

TSET Healthy School Incentive Grant Criteria 2021

	One Star Criteria	Documentation
	Whole School, Whole Community, Whole Child	
	<p>The School will incorporate the Whole School, Whole Community, Whole Child (WSCC) model as a framework for improving students learning and health in school. This model combines and builds on elements of the traditional Coordinated School Health approach from the Centers for Disease Control and Prevention and the Whole Child framework by the ASCD. Whole School, Whole Community, Whole Child</p>	The School Wellness Committee/Council members are to be familiar with the WSCC model and use the framework to help integrate health and learning at school.
	Safe & Healthy Schools	
1	The school has an active Safe, Healthy & Fit Advisory or Wellness Committee/Council that has met at least twice in the last 12 months . (Small districts with 3 or less schools may have one joint committee) The Committee should include parents and students (Upper Elementary, Middle & High School) and the committee will be tasked with supporting the school in developing a healthier school environment. Suggested activities include completing a school health assessment (CDC's School Health Index). Committee members can include: Parents, students, Child Nutrition staff, PE teachers, school health professionals, school administrator, public health organization representatives, local government representatives and the general public.	Upload 2 sign-in rosters that include: date, member's present, and title.
2	The District Wellness Policy is made available to parents and the public. USDA Requirement	Provide documentation on the availability and location of the policy (i.e., Link to policy on district website or information about where policy can be found)
3	The district has designated someone at the school site to take the lead to ensure compliance with the wellness policy. USDA Requirement	List Designated School Site Staff Person by name and title
4	The school will notify parents and the community about the content and implementation as well as any changes to the wellness policy. USDA Requirement (e.g., link to wellness policy on District Website, published in local newspaper or in information sent home to families, Social Media, District messaging system, etc.)	Describe how your school notifies parents and the community about the District Wellness Policy
	24/7 Tobacco Free Environment	
5	School displays signage at entrances to school property, communicates and enforces 24/7 Tobacco Free Policy including use of electronic cigarettes or any other product or device packaged for smoking or the simulation of smoking on all school property. The enforcement applies to all employees, students, visitors and any other person on school	Yes No

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	property. This enforcement applies to all off-campus school-sponsored or school sanctioned events and to school vehicles at all times and personal vehicles while on school property. The school will not accept any donations or services that are funded by the tobacco industry	
6	School actively promotes the Oklahoma Tobacco Helpline to faculty, staff, students and parents. Oklahoma Helpline Promotional Materials (e.g. Link to the helpline on the school website, post information on staff and front lobby bulletin boards)	Describe how your school promoting the Oklahoma Tobacco Helpline
Physical Environment/Building Safety		
	Written Emergency Operation Plan includes recovery elements addressing prevention, preparation, mitigation, recovery and response (e.g. Pandemic Plan, Crisis Plan)	Yes No
School Meal Requirements		
7	The Child Nutrition Program serves reimbursable meals that meet the United States Department of Agriculture’s (USDA) requirements and follow the Dietary Guidelines for Americans	Is your school’s Child Nutrition Program following the USDA requirements? Yes No
8	<p>School meals are:</p> <ul style="list-style-type: none"> • Accessible, appealing, and attractive to students • School meals are served in a clean, pleasant, and supervised setting • High in fiber, free of added trans fats, and low in added fats, sugar, and sodium • Respectful of cultural diversity and religious preferences • Reviewed by a registered dietitian or certified nutrition professional or based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box) <p>The school will also:</p> <ul style="list-style-type: none"> • Encourage students to start the day with a healthy breakfast • Provide Breakfast through the USDA Breakfast Program 	Yes No
10	<p>The School will:</p> <ul style="list-style-type: none"> • Promote activities to involve students and parents in the School Lunch Program. USDA requirement (e.g. Cafeteria tours on back to school night or open house, host an invite your parent to lunch day, bulletin board, newsletter about the importance of school meals, engage students –make it “cool to eat at school” etc.) 	Yes No

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	<ul style="list-style-type: none"> • Inform families about the availability of school breakfast and provide breakfast through the USDA School Breakfast Program (if No please explain) • Inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session • Post nutrition information on the nutritional content of school meals • Make applications for reimbursable meal programs available to families at the beginning and throughout the school year If no to any of these requirements please provide an explanation 	
Water		
11	<p>Clean drinking water is provided at no charge throughout the school day</p> <ul style="list-style-type: none"> • Students will be provided cups or access to a water fountain in places where meals and snacks are served • Students are allowed to bring water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle to prevent spills • All water sources and containers are maintained on a regular basis to ensure good hygiene standards 	Yes No
Adequate time for Meals		
	Students are provided sufficient lunch periods that are long enough to give all students adequate time to be served and eat their lunches	How much time are students allowed for lunch from the time they are seated?
Competitive Foods and Beverages		
	All competitive foods and beverages sold to students during the school day meets or exceeds the USDA's Smart Snacks Standards (Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day e.g., in vending machines or school stores). USDA requirement. Note: This does not include Fundraisers held during the school day that the school has a valid exemption for.	Does your school only sell snacks that meet the USDA Smart Snacks in School Standards, with the exception of approved fundraisers that are not held during meal service times? Yes No
Other Foods Provided at School		
	No more than three times a year are students provided (not sold) foods and beverages (for classroom birthdays, parties, and school celebrations) that do not meet the Smart Snacks Standards Exception will be made for schools participating in monthly birthday celebrations that are only held for students that are celebrating a birthday that month	Provide a list of designated party and celebration days.

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	The school provides parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and after-school programs (including celebrations)	Yes No
Fundraising During the School Day		
	When fundraising during the school day, no more than 2 exempted Fundraisers (or 28 exempted Fundraising days). This includes PTA, Student Clubs & Organizations, Athletic and Fine Arts Programs. Food items that do not meet the Smart Snack Standards are not allowed to be sold during meal service times. USDA requirement	Provide Name of fundraiser coordinator and provide a list of exempted fundraisers and the number of days for each fundraiser.
	The school encourages fundraisers that do not sell food and or/promote physical activity	Yes No
Fundraising Outside the School Day (After-School Concessions and Fundraisers)		
	At least 20% of Foods and beverages offered at after-school concessions meet Smart Snack Guidelines (sporting events, fine arts programs, etc.)	At least 20% of foods and beverages meet the Smart Snack Guidelines. Yes No
	At least 25% of all after school fundraisers are non-food fundraisers or promote physical activity.	Provide a list of School & School Organization fundraisers.
Nutrition Education		
	Nutrition education is provided in all grades and is integrated into the core curriculum to provide students the knowledge and skills necessary for lifelong healthy eating behaviors. USDA Requirement	Describe two examples of a grade level lesson plan on nutrition education
	<p>Nutrition Education will Include education on:</p> <ul style="list-style-type: none"> • What it means to eat healthy • Consume the proper nutrients, and maintain a wholesome and balanced diet • How to read food labels • Understand the problems associated with unhealthy food marketing. <p>Additionally Nutrition Education will:</p> <ul style="list-style-type: none"> • Comply with state learning objectives and standards • Provide opportunities for students to practice and apply the skills and knowledge taught in the classroom • Provide nutrition education to staff • Be promoted to families and the community (class, school event, school newsletter, school menu nutrition tips, etc.) 	Yes No

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Rewards and Punishment	
Food, beverages and candy will not be used to reward or punish academic performance or student behavior.	Yes No
Nutrition and Healthy Food Promotion	
<p>The School will promote healthy food and beverage choices and appropriate portion sizes by doing all of the following:</p> <ul style="list-style-type: none"> • Exhibit posters, signs, or other displays on campus that promote healthy nutrition choices • Provide age-appropriate activities such as contests, food demonstrations, and taste-testing that promote healthy eating habits. See resource guide for additional ideas • Offer information to encourage families to teach their children about nutrition and healthy eating behaviors • School staff is encouraged to display healthy eating habits and physical activity choices to students (e.g. eating with students during meal times, consuming only healthy snacks, meals, and beverages in front of students, sharing positive experiences with physical activity, etc.) 	Yes No
Food and Beverage Marketing	
<p>Only foods and beverages that meet the USDA’s Smart Snacks standards are marketed in schools. USDA Requirement, Important Note: If you have a vending machine that features items such as: Coke or Pepsi, you can request the company that holds the beverage contract to change the “skins” on the machines. If machines are owned by the school and are too old to be updated, machines are to be covered with craft paper or other materials to cover advertising. Marketing includes the following:</p> <ul style="list-style-type: none"> • Advertising on any property or facility owned or leased by the school district or school and used at any time for school-related activities (including school buildings, athletic fields, parking lots, school buses, vending machines, scoreboards, uniforms, educational materials, and supplies). • Coupons, discounts, and corporate incentive programs that reward students (e.g., when they reach certain academic goals) with free or discounted items. Such rewards may not include foods or beverages that fail to satisfy the USDA’s Smart Snacks standards. • Corporate-sponsored programs that provide funds to schools in exchange for 	Yes No

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	<p>consumer purchases of certain items. Programs involving purchase of foods and beverages that do not meet the USDA's Smart Snacks standards are not permitted. If the non-compliant advertising is a permanent feature of a permanent fixture (e.g., a scoreboard), such advertising can remain until the permanent fixture is removed</p>	
	Child Nutrition Staff Qualifications and Training	
	<p>The School will require all personnel in the school nutrition programs to complete annual continuing education and training.</p> <ul style="list-style-type: none"> • Receive training in basic nutrition, nutrition education, safe food preparation, and nutrition standards for healthy meals and snacks. • Organize and participate in educational activities that support healthy eating behaviors and food safety. 	Provide date(s) training title and trainer name
	Farm to School	
	<p>Farm to School is a program through which schools buy and feature locally (from within the State of Oklahoma) produced, farm-fresh foods such as fruits and vegetables, eggs, milk, honey, meat, and beans. Child Nutrition Programs can purchase products through the normal food procurement process, through the DOD program, or through the districts food distribution partners.</p> <ul style="list-style-type: none"> • School has a school garden or participates in plant growing activities • School incorporates local products into the school meal program • Classes are encouraged to take field trips to local farms • As part of their education, students learn about agriculture and nutrition 	Yes No
	Physical Activity	
	<p>The school encourages all students to participate in 60 minutes of physical activity each day, through physical education, exercise programs, after-school activities or athletics, fitness breaks, recess, classroom activities, or encouragement for students to participate in physical activity at home.</p> <p>The school can encourage student participation by hosting before, during or after school activities or clubs, announcements encouraging activity, newsletters, sharing information about community physical activity events, etc.</p>	Describe how your school is encouraging students to get 60 minutes of physical activity each day.
	Recess and Physical Activity Breaks	
	Elementary students (K– 5) are provided at least 20 minutes of recess during the school day (not including PE time)	Yes No NA

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	The school will develop indoor recess guidelines to ensure elementary students can have adequate physical activity on days when recess must be held indoors. See resource guide for Recess Planning Template	Yes No NA
	The school incorporates physical activity into the curriculum to allow students short breaks throughout the day to let them stretch, move around, and break up the time spent sitting. These activity breaks may take place during and/or between classroom time.	Describe two examples of how your school implements physical activity breaks.
	Faculty will receive training on how to integrate physical activity into the curriculum. The training may be conducted by the school’s physical education faculty or through staff development training.	Provide date(s) training title and trainer name
Physical Education		
	The school has a comprehensive, standards-based PE curriculum for each grade level. SB 1876	Yes No
	Schools will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE	Yes No
	Elementary students (K -5) participate in at least 60 minutes of PE per week SB 321	Yes No NA
	Elementary students (K – 5) participate in an additional 60 minutes of physical activity each week. This may include, but is not limited to: physical education, exercise programs, fitness breaks, recess, classroom activities, and wellness and nutrition education. SB 1186	Yes No NA
	Students are engaged in moderate to vigorous physical activity at least 50% of PE class time. SB 1876	Yes No
	During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games and that PE classes and equipment afford all students and equal opportunity to participate in PE	Yes No
	Middle and high school students (6 – 12) that participate in PE will participate in at least 225 minutes of PE throughout the (block, semester, year)	Yes No NA
	PE Classes are encouraged to have a teacher/student ratio comparable to core subject classroom size	Yes No
Teacher Qualifications, Training, and Involvement		
	Faculty will receive training on how to integrate physical activity into the curriculum. The training may be conducted by the school’s physical education faculty or through staff development training.	Yes No

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	School will allow teachers the opportunity to participate in or lead physical activities throughout the school day	Yes No
	PE classes are encouraged to be taught by licensed teachers who are certified or endorsed to teach PE	Yes No
	Punishment and Rewards	
	Physical activity opportunities are not used or withheld as a punishment (<u>students do not miss recess or PE for behavior or to make up assignments</u>) <i>Please note that this does not apply to participation on sports teams that have specific academic requirements. Students in ISS may be offered an alternative activity.</i>	Yes No
	The school provides a list of alternative ways for teachers and staff to discipline students. For recommendations see Resource Guide	Yes No
	The school will strongly encourage teachers to use physical activity (e.g., extra recess, or classroom activity) as a reward	Yes No
	Grounds, Facilities, and Equipment	
	The school will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs	Yes No
	Community Use of Recreational Facilities	
	The school will encourage staff, students and their families to participate in physical activity outside of the school day, by allowing use of school recreational facilities (e.g. Playground, walking track, etc.) Use should be consistent with district policy regarding the use of school facilities during non-school hours.	Describe how your school provides community use of recreational facilities outside of the school day
	Active Transportation	
	<p>The school will:</p> <ul style="list-style-type: none"> • Encourage students and their families to walk and bike to and from school. For schools where it is not safe to encourage walking or biking list alternative examples of how the school encourage students to be physically active. • Consult with local officials to find the safest or preferred routes to school and share the information with parents. • The school will promote National and International Walk and/or Bike to School Day See Resource Guide • Provide bike racks or safe bike storage • Encourage parents to supervise groups of children who walk or bike together to and from school (Walking School Bus) 	Describe how your school encourages active transportation or alternative physical activity

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After-School Childcare Programs	
<p>After-school programing will:</p> <ul style="list-style-type: none"> • Utilize outdoor space for physical activity as much as possible each day (weather permitting and with appropriate protection from the elements) • Require 20%, or at least 30 minutes (whichever is more) of program time to be dedicated to physical activity, which includes a mixture of moderate to vigorous physical activity. • Provide equal opportunities for children and youth with disabilities to be physically active • Encourage staff to join children and youth in physical activity whenever possible • Limit screen time to less than 60 minutes per day to be used only for homework and other educational or physical activity purposes 	<p>Yes No NA</p>
Activities that Promote School Wellness	
<p>School is participating in activities to promote school wellness (e.g. Health & Wellness information in newsletters, taste testing's, backpack program, family activity nights, non-food rewards. Wellness activities can be student, staff or community activities etc.)</p>	<p>Describe one activity that your school site is participating in to promote school wellness</p>
<p>The school is currently a Certified Healthy School. If the school is not currently Certified ,the school will apply through the Certified Healthy Oklahoma Program during the next application cycle, August 1st – November 1st http://certifiedhealthyok.com/</p>	<p>Yes No If No - Date School intends to apply</p>
Staff Wellness	
<p>The school will:</p> <ul style="list-style-type: none"> • Ensure that healthy options are available at all staff meetings, trainings, special occasions (e.g. birthdays and retirement parties), and other workplace gatherings • Provide employees with access to a refrigerator, microwave, and sink • Partner with community organizations or host staff activities for free or low-cost healthy eating/weight management programs • Promote walking meetings • School encourages 10- minute physical activity breaks into every hour of sedentary meetings • Allow school staff access to on-campus athletic facilities 	<p>Tell us about how your school is promoting staff wellness and about the programs your faculty and staff are participating in. Tell us about your challenges.</p>

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	<ul style="list-style-type: none"> • Promote employee participation in physical activity by creating exercise clubs or groups • Promote stairwell use, if applicable • Use posters, pamphlets, and other forms of communication to promote physical activity • Provide information about local physical activity resources and facilities, such as walking trails, community parks, and recreation facilities • Partner with community organizations or agencies to offer voluntary health screenings to staff, including free or low-cost health assessments • Partner with community organizations or agencies to provide stress management programs to staff *Note free resource Thrive.ok.gov is the Oklahoma Employees Well-being Program for state and education employees • Provide access to a private space (other than a restroom) that has an electrical outlet, to allow nursing mothers the opportunity to express breast milk and/or breastfeed • Partner with community organizations or agencies to offer immunization clinics (e.g., flu, Tdap, etc.) • Provide or partner with community organizations or agencies to offer free or low-cost first aid and CPR training 	
Professional Development		
	<p>Provide staff with educational resources and annual training in health and health-related topics. Training can be conducted by school or outside agency/organization staff. A link to CDC Training Tools for Healthy Schools Professional Development is included in the Resource Guide</p>	<p>Provide date(s) training title and trainer name</p>
Community Involvement		
<p>x</p>	<p>The School will:</p> <ul style="list-style-type: none"> • Allow parents, students and community members to serve on the wellness committee and participate in development of school wellness activities • Notify parents about the wellness committee and provide updates of activities (e.g. Social Media, school newsletter, school website, etc.) • Ensure that outreach and communication is culturally appropriate 	<p>Describe how your school involves parents and the community to participate in the wellness committee and notifies parents about updates and activities</p>

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Wellness Policy Implementation and Revisions		
	USDA requires Districts to measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the policy’s goals.	Describe how your school is evaluating and implementing the wellness policy. (e.g. Completing the TSET Healthy Living Program Policy and Practice Tool, WellSat, utilizing an assessment tool such as School Health Index, etc.)
	Recommendations for District	List recommendations your school will provide to the district on implementation and policy goals.

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	Two Star Level	
	School Meets All One Star Criteria	
	School must complete and submit One Star Application prior to beginning the Two Star Application	
	Have you completed and submitted a One-Sar application	Yes No If no, please complete and submit One Star application prior to beginning Two Star. Unless your school site has previously been awarded One Star Grant Funding.
	Safe & Healthy Schools	
	The Safe, Healthy & Fit Advisory or Wellness Committee/Council that has meet at least three times in the last 12 months	Upload an additional sign-in sheet and minutes
	<p>The School Committee has completed the required modules using an online self-assessment using one of the following school assessment tools. There are separate versions for Elementary schools and for Middle/High Schools, please use the version that is most appropriate for the majority of your students</p> <ul style="list-style-type: none"> ○ Center for Disease & Control and Prevention (CDC) School Health Index ○ Action for Healthy Kids abbreviated version of the CDC’s School Health Index ○ Alliance for a Healthier Generation School Health Index) <p>Assessments completed within the last 24 months will be accepted. Action for Healthy Kids and Alliance for a Healthier Generation both have excellent resources and materials available for schools. Their programs are free but do require schools to sign up to make the most of their resources.</p> <p style="text-align: center;">Required Modules</p> <ul style="list-style-type: none"> ● School Health and Safety Policies and Environment ● Health Education ● Physical Education and Physical Activity Programs ● Nutrition Environment and Services ● Employee Wellness and Health Promotion 	Upload your schools completed score cards for each module and include at least two action plans your school is implementing.
	Nutrition Services & Environment	
	School offers school meals (breakfast and lunch) programs that are fully accessible to all students	Yes No

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	School food service consistently follows practices that ensure healthier foods are purchased and prepared for service	Yes No
	The school participates in at least 6 Smarter Lunchroom techniques. See Resource Guide	Describe how your school is implementing the Smarter Lunchroom techniques
	Venues offering food outside of the cafeteria (vending machines, school stores, snack bars, etc.) offer fruits and non-fried vegetables	Yes No
	The school will collaborate 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	Yes No
	Adequate time for Meals	
	All students are given a minimum of ten minutes to eat breakfast and twenty minutes to eat lunch, from the time they are seated	Yes No
	Other Foods Provided at School	
	No more than two times a year are students provided (not sold) foods and beverages (for classroom birthdays, parties, and school celebrations) that do not meet the Smart Snacks Standards Exception will be made for schools participating in monthly birthday celebrations that are only held for students that are celebrating a birthday that month	List party or celebration days
	Fundraising	
	When fundraising on campus during the school day - only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standard will be permitted (No exemptions allowed)	Yes No
	Fundraising activities will not promote any particular food brands	Yes No
	Fundraising Outside the School Day (After-School Concessions and Fundraisers)	
	At least 25% of Foods and beverages offered at after-school concessions meet Smart Snack Guidelines (sporting events, fine arts programs, etc.)	List items that meet the Smart Snack Standards that are available for purchase
	At least 50% of all after school fundraisers are non-food fundraisers or promote physical activity.	List non-food and physical activity fundraisers
	Farm to School Activities	
	Farm to School is a program through which schools buy and feature locally (from with-in the State of Oklahoma) produced, farm-fresh foods such as fruits and vegetables, eggs, milk, honey, meat, and beans. Child Nutrition Programs can purchase products through the normal food procurement process, through the DOD program, or through the district's food distribution partners.	

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	School participates in at least three Farm to School Activities. See resource guide for examples of how schools can highlight Oklahoma grown or produced products	Describe activities
	Physical Activity	
	Elementary schools will ensure that all students K – 5 th participate in a minimum of 60 minutes of physical activity each day	Yes No NA
	Students in PE participate in moderately to vigorous activity more than 50% of the time	Yes No
	PE classes will be taught by licensed teachers who are certified or endorsed to teach PE	Yes No If No Please Explain
	Other Activities that Promote School Wellness	
	School is participating in activities to promote school wellness. Wellness activities can be student, staff or community activities (e.g. Health & Wellness information in newsletters, taste testing's, backpack program, family activity nights, non-food rewards, etc.)	List two school wellness activities your school has participated in (3 Total)
	Staff Wellness	
	Ensure that at least 25% or more of the foods and beverages available at staff meetings, trainings, special occasions and other workplace gatherings will meet the Smart Snacks standards for healthy snacks or entrees	Yes No
	At least 25% or more of the foods and beverages available for sell to faculty and staff in breakrooms or lounges will meet the Smart Snacks standards. If your school does not have vending machines, consider starting a Healthy Pantry at your school site. A link to the Thrive Oklahoma Employee Wellbeing Healthy Pantry Toolkit is included in the Resource Guide	Yes No
	Family Engagement	
	<p>The School will:</p> <ul style="list-style-type: none"> • Provide opportunities for families to be involved in school decision-making for health and safety policies and programs • Implement a formal process to recruit, train, and involve family members as volunteers • Support school gardens or actively participate in community gardens by contributing resources • Provide all school staff with annual professional development on strategies for family engagement on ways to assist parents seeking services related to student health and mental health 	Yes No

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Community Involvement		
	<p>The School will:</p> <ul style="list-style-type: none"> • Connect students and families to physical activity opportunities in the community (e.g. sending home flyers, website, newsletters) • Implement a formal process to recruit, train and involve community members as volunteers • Include community members on school decision-making on health and safety policies and programs (not school board members) 	<p>Yes No</p>
	<p>School supports active youth engagement programs such as: Student Wellness Team, Students Against Destructive Decisions (SADD), Students Working Against Tobacco (SWAT), FCCLA, Student Council, Youth in Government, Scouting Programs, Peer Mediation. Required for secondary schools, Age appropriate programs encouraged for elementary schools</p>	<p>Yes No N/A</p> <p>Provide list of youth engagement programs if applicable</p>

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	Three Star Level	
	School Meets All One Star and Two Star Criteria	
	School must complete and submit One Star and Two Star Applications prior to beginning the Three Star Application	
	Have you completed and submitted a One Star and a Two Star application	Yes No If no, please complete and submit One Star and Two Star applications prior to beginning the Three Star application
	Safe & Healthy Schools	
	The Safe, Healthy & Fit Advisory or Wellness Committee/Council that has meet at least four times in the last 12 months	Upload an additional sign-in sheet and minutes
	School Health Index	
	<p>The School Committee has completed the remaining modules of the School Health Index using an online self-assessment using one of the following school assessment tools. There are separate versions for Elementary schools and for Middle/High Schools, please use the version that is most appropriate for the majority of your students</p> <ul style="list-style-type: none"> ○ Center for Disease & Control and Prevention (CDC) School Health Index ○ Action for Healthy Kids abbreviated version of the CDC’s School Health Index ○ Alliance for a Healthier Generation School Health Index) <p style="padding-left: 40px;">Assessments completed within the last 24 months will be accepted.</p> <p>Action for Healthy Kids and Alliance for a Healthier Generation both have excellent resources and materials available for schools. Their programs are free but do require schools to sign up to make the most of their resources.</p> <p style="text-align: center;">Required Modules</p> <ul style="list-style-type: none"> ● School Health Services ● School Counseling, Psychological and Social Services ● Social and Emotional Climate ● Physical Environment ● Family Engagement ● Community Involvement 	Submit completed score cards

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	School's wellness goals are integrated into the overall School Improvement Plan	Discuss which wellness goals have been integrated into the School Improvement plan and progress on implementing goals
	School utilizes the Wellness Committee/Council to address Chronic Absenteeism. Staff members that serve on the school wellness team are in a unique position to be able to help address chronic absenteeism and offer suggestions and interventions for those students who are consistently missing 10% or 2 or more days of school a month	School wellness committee/council will identify ways they can help reduce chronic absenteeism at your school
	Physical Environment/Building Safety	
	25% of staff hold current certification for CPR and training in the Heimlich maneuver and at least 50% of all school staff have attended and completed a crisis prevention and response training	Yes No
	Nutrition and Environment	
	School has explored breakfast options to increase student participation in the breakfast program (universal free breakfast, breakfast after the bell, Grab and Go breakfast, breakfast in the classroom or second chance breakfast)	Yes No
	The school participates in at least 12 Smarter Lunchroom techniques. See resource guide	Describe 6 additional ways your school is implementing Smarter Lunchroom techniques
	Child Nutrition Staff Qualifications and Training	
	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	Yes No
	Other Foods Provided At School	
	Only foods and beverages that meet the Smart Snack standards are to be served to students during the school day. Exception will be made for schools participating in monthly birthday celebrations that are only held for students that are celebrating a birthday that month.	Yes No
	Fundraising Outside the School Day (After-School Concessions and Fundraisers)	
	At least 50% of foods and beverages offered at after-school concessions, meet the USDA's Smart Snacks standards	School site assures that at least 50% of food and beverages items available for sell at after School Concessions meet the USDA Smart Snack Standards. Yes No

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		Yes No
	All after school & school group or organization fundraisers are non-food fundraisers or promote physical activity.	List all fundraisers the school and school groups or organizations participate in
	Farm to School Activities	
	School participates in at least six additional Farm to School Activities. See Resource Guide for examples of how schools can highlight Oklahoma grown or produced products	List six additional Farm to School activities
	PE and Physical Activity	
	Elementary Schools (K– 5) hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.	Yes No NA
	School provides opportunities for all students to engage in weekly physical activity during the day whether in or out of the physical education class: <ul style="list-style-type: none"> • Elementary School; Provides at least 150 minutes in the form of physical education, exercise programs, classroom brain breaks, or recess • Secondary School; Provides at least 225 minutes in the form of physical education, exercise programs, activity clubs, or athletics 	Yes No
	PE Classes will have a teacher/student ratio comparable to core subject classroom size	
	Physical education teachers participate at least once a year in professional development for physical education	Yes No
	Individual physical activity plans are developed and implemented for students that are aligned with the Oklahoma Academic Standards for Physical Education	Yes No
	School offers before &/or after school physical activity opportunities outside of the school athletic programs through organized physical activities such as clubs, intramural sports, or before or after school physical activity programs. The school will ensure the programs align with the National Afterschool Association’s Healthy Eating and Physical Activity (HEPA) Standards for out-of-school time.	List the programs or opportunities your school participates in
	Activities that Promote School Wellness	
	School is participating in activities to promote school wellness (e.g. Health & Wellness information in newsletters, taste testing’s, backpack program, family activity nights, non-food rewards. Wellness activities can be student, staff or community activities etc.)	Describe two additional activities (5 total)

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Employee Wellness		
Ensure that at least 50 % or more of the foods and beverages available at staff meetings, trainings, special occasions and other workplace gatherings will meet the Smart Snacks standards for healthy snacks or entrees.	Yes	No
Incorporate 10-minute physical activity breaks into every hour of sedentary meetings	Yes	No
School implements a breastfeeding policy that includes work schedule flexibility, including breaks and work patterns to provide time for expression of milk and a private location (other than a restroom). Ideally, refrigeration for safe storage of expressed milk is also provided.	Yes	No
Staff members have access to health education and health-promoting activities that focus on skill development and behavior change and that are tailored to their needs and interests	Yes	No
Communicate with staff about the district and school site wellness programs and initiatives. School site shares the www.Thrive.OK.Gov newsletter with faculty and staff on a monthly basis	Yes	No
Promote the District Employee Assistance Program to staff	Yes	No
Family Engagement		
The School will: <ul style="list-style-type: none"> • Provide educational resources for families that address various parenting strategies • Provide parent/guardian and community member’s education classes/seminars on health such as nutrition/cooking, physical activity, behavioral health, suicide prevention or other health related topics. • Host interactive health fairs that include voluntary health screenings, immunizations and referrals 	Yes	No
Community Involvement		
The School will: <ul style="list-style-type: none"> • Partner with community groups, organizations, and local businesses to plan community events that promote health and wellness for students, families, and community members 	Yes	No

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	<ul style="list-style-type: none">• Partner with community-based, out-of-school programs (Boys & Girls Clubs, Parks and Recreation, 21st Century Community Learning Centers, Girls on the Run, Scouting Programs etc.) to develop and implement routine activities that promote health for all participants• Encourage community partners to visit schools and present information to engage students from all grade levels in learning activities that focus on student health and safety• Partner with community-based healthcare providers to link students and families with accessible community health services and resources• Create written agreements with community partners to develop and support school programs and activities	
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