohol, tobacco, and drug free campus policies.	
Written bullying prevention policies in alignment with the School Safety and Bullying Prevention Act.	<p>HB 1661: http://ok.gov/sde/bullying-prevention</p>
Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.	<p>Positive Behavior Interventions (PBI) http://www.pbis.org/</p>

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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.	Oklahoma State Department of Education, Bullying Prevention http://ok.gov/sde/bullying-prevention
Adopt and implement enforceable policies that encourage children and their families to walk, bike, and roll to school.	Safe Routes to School http://www.saferoutesinfo.org/
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).	Oklahoma State Department of Education, Child Nutrition Links and Resources http://ok.gov/sde/node/22 USDA Food and Nutrition Service https://www.fns.usda.gov/tn/local-school-wellness-policy
Adopt and implement a written policy on proper storage and disposal of prescription drugs.	
Participating in the process of completing or reevaluating School Health Index (SHI) in one or more topic areas (e.g. physical activity, nutrition, tobacco, asthma, safety, sexual health, and cross-cutting).	School Health Index https://www.cdc.gov/healthyschools/shi/index.htm
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
Written alcohol, tobacco, and drug free campus policies. (Tobacco policy must be 24/7 including vapor products).	 Sample 24-7 School Policy.doc
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.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/hot-topics/social-emotional-learning https://safesupportivelearning.ed.gov/creating-safe-and-respectful-environment-our-nations-classrooms


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<p>-Foster an appreciation of student and family diversity and respect for all families’ cultural beliefs and practices.</p> <p>-Hold class/school-wide activities that give students opportunities to learn about diverse cultures and experiences.</p>	
<p>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.</p>	<p>CASEL Program Guides to Effective Social and Emotional Learning Programs: https://casel.org/guide/</p>
<p>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.</p>	<p>Center on Great Teachers & Leaders at American Institutes for Research: https://gtlcenter.org/sel-school</p> <p>National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls</p>
<p>All staff receive professional development on meeting the diverse cognitive, emotional, and social needs to children and adolescents annually.</p>	<p>Center on Great Teachers & Leaders at American Institutes for Research: https://gtlcenter.org/sel-school</p>
<p>Teachers collaborate with counseling services staff to promote social and emotional learning for students.</p>	<p>National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls</p>
<p>Implement social and emotional learning programs for all students that focuses on self-awareness, self-management, social awareness, relationship skills and responsible decision making.</p>	<p>CASEL Program Guides to Effective Social and Emotional Learning Programs: https://casel.org/guide/</p>
<p>Adopt and implement evidence based bullying programs that fit the needs of specific school population and establish a climate that prevents harassment and bullying, such as The Heart of Bullying or Acting Against Bullying, along with learning about listening skills through programs such as Feelings and Faces Handout to learn empathy and understanding</p>	<p>Stop Bullying Gov: https://www.stopbullying.gov/prevention/at-school/index.html</p> <p>OSDE: http://sde.ok.gov/sde/bullying-prevention</p>

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Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/hot-topics/social-emotional-learning 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.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/hot-topics/social-emotional-learning 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 using programs, such as Second Step or Empathy programs	Committee for Children http://www.cfchildren.org/second-step
Create trusting and caring relationships that promote open communication among administrators, teachers, staff, students, families and communities.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls
Provide training for teachers on Social and Emotional Learning (SEL) integration into all classrooms.	National Center on Safe Supportive Learning Environments: https://safesupportivelearning.ed.gov/edscls
Provide students with character education programs such as Character Counts or I CAN.	Character Counts https://charactercounts.org/
Provide students with mental health wellness programs such as suicide prevention programs.	SAMHSA: https://www.samhsa.gov/suicide-prevention
Provide students with resiliency skills such as the recommendations from the American Psychological Association.	American Psychological Association https://www.apa.org/education-career#k12
Integrate Social and Emotional Learning (SEL) with other existing programs such as combining a lesson in math with personal problem solving.	CASEL Program Guides to Effective Social and Emotional Learning Programs: https://casel.org/guide/
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 student' sense of connectedness to the school. Involve diverse	

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groups of school staff, students, and families in these efforts.	
Clearly communicate expectations for learning and behavior that are developmentally appropriate and applied equitably. 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.	State Department of Education: https://sde.ok.gov/employee-wellness-resources
Encourage administrative support for the staff and involvement in school employee wellness.	State Department of Education: https://sde.ok.gov/employee-wellness-resources
Promote school district wellness program to staff, assuring administrative support and communication with staff about the program.	See 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/selfmgmteducation.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

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	https://extension.okstate.edu/county/index.html
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 emotional, 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. 	State Department of Education: https://sde.ok.gov/employee-wellness-resources State Department of Health: 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.	State Department of Education: https://sde.ok.gov/fce State Department of Health: https://www.ok.gov/health2/documents/Website%20Component%20Community%20Involvement.pdf
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 in School: http://catchinfo.org Suicide Prevention Training: https://oklahoma.gov/odmhsas/prevention/schools/school-based-suicide-prevention.html
Provide parent/guardian and community members education classes/seminars on computer literacy, job skills training, or literacy.	

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Criterion	Resource
Implement formal process to recruit, train, and involve family and community members as volunteers.	State Department of Education: https://sde.ok.gov/fce
Partner with community groups, organizations, and local businesses to share resources and obtain volunteers to support student learning, development, and health-related activities.	
Offer tobacco prevention or cessation referral, services, or program for parents/guardians and community	Oklahoma Tobacco Helpline www.okhelpline.com (1-800-QUITNOW)
Offer substance abuse and mental health referral, services, or programs for parents/guardians and community	
Assure opportunities for parents and children to interact on school grounds	21st Century Community Learning Centers http://ok.gov/sde/21cclc
Allow access of indoor and outdoor physical activity facilities to students, their families, and the community outside of school hours	Joint Use Agreements http://changelabsolutions.org/publications/what-is-JUA
Partner with community-based, out-of-school programs (Boys & Girls Clubs, 21 st Century Community Learning Centers, Parks and Recreations, etc.) to develop and implement routine activities that promote health for all participants.	State Department of Education: https://sde.ok.gov/fce State Department of Health: https://www.ok.gov/health2/documents/Website%20Component%20Community%20Involvement.pdf
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	SWAT: https://www.ok.gov/okswat/ 2M2L: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html SADD: http://www.sadd.org/ 4H: http://4h.okstate.edu/ FFA: http://www.okffa.org FCCLA: https://www.okcareertech.org/students/student-organizations/fccla Girl Scouts (Western Oklahoma): http://www.gswestok.org/ 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/
Support school gardens or actively participate in community gardens by dedicating resources (i.e. fundraisers, volunteer time, containers, tools, etc.)	https://www.fns.usda.gov/farmentoschool/farm-school https://www.fns.usda.gov/sites/default/files/f2s/FactSheet_School_Gardens.pdf

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Criterion

Resource



Final School Garden
Tool-kit.pdf

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

- Community Analysis and Linkages - Community Development Services, OK State Dept. of Health. CenterTA@health.ok.gov
- County Health Department Health Educators – <https://oklahoma.gov/health-old/county-health-departments.html>
- Tobacco Settlement Endowment Trust Healthy Living Grantees – <https://tset.ok.gov/content/healthy-lifestyle-grants>