

# Certified Healthy School Criteria

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**References:** Based on Coordinated School Health (CSH) as required in Oklahoma legislation ('Oklahoma Certified Healthy Schools Act'; Title 63 Section 2061)

## Demographic Information

**Name of School:** **Name of School District:** **School Site Code:**  
(Name that will appear on your certificate)

**Type of School:**  **Public**  **Private**

**Grades Served by School:**

- |   |  |  |  |   |
|---|--|--|--|---|
| <input type="checkbox"/> Pre-Kindergarten | <input type="checkbox"/> 1 <sup>st</sup> | <input type="checkbox"/> 4 <sup>th</sup> | <input type="checkbox"/> 7 <sup>th</sup> | <input type="checkbox"/> 10 <sup>th</sup> |
| <input type="checkbox"/> Kindergarten     | <input type="checkbox"/> 2 <sup>nd</sup> | <input type="checkbox"/> 5 <sup>th</sup> | <input type="checkbox"/> 8 <sup>th</sup> | <input type="checkbox"/> 11 <sup>th</sup> |
|   | <input type="checkbox"/> 3 <sup>rd</sup> | <input type="checkbox"/> 6 <sup>th</sup> | <input type="checkbox"/> 9 <sup>th</sup> | <input type="checkbox"/> 12 <sup>th</sup> |

## Contact Information

**School Street Address:** **School Mailing Address (if different than street address):**

**City/Town:** **State:** **Zip:**

**County:**

**School Phone Number:**

**Survey Completed By:**

**Title of Contact Person (PE Teacher, Principal, School Nurse, etc.):**

**Contact Person's Email:**

**Principal's Contact Information** (If more than one, please list the name of the principal who reviewed the Certified Healthy School application prior to submission.)

**Name:**

**Title:**

**E-mail Address:**

**PLEASE NOTE:**

- Eligible applicants: Both Public and Private schools which have any of the grades (PK-12)
- The public school sites should apply individually based on their site codes, as set by the Oklahoma State Department of Education. However, the districts should apply as a Certified Healthy Business.
- The school must upload their 24/7 Tobacco Free policy which includes e-cigarettes and vapor products in order to be considered for Excellence.
- Prior to completing an online application, we recommend that you form a committee or work as a team to review the application. Include school personnel, such as, but not limited to, school nurses, administrators, PE teachers, counselors, and children nutrition manager.

*Please check all that apply to your school in each of the following categories:*

**1. Health Education-** *Formal, structured health education consists of any combination of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions.*

- Assess and evaluate sequential health education curriculum consistent with Oklahoma Academic Health Education Standards utilizing the Health Education Curriculum Analysis Tool (HECAT) (<http://www.cdc.gov/HealthyYouth/HECAT/index.htm>)
- Implement sequential health education curriculum consistent with Oklahoma Academic Health Education Standards (<http://sde.ok.gov/sde/physical-education-and-health>)
- Provide integrated health education professional development for all teachers
- Incorporate essential integrated health education topics in core, elective, and special class subjects
- Use of multiple channels to reinforce health education messaging (e.g. announcements, social media, communication with parents, and signage)
- Support active youth engagement for example: 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
- Provide appropriate health messages that reflect your community's cultural diversity
- Provide students in grades 9 through 12 at least one opportunity, prior to graduation, for instruction in CPR and techniques of the Heimlich maneuver.

**2. Physical Education and Physical Activity-** *Creating an environment in schools that offers many opportunities for students to be physically active throughout the school day.*

- Assess and evaluate sequential physical education curriculum consistent Oklahoma Academic Physical Education Standards utilizing the Physical Education Curriculum Analysis Tool (PECAT) (<http://www.cdc.gov/HealthyYouth/PECAT/pdf/PECAT.pdf>)
- Implement sequential physical education curriculum consistent with Oklahoma Academic Physical Education Standards. (<http://sde.ok.gov/sde/physical-education-and-health>)
- Provide professional development for all teachers on integrating physical activity throughout the school day
- Integrate physical activity breaks into core, elective, and special class subjects

- Prohibit withholding PE/physical activity/recess as a punishment or using physical activity as punishment
- Offer before or after school programs that include physical activity or active play opportunities
- Require all physical education classes be taught by teachers who are certified to teach physical education
- Provides *weekly* physical activity during the school day
  - 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
- Utilize research-based fitness assessment in one or more grades``
- Assure the physical education class has a teacher/student ratio comparable to core subject classroom size
 

Elementary K-5 to hold recess before lunch to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch

**3. Health Services-** *School health services intervene with actual and potential health problems, including providing first aid, emergency care and assessment and planning for the management of chronic conditions*

- Assure the School is in 100% compliance with state immunization requirements
- Provide chronic disease management training for staff
- Provide education programs for students with chronic health conditions
- Provide a full time RN for district, school or consortia
- Offer alcohol, tobacco, and other drugs prevention or cessation referral, services, or program for students
- 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.)
- Develop and implement a systematic approach for preventing, identifying, and referring students with health concerns to school or community health services
- 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)
- Consult with a school health physician or partner with local healthcare provider to assist with school health program

**4. Nutrition Environment and Services-** *The school nutrition services and environment provides students with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.*

- Assure that only healthy food and beverage options are available for classroom snacks, parties, and celebrations
- Assure that only healthy foods or nonfood items are used as fundraisers
- 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.)

- Participate in Farm to School activities
- Display healthy menu items attractively, conveniently and well promoted using Smarter Lunchroom techniques
- Provide food service professional development annually for Child Nutrition staff
- Provide awareness and resources for all teachers on banning the use of food, beverages, or candy as a reward or punishment for academic performance or behavior
- Ban the use of food, beverages, or candy as a reward or punishment for academic performance or behavior
- Provide 10 minutes for students to eat breakfast and 20 minutes for students to eat lunch, from the time the students are seated
- 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)

**5. Counseling, Psychological, and Social Services-** *These prevention and intervention services support the mental, behavioral, and social-emotional health of students and promote success in the learning process.*

- 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
  - One psychologist for every 1,000 students
- Establish and implement a systematic approach for identification, referral, and follow up of students needing social, emotional, behavioral or mental health services
- 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
- Provide social, emotional, behavioral, or mental health [training to](#) parents
- Provide social, emotional, behavioral, or mental health treatment to students and families through individual and small group assessments, interventions and counseling
- Provide social, emotional, behavioral, or mental health prevention and awareness training for students in classroom-based settings
- 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)
- Provide professional development for all teachers for social, emotional, behavioral or mental health prevention and intervention
- Provide professional development for all teachers in the implementation and continuation of active peer mediation programs
- School has participated in a student health knowledge and behavior assessment in the last year (The following survey's count: Youth Risk Behavior Survey (YRBS), Youth Tobacco Survey (YTS), Oklahoma Prevention Needs Assessment (OPNA) and School Health Profiles (SHP))

**6. -Physical Environment-** *A healthy and safe physical school environment promotes learning by*  
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*ensuring the health and safety of students and staff including also psychosocial aspects for students' educational experience that can influence their social and emotional development.*

- Written alcohol, tobacco, and drug free campus policies. (Required for Excellence: Tobacco policy must be 24/7 including e-cigarettes and vapor products.) **NOTE: You must upload a copy of your tobacco-free policy if it meets the criteria for Excellence certification!**
- Written bullying prevention policies in alignment with the School Safety and Bullying Prevention Act
- Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff
- 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
- Adopt and implement policies that encourage children and their families to walk, bike, and roll to school
- 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)
- 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) (WSCC as resource?)
- Written crisis response or disaster plan that includes preparedness, response, and recovery elements addressing mental, physical and environmental crisis
- Have at least 5% of staff (certified and non-certified) with current certification for CPR and training in the Heimlich maneuver.

**7. Social and Emotional School Climate**–*Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.*

- Adopt and implement evidence based bullying programs 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.
- Connect a literature lesson(s) that deals with conflict resolution, bullying, or problem solving.
- Provide conflict resolution strategies for students by using such programs such as Second Step or Good Behavior Game.
- Implement a strategy to address the overall school climate, such as learning to manage emotions using programs, such as Second Step or Empathy programs.
- Provide training for teachers on Social and Emotional Learning (SEL) [integration](#) into all classrooms
- Provide students with character education programs such as Character Counts or I CAN.
- Provide students with mental health wellness programs such as suicide prevention programs.
- Provide students with resiliency skills such as the recommendations from the American Psychological Association.
- Integrate Social and Emotional Learning (SEL) with other existing programs such as combining a lesson in math with personal problem solving.

- Establish yearly reviews of existing procedures for improvement.

**8. Employee Wellness-** *Fostering employees with physical and mental health can protect the school staff ensuring support to students' health and academic success.*

- Promote school district wellness program to staff, assuring administrative support and communication with staff about the program
- Offer voluntary health screenings annually to staff including free or low-cost health assessments
- Offer stress management programs annually to staff
- Offer staff accessible and free or low-cost physical activity programs
- Offer staff accessible and free or low-cost healthy eating/weight management programs
- Offer tobacco prevention or cessation referral, services, or program for staff
- Provide a private space, other than a restroom, that may be used to express breast milk and/or breastfeed
- Provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed
- Promote the district Employee Assistance Program for staff
- Offer immunization clinics (i.e. flu, MMR, etc.) to staff

**9. Family Engagement and Community Involvement-** *Families and school staff work together with the community to create and implement resources that support and improve learning, development, and health related activities for students.*

- 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
- Provide parent/guardian and community members education classes/seminars on computer literacy, job skills training, or literacy
- Offer tobacco prevention or cessation referral, services, or program for parents/guardians and community
- 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
- Allow access of indoor and outdoor physical activity facilities to students, their families, and the community outside of school hours
- Assure that parent/guardian, community members, student, and staff are involved in guiding policy within the school by participation on a school health committee or team (i.e., Safe School Committee, Wellness Committee Healthy and Fit School Advisory Committee, etc.)
- Interactive health fairs that include voluntary health screenings, immunizations and referrals
- Support school gardens or actively participate in community gardens by dedicating resources (i.e. fundraisers, volunteer time, containers, tools, etc)

**Category 10 – Community Resources (This section is NOT scored. It is for informational purposes only.)**

Are you familiar with the Whole School, Whole Community, Whole Child Model?  Yes  No

Would you like further information and resources regarding the Whole School, Whole Community, Whole Child Model?  Yes  No

(Follow up and technical assistance to those responding with a 'yes' will be provided by the OHIP School Health workgroup and Institute for Coordinated School Health. Follow up and technical assistance will include some or all of the following: Train the Trainer Workshops; Live or pre- recorded webinars; and/or Personal 1-on-1 training.)

See resource guide for more information- December your contact information will be given to the OHIP School Workgroup for more information on WSCC.