

TSET Healthy Schools Incentive Grant Resources

24/7 Tobacco Free Policy – Inclusive of Electronic Cigarettes

For more information on 24/7 Policy or for an example of a 24/7 Policy that will meet the grant requirements contact Sharon Howard, TSET Health Schools Incentive Grant Program Manager. Email: sharonh@tset.ok.gov Phone 405-5216231 or Julie Dearing, Lead Program Consultant, Oklahoma State Department of Health, Email: JulieAD@health.ok.gov Phone 405-271-3619 Districts in Counties with TSET Communities of Excellence (CX) in Tobacco Grants can obtain 24/7 signage from their County Coordinator. For Districts that do not have a CX program in your county, signage can be obtained from the State Health Department on submission of your passed and approved 24/7 policy.

District Wellness Policy & Healthy Hunger Free Kids Act

In 2010, Congress passed the **Healthy, Hunger-Free Kids Act of 2010** (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

<http://www.cdc.gov/healthyyouth/npao/wellness.htm>

LEAs are encouraged to continue reviewing and assessing their local wellness policies and implementing the new requirements. LEAs will be held accountable for local school wellness policy implementation, assessment, and public updates. For more information from the USDA, please go to:

<http://teammnutrition.usda.gov/healthy/wellnesspolicy.html>

For Tools and Resources: [CDC - NPAO - Local School Wellness Policy - Adolescent and School Health](#)

For examples of Sample Model School Wellness Policy contact Sharon Howard, Email: sharonh@tset.ok.gov Phone 405-5216231

Oklahoma State Department of Education School Wellness Policy Model - <http://ok.gov/sde/sites/ok.gov.sde/files/CN-WellnessPolicyModel.pdf>

Evaluation Tool - <http://wellsat.org/>

Sample School Wellness Policy Parent Survey from Roanoke County Public Schools - https://files.nyu.edu/kep211/public/RCPSWellnessPolicy_survey_parent.pdf

Sample School Wellness Policy Student Survey from Roanoke County Public Schools -

https://files.nyu.edu/kep211/public/RCPSWellnessPolicy_survey_student.pdf

Alternatives to Food Rewards

<http://www.schoolnutrition.org/Content.aspx?id=7526>

http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food_As_Reward.pdf

http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf

Healthy School Snacks, Parties, and Celebrations

http://cspinet.org/new/pdf/healthy_school_celebrations.pdf

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf

<http://www.swcs.us/Home/FoodService/HealthyCelebrationsatSchool.pdf>

http://www.tn.gov/education/schoolhealth/data_reports/doc/Gibson_Co_Healthier_Gen.pdf

http://cspinet.org/nutritionpolicy/healthy_school_snacks.html

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Foods of Minimal Nutritional Value Fact Sheet - <http://ok.gov/sde/sites/ok.gov.sde/files/CN-FactSheet.pdf>

Adequate time to Consume Meals

http://www.ashaweb.org/files/public/Resolutions/ASHA_Supports_Appropriate_Timing_of_School_Meals.pdf
<http://www.nationalguidelines.org/guideline.cfm?guideNum=5-07>

Water Access in Schools – Please Note this is a Federal requirement under the Healthy, Hunger-Free Kids Act of 2010 during mealtimes

Water Access in Schools Model Policy <http://changelabsolutions.org/publications/wellness-policy-water>

Training and support for Food Service Personnel

<http://fnic.nal.usda.gov/>
http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php

Healthy Eating Behaviors

Guidelines for School Programs to Promote Lifelong Healthy Eating <http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>

Farm to School Program

<http://www.okfarmtoschool.com/>

School Gardens

Integrating School Gardens into School Wellness Policy <http://www.wiclearinghouse.org/uploads/8/6/2/2/8622832/schoolwellnesspolicytoolkit.pdf>

Shared or Joint Use Policy

<http://fitkidsok.org/wp-content/uploads/2012/09/Oklahoma-Tool-Kit-.pdf>
[about joint use](#) | [joint use](#)

Quality Physical Activity During the School Day

National Association for Sport and Physical Education - This site has links to physical activity idea during small amounts of time and used by classroom teachers

<http://www.aahperd.org/naspe/publications/teachingtools/upload/pa-during-school-day.pdf>

Let' Move Active Schools - <http://letsmoveschools.org/>

Just a Minute School Program <http://www.jamschoolprogram.com/>

Proper Equipment and Facilities

http://www.tahperd.org/LINKS/SUB_LINKS/RESOURCES/resources_pdf/NASPE_Guidelines_Elem_Facilities.pdf

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Health Education

National Health Education Standards <http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>

Oklahoma PASS Health/Safety Standards <http://ok.gov/sde/sites/ok.gov.sde/files/C3%20PASS%20PE.pdf>

While Oklahoma has not released Common Core Standards for Health yet, this example is from New York Department of Education. Health Education lessons fit easily into Common Core Curriculum <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

Oklahoma State Department of Education has links to free Nutrition Education Materials - <http://ok.gov/sde/child-nutrition-links-resources>

Oklahoma Ag in the Classroom offers free Professional Development training and Lessons Plans for all grade levels that align with the latest Oklahoma Academic Standards - <http://www.agweb.okstate.edu/fourh/aitc/>

For Districts in the Mercy or St. Francis Hospital coverage area, HealthTeacher is an online resource of health education tools including lessons, interactive presentations and additional resources to integrate into any classroom. Lessons are grade-specific, comprehensive and aligned with the National Health Education Standards Contact Lucas.hobbs@healthteacher.com or Kristi.hensley@healthteacher.com

Coordinated School Health

<http://www.cdc.gov/healthyyouth/cshp/schools.htm>

Sample Policy on School Health

http://mhttp://michigan.gov/documents/Health_Education_Policy_final_94135_7.pdffichigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

University of Central Oklahoma Institute for Coordinated School Health Contact Rachelle Franz at 405-974-3414 Email rfranz@uso.edu

Safe, Healthy, Fit Advisory or Wellness Committee

Suggested Members could include: Principal or Assistant Principal, PE Teacher, Health Education Teacher, Classroom Teacher, Students, School Nutrition Services Manager, Athletic Coach, School Counselor, School Nurse, Resource Officer, Custodian, Facility & Maintenance Staff, Parents, Local Health Practitioners, Local Health Department Representative, Local Hospital Representative, Local Agencies or Organizations (United Way, Red Cross etc.), Local Business Representative, Mental Health Professional, Faith –based Representative, etc. Remember to identify a coordinator for the Advisory or Committee.

USDA Guidelines for Competitive Foods

Press Release - <http://www.usda.gov/wps/portal/usda/usdahome?contentid=2013/06/0134.xml>

USDA Food and Nutrition Service Smart Snacks in School- <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf>

Technical Assistance and Guidance Materials - <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

Smart Snacks in Schools Standards - http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf

Alliance for a Healthier Generation Competitive Foods and Beverage Toolkit - https://schools.healthiergeneration.org/_asset/6b1di5/08-433_CFToolkit.pdf

California School Food Standards Calculator <http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>

New Hampshire Tool Kit - <http://www.dhhs.nh.gov/dphs/nhp/children/documents/schoolfoodstoolkit.pdf>

A list of Acceptable Vending Items Listed by Product and Manufacturer. Please note this list is from the John Stalker Institute and was compiled for Massachusetts Schools and does have brands not available in Oklahoma <http://www.johnstalkerinstitute.org/alist/alist.pdf>

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Healthy Fundraising – [cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

<http://www.cspinet.org/nutritionpolicy/fundraiserfactsheet.pdf>

<http://www.cspinet.org/new/pdf/schoolfundraising.pdf>

Additional Resources

CDC School Health Index - [CDC - SHI - School Health Index - Adolescent and School Health](http://www.cdc.gov/SHI)

Health Education Curriculum Analysis Tool (HECAT) – <http://www.cdc.gov/HealthyYouth/HECAT/>

Physical Education Curriculum Analysis Tool (PECAT) - [CDC - PECAT - Physical Education Curriculum Analysis Tool - Adolescent and School Health](http://www.cdc.gov/PhysicalEducation/PECAT/)

Alliance for a Healthier Generation Healthy Schools Program <https://schools.healthiergeneration.org/>

Alliance for a Healthier Generation School Wellness Council Toolkit - https://schools.healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf

School Wellness Toolkit - <http://lphi.org/CMSuploads/School-Wellness-Toolkit-82802.pdf>

Promoting Healthy Youth, Schools, and Communities A Guide to Community-School Health Councils

<http://www.cancer.org/acs/groups/content/@nho/documents/document/guidetocommunityschoolhealthcou.pdf>

Parents in Action [http://www.californiaprojectclean.org/docuserfiles/parentsinaction_web\(1\).pdf](http://www.californiaprojectclean.org/docuserfiles/parentsinaction_web(1).pdf)

Successful Monitoring of Wellness Policies [http://www.marylandpublicschools.org/NR/rdonlyres/7C62B6EE-4733-48A4-B1D6-](http://www.marylandpublicschools.org/NR/rdonlyres/7C62B6EE-4733-48A4-B1D6-CDD8F908E887/20562/Section_2_Successful_Monitoring.pdf)

[CDD8F908E887/20562/Section_2_Successful_Monitoring.pdf](http://www.marylandpublicschools.org/NR/rdonlyres/7C62B6EE-4733-48A4-B1D6-CDD8F908E887/20562/Section_2_Successful_Monitoring.pdf)

Healthy Vending - Check with your vending contractor about healthy vending options or search the internet for local companies that offer healthy vending choices, some vendors will provide product sampling events. Now is a great time to renegotiate your contract -

http://changelabsolutions.org/sites/default/files/DistPlcy_HealthyVending_FINAL.pdf

Organizations

Alliance for a Healthier Generation Healthy Schools Program - <https://www.healthiergeneration.org/> Michelle Carlton Manager for Oklahoma
michelle.carlton@healthiergeneration.org 918-520-5429

Lets Move! - <http://www.letsmove.gov/>

Stand for Children - <http://standleadershipcenter.org/> Martin Ramirez mramirez@stand.org 405-626-1700

Schools for Healthy Lifestyles - <http://www.healthyschoolsok.org/>

Action for Healthy Kids - [Action for Healthy Kids](http://www.actionforhealthykids.org/)

Oklahoma Institute for Child Advocacy - <http://oica.org/>

Fuel Up to Play 60 - <http://www.fueluptoplay60.com/>

American Alliance for Health, Physical Education - <http://www.aahperd.org/>

School Health Index Training contact Ericka Williams, Oklahoma State Department of Health Erickw@health.ok.gov