

Oklahoma Certified Healthy Schools Application

Name of School

of enrolled students: 1-200 201-400 401+

Grades Served: Pre-K() K() 1() 2() 3() 4() 5() 6()

7() 8() 9() 10() 11() 12()

Public Private Charter

Name of person completing application

School address:

City/zip:

Email:

Telephone:

Principal's name:

Principal's email:



1. Health Education: Please select all that apply to your school:

- Implement evidence-based health education curriculum Pre K-12 following National Health Education Standards; a minimum of once a week for one semester. Check all that apply:
 - Alcohol, tobacco, and drug prevention
 - Nutrition
 - Behavioral health
 - Oral health
 - HIV/STD prevention
 - Environmental health
 - Human growth and development
 - Bullying/Violence Prevention
 - Injury prevention and safety
- Evidence-based teen pregnancy prevention education
- Professional development related to health education curriculum
- Utilize Health Education Curriculum Analysis Tool to assess/evaluate health education curriculum
- Integrate health messages in other class subjects
- Provide culturally diverse health messages
- Active SWAT team (Students Working Against Tobacco)
- Active 2 Much 2 Lose Club (2M2L)
- Active SADD group (Students Against Destructive Decisions)

2. Physical Education: Please select all that apply to your school:

- Implement physical activity breaks during classroom time at a minimum of once a week (i.e., 10 minute stretch breaks)
- Discourage withholding PE/physical activity/recess as punishment
- Offer before or after school physical activity or active play (i.e., CATCH or SPARK)
- Physical Education programming follows National Association for Sport and Physical Education Guidelines: 150 minutes of physical activity/week for elementary school and 225 min./week for middle school/high school.
- Promote community sponsored physical activity opportunities

- Utilize FITNESSGRAM™ utilized for grades 4 - 12
- Utilize Physical Education Curriculum Analysis Tool for physical education curriculum
- Teacher/student ratio comparable to regular classroom size

3. Health Services: Please select all that apply to your school:

- Updated student health records including immunizations
- Asthma training for staff and students
- Diabetes training for staff and students
- District, school or consortia employs a full time RN
- Tobacco prevention or cessation program for students
- Provide educational opportunities for promoting and physical activity for individual, family & community health (voicemail alerts, flyers or other communication regarding communicable diseases, seasonal flu, hand washing, etc.)
- Identify and refer students with health problems affected by physical activity or nutrition to appropriate provider
- Referral for pregnant and parenting teens
- School based health clinic

4. Nutrition Services: Please select all that apply to your school:

- Implement a comprehensive nutrition policy to address snacks provided in the classroom; a la carte café menu items, healthy options in vending machines, and school stores sponsored by school/parent groups
- School fundraising promotes healthy foods or non food items (such as wrapping paper, shirts, and plants)
- School community garden
- Nutrition-related community services (food back-pack program for students)
- Strong partnership with food service suppliers to offer healthy food choices
- Participate in Oklahoma Farm to School and/or Farm to You program
- Utilize components of the CATCH or SPARK nutrition services program
- Nutritional information for cafeteria menu items is posted on cafeteria line
- Healthy menu items are displayed attractively, conveniently and well promoted

- Food service professional development for food service staff (i.e., techniques in food preparation, portion control and reducing sodium and fat)

5. Counseling, Psychological and Social Services: Please select all that apply to your school:

- Guidelines for identification, referral, and follow up of students needing social, emotional, behavioral or mental health services
- Individual and/or group assessments, interventions and counseling provided
- Identify and refer students who are victims or perpetrators of violence (i.e. screening)
- Identify and refer students with health problems affected by tobacco, alcohol or other drugs (i.e. screening)
- Identify and refer students with health/mental health problems affected by other issues (i.e. screening)
- Access to most current manual of crisis intervention services or specialists from your area
- Active peer mediation program
- Suicide prevention and awareness training for students, staff and parents/guardians
- Regularly assess student behavior by participating in student behavior surveys (i.e., Youth Risk Behavior Survey, Oklahoma Prevention Needs Assessment, Oklahoma Youth Tobacco Survey)
- Teen pregnancy counseling and referral
- Establish relationships between school and community resource for assessment and counseling services (i.e., after a student death, suicide threat, suicide attempt, or terrorist attack; child abuse or neglect, intimate partner violence, sexual assault, or other violence; trauma/violence at home, school, or community)

6. Healthy and Safe School Environment: Please select all that apply to your school:

- School building and surrounding area are free of any biological or chemical agents that are detrimental to health
- Healthy and Fit School Advisory Committee meets in excess of the required two times per year and documents meetings
- Safe Schools Committee meets in excess of the required two times per year and documents meetings
- Offer evidence-based substance abuse prevention strategies/practices
- Trained in FEMA Incident Command Systems:100.SCa for Schools
- In process of completing School Health Index (SHI) modules
- Automated External Defibrillator on site and AED trained staff on school site
- Active Safe Routes To School (SRTS) program (walking school buses, walk/bike to school)
- Implement Positive Behavioral Interventions (PBI) and support school-wide training
- Written crisis management protocols that address mental health crises (i.e., Suicide)
- Written bullying prevention policies and procedures available to parents
- Written school code/policies for cultivating safe and healthy school climate available to parents (i.e. fire

safety, weather safety, weapons, lock down, sexual assault)

- Gang awareness professional training for staff
- Written policies and enforcement of 24/7 tobacco, alcohol and drug free campus
- Active supervision by school staff to promote safety during school hours

7. Health Promotion for Staff: Please select all that apply to your school:

- Offer voluntary health screenings (weight, blood pressure, BMI, immunizations and flu vaccine)
- Annual stress management programs
- Physical activity opportunities available before/after school
- Nutrition education/weight management programs
- Tobacco cessation classes
- Conflict resolution training
- Suicide prevention training
- CPR/AED/First aid training
- Harassment and bullying training
- Employee Assistance Programs available for substance abuse

8. Family and Community Involvement: Please select all that apply to your school:

- Opportunities for parents and children to interact on school grounds (tutoring, breakfast/lunch time with parents, etc.)
- Joint land and facility use agreements between school and community
- Parent/guardian/community education classes/seminars on health related topics
- Parent/guardian/community education classes/seminars on reading literacy, computer literacy, and job skills training
- Parent/guardian/community education classes/seminars on nutrition/cooking
- Parent/guardian/community education classes/seminars on tobacco cessation
- Parent/guardian/community assist in development of school/community gardens
- Parent/guardian/community offered before/after school programs that address nutrition, physical activity or any other health related topic
- Parent/guardian and student involvement in guiding policy within the school (i.e., Healthy and Fit School Advisory Committee, Safety committee, or other)
- Gang related community resources available
- Healthy food options available at extracurricular activities
- Offer interactive health fairs that include voluntary health screenings and referrals
- Offer flu clinic and other immunization clinics

Please visit www.okturningpoint.org to find more detail application information and fill out the online application. Applications are due November 1. For questions or more information please contact Whitney Kemp at 405-271-9444 Ext 56433.

Be a Bright Spot—Become a Certified Healthy Community