

Certified Healthy Oklahoma

Creating a Culture of Health Together

Health Promotion for Staff

When teachers are healthy they create a climate that promotes good health school wide. Since students spend an average of six hours a day in school, surrounded by adults whose actions can influence them—we want teachers to be healthy role models.

The Stanley Hupfeld Academy, a Charter School at Western Village in Oklahoma City, with help from Integris-Health, has a full time clinic providing care for students, teachers and the community. Susan Ward is their Nurse Practitioner and watches after both students and teachers.

Along with the clinic, the school has several programs to keep the staff healthy. Pam Patty, a dietician from Integris-Health presents a monthly nutrition topic. Pam enlists the help of both students and staff in the school garden where they plant, nurture and harvest the same food that they prepare in their cooking club.

If a teacher needs a flu shot, their blood pressure taken, or is interested in a weight management program, they know they can count on the nurse to help keep them healthy. And if a teacher wants a healthy recipe, they know they can rely on their dietician for ideas on how to turn a high calorie meal into something more nutritious.

Does your school provide Health Promotion for teachers? Let's review some health promotion programs that may be available for teachers. Oh, one more thing; a school doesn't have to have a nurse or a dietician to make these things happen—just a creative teacher or teachers and a supportive principal. Ask your teacher if the following might be possible at your school:

- A school garden
- A weight management program
- A walking club
- A faculty fruit and vegetable day
- Teacher meetings with healthy foods
- Annual flu shots
- Zumba classes
- Smoking cessation programs
- Healthy classroom snacks

Looking for healthy classroom snack ideas? Give this one a try

Pass the Salsa!

3 tomatoes, seeded, chopped
3 green onions, chopped
1 avocado, chopped
1/4 bunch of cilantro, chopped
Juice of 1 lime
1/4 tsp. cumin powder or seed
Salt & pepper to taste

Healthy Tortilla Chips

1 package (12) corn tortillas, quartered
Olive oil cooking spray (lightly spray both sides of tortillas)
Sea salt to taste
Bake 15 minutes in 400 degree oven

Look for lesson 8 on February 19th



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THE OKLAHOMAN



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