

# Certified Healthy Oklahoma

Creating  
a Culture  
of Health  
Together

# Introduction for Coordinated School Health & Certified Healthy Oklahoma Schools Program

Oklahoma has a vision of creating healthier places to live, work, learn and play. As a result of this vision, the Certified Healthy Schools program was established in 2010. This is an annual school certification program based on the Center for Disease Control & Prevention's (CDC) framework for coordinated school health. The framework includes 8 components: Health Education, Physical Education, Health Services, Nutrition Services, Counseling, Psychological and Social Services, Safe and Healthy School Environment, Health Promotion for Staff and Family and Community Involvement. Since schools play a critical role in promoting health, academic achievement and lifetime wellness, this certification program supports schools in these efforts.

This workbook will focus on the 8 components of Coordinated School Health. You will have the opportunity to find out more about what's going on in Oklahoma schools, work on some fun activities, and have some pretty interesting class discussions.

If your school isn't yet certified, this is an excellent opportunity to work on the components and become an Oklahoma Certified Healthy School next year! The application period is from August 1st to November 1st each year and guidelines are available at [www.okturningpoint.org](http://www.okturningpoint.org).

Enjoy working on the lessons and take good care of yourself!

*Kathy Payne, Oklahoma State Department of Health*

## Certified Healthy Oklahoma Table of Contents

<b>CHOK Table of Contents/Introduction</b> .....	<b>2</b>	<b>Counseling, Psychological and</b> .....	<b>9</b>
<b>Health Education</b> .....	<b>3</b>	<b>Social Services</b>	
-What I Need to Know to Be the Best Me		-I Am Not Alone	
<b>Physical Education</b> .....	<b>4</b>	<b>Healthy and Safe School Environment</b> .....	<b>11</b>
-Strong on the Go		-We Make Places Great	
<b>Health Services</b> .....	<b>6</b>	<b>Health Promotion for Staff</b> .....	<b>12</b>
-Help Me Be My Best		-Tell Everyone	
<b>Nutrition Services</b> .....	<b>7</b>	<b>Family and Community Involvement</b> .....	<b>13</b>
-Starts One Bite at a Time		-Join In Together	



# Health Education

## Respecting Yourself

Respecting yourself; what does that mean? It means knowing and appreciating who you are, both strengths and weaknesses. It means knowing what's important to you, liking yourself, taking care of yourself and being proud of who you are. When you respect yourself, you decide what's important to you and practice that, and then you will feel more confident.

Showing respect is a little different. You can show respect by being polite, not interrupting others, not gossiping about others, honoring what is important to someone else, and showing the other person that you care about who they are.

You should expect to be respected in your relationships with others. If you don't feel respected by others, you might ask yourself the following questions:

- Am I appreciating the other person?
- Am I being a good role model for a younger brother or sister?
- How do I show respect for my friends?
- What does respect mean to me?

## Checklist for a Healthy Relationship

- **Respect**
- **Fun**
- **Common Interests**
- **Support**
- **Communication**
- **Honesty**

## Teen Resources for Healthy Relationships

### National Organizations

- [Kidshealth.org](http://Kidshealth.org) - "Sexual Health"
- American School Health Association

### Local Organizations

- Teen emPower!
- UCO Institute for Coordinated School Health
- Schools for Healthy Lifestyles

## Self-Image Survey

- 1. What do you see when you look in the mirror?**
  - a. Myself
  - b. I don't like my eyes, cheeks, belly, etc.
  - c. I avoid looking at myself entirely
- 2. When I'm out with my friends:**
  - a. I'm considered the "popular" one in the group
  - b. I hide and let my friends do the talking
  - c. I don't have friends
- 3. While I'm shopping:**
  - a. I have a hard time deciding which outfit to buy; they all look so good!
  - b. I like to go with friends, but I usually don't buy anything
  - c. I don't like shopping
- 4. My favorite activities involve:**
  - a. Anything that has to do with friends, sports, and just having fun
  - b. Spending the night with a friend or just being with my family
  - c. Video games, sleeping, or reading
- 5. At school, the teachers would say:**
  - a. I'm a good student, I talk a lot, and sometimes get in trouble
  - b. I'm quiet, and an average student
  - c. I'm quiet and I don't like to participate
- 6. When I pick out an outfit:**
  - a. I wear what looks good on me. I look good in pretty much anything, so it isn't hard.
  - b. I just wear what's comfortable.
  - c. I don't even like getting out of bed, so if I can just wear pajamas, I'm happy.
- 7. When I have to change in front of friends/family:**
  - a. I just change and move on
  - b. I get nervous, but do it anyways and do it quick
  - c. I don't. I avoid it at all costs or find an empty room.
- 8. I think I am:**
  - a. Good looking.
  - b. Average
  - c. Ugly
- 9. My body makes me feel:**
  - a. Good about myself
  - b. Like I'm not good enough
  - c. Bad. I don't like my body.
- 10. I feel like my body is:**
  - a. Normal or even better than normal
  - b. I could change some things
  - c. Abnormal and I should hide it

If you answered mostly "A", you have a great self-image. Keep up the happy thoughts, but don't let it go to your head. Remember to stay humble, and lift up the people around you. Not everyone feels as great about himself or herself as you do. Find the good in people and encourage them to embrace who they are.

If you answered mostly "B", there's room for improvement. You don't hate the way you look, but you don't love yourself. Begin to look at the things you love about yourself. Even if it's something small, like your eyes, you should compliment yourself every day. You'll start to see other things you like about yourself. Don't dwell on the negatives. And remember, you're not the only one. Try and uplift others as well as yourself and watch the magic happen.

If you answered mostly "C", you have a poor self-image. You tend to isolate yourself from others and you can't stand the body you have. Learn to love the person you are as an individual. Everyone has a problem with something on his or her body; you're not the only one. Embrace yourself because you deserve it.

## Health Education



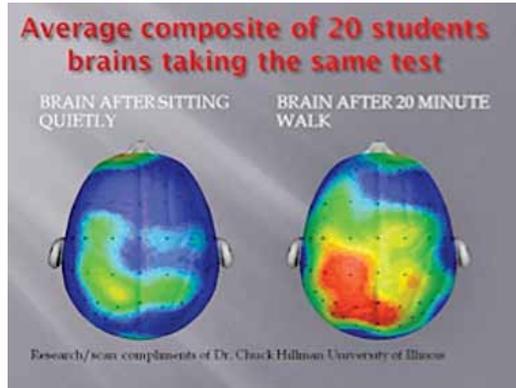
Health education is teaching others about healthy lifestyles. Health educators work to encourage healthy lifestyles and wellness through educating individuals and communities on healthy behaviors. Health educators attempt to prevent illnesses by informing and educating individuals and communities about health-related topics, such as proper nutrition, the importance of exercise, how to avoid sexually transmitted diseases, and the habits and behaviors necessary to avoid illness. They begin by assessing the needs of their audience, which includes determining which topics to cover and how to best present the information. For example,

health educators may teach classes on the effects of prescription drug or substance abuse to middle school students, or teen pregnancy prevention classes in middle and high schools.

Health education can be taught by a variety of people including: local county health educators, nurses, classroom teachers, or physical education teachers.

# Physical Education

## Exercising Your Voice for a Physically Active Lifestyle



**Quality physical education programs provide students with opportunities to explore a variety of lifetime sports, activities, and fitness concepts such as:**

- “Leave No Trace” hiking and camping skills
- Learning to play tennis for recreation
- Intramural programs before and/or after school
- Rowing or kayaking
- Learning to play golf for recreation
- All sorts of dance
- Zumba, Aerobics, Yoga
- Muscular strength and endurance building workouts
- Rock climbing
- Designing personal workouts
- Target Heart Rate Zone
- Calories In vs. Calories Out
- Participating in local fun run and walk events such as 5K’s and other community based healthy activities
- And much more...

**Did you know?** The purpose of physical education in school is to help ALL students develop knowledge, skills, and attitudes so they can lead an active and healthy life.

### QUIZ - What Do I Know?

- I know how many calories I need a day to maintain my body weight.
- I can create a workout to increase all over muscular strength and/or endurance.
- I know how to calculate and use my target heart rate zone to work out.
- I know and understand all safe biking laws for the state of Oklahoma.
- I can create a personal diet and workout to maintain caloric balance.
- If I wanted I could play tennis and understand the rules.
- I could go camping and hiking in an Oklahoma state park and understand how to “Leave No Trace” of my visit.
- I know how to critically evaluate TV, Internet, magazine, and newspaper advertisements to ensure I make choices based on what is best for my personal health, and not what advertisers want me to purchase.
- I know how to participate in a healthy and active lifestyle where I live without purchasing a gym membership.

# Physical Education

Oklahoma Youth have a 1 in 3 chance of becoming obese.

The daily recommended amount of steps is 10,000 per day. Are you getting your recommended steps per day?

## How Do I Achieve These Minimum Recommendations?



### Ask Yourself?

- Does my school breakfast and/or lunch help me become healthier?
- Do I have planned physical activity breaks in my school day?
- How can I help my school and community environment change to help me add more physical activity in my day?

### Answering Questions through Video: *links or QR codes*

**Naperville:**  
[www.learningreadinesspe.com/](http://www.learningreadinesspe.com/)  
Go to Articles and Videos!

**Brain Rules:**  
[www.brainrules.net/exercise?scene](http://www.brainrules.net/exercise?scene)

**Birke Baehr: What's Wrong with our Food System**  
[www.ted.com/talks/birke\\_baehr\\_what\\_s\\_wrong\\_with\\_our\\_food\\_system.html](http://www.ted.com/talks/birke_baehr_what_s_wrong_with_our_food_system.html)

**Jamie Oliver:**  
[www.ted.com/talks/jamie\\_oliver.html](http://www.ted.com/talks/jamie_oliver.html)

**Ann Cooper talks school lunches:**  
[www.ted.com/talks/ann\\_cooper\\_talks\\_school\\_lunches.html](http://www.ted.com/talks/ann_cooper_talks_school_lunches.html)

### Web Sites for Additional Resources and Help Getting Organized

**Presidents Youth Fitness Program:**  
[www.pyfp.org/](http://www.pyfp.org/)

**Let's Move:**  
[www.letsmove.gov/](http://www.letsmove.gov/)

**Safe Routes to School:**  
[www.saferoutesinfo.org/](http://www.saferoutesinfo.org/)

**Walk to School International:**  
[www.walkbiketoschool.org/](http://www.walkbiketoschool.org/)

### Student Recommended - Helpful Apps



**Myfitnesspal App-**  
great for tracking calories in vs. calories out.



**Eat and Move O Matic App-**  
This app tells you how much you need to move to burn the calories equal to the food you eat.



**Fitocracy-**  
This app helps you plan your daily fitness.



**Snack app-**  
This app helps you make healthier choices about the snacks you eat.

# Health Services

## Nursing Services

Not all Oklahoma schools have a school nurse, but Panola Public School has a wonderful one! Her name is Jeana Downing, and Jeana is busy every day practicing her nursing skills for grades Pre-K-12.



Jeana might be teaching students or teachers about tobacco use prevention, or how to do CPR. She can be found at school teaching one of her four Health Education classes, bandaging a knee or taking a temperature. This busy nurse might be working one-on-one with a student to help manage medication that must be taken at school. She'll even work with students' families and doctors to help coordinate a health plan that works at school. So whether it's bandaging a knee, taking a blood pressure, or teaching a class, this nurse is loved and appreciated by Panola students, teachers, families, and the community.

## See the School Nurse If:

- You have an injury of any kind, especially to the head
- You have allergies, especially to peanuts or bee stings
- You're having trouble hearing or seeing in class
- You have a health condition that needs to be managed, like asthma or diabetes
- You might be afraid you have an eating disorder
- You want to lose weight in a healthy way
- You have a sexual issue of any kind
- You want to know more about something you learned in Health Education class
- You have a friend you suspect might have a problem with drugs or alcohol
- If you have an earache, a toothache, a headache, or a stomach ache

## Children's Vision

Children with uncorrected vision conditions or eye health problems face many barriers in life - academically, socially, and athletically. High-quality eye care can break down these barriers and help enable your children to reach their highest potential.

Vision doesn't just happen. A child's brain learns how to use eyes to see, just like it learns how to use legs to walk or a mouth to form words. The longer a vision problem goes undiagnosed and untreated, the more a child's brain learns to accommodate the vision problem.

That's why a comprehensive eye examination is so important for children. Early detection and treatment provide the very best opportunity to correct vision problems, so your child can learn to see clearly. Make sure your child has the best possible tools to learn successfully.

### Good Vision Throughout Life

#### Infant Vision: Birth to 24 Months of Age



Babies learn to see, just like they learn to walk and talk. They are not born with all the visual abilities they need in life.

Healthy eyes and good vision play a critical role in how infants and children learn to see. Eye and vision problems in infants can cause developmental delays.

#### Preschool Vision: 2 to 5 Years of Age



The preschool years are a time for developing the visual abilities that a child will need in school and throughout his or her life.

Steps taken during these years to help ensure vision is developing normally can provide a child with a good "head start" for school.

#### School-aged Vision (6 to 18 years of age)



A child needs many abilities to succeed in school. Good vision is key. It has been estimated that as much as 80% of the learning a child does occurs through his or her eyes.

# Nutrition Services

## There are three big opportunities for you to improve your health:

- Increase physical activity
- Reduce screen time (TV, Computer, Video games, Cell phone)
- Improve nutritional value of school lunches

## Let's talk about "school lunches." Rate your school cafeteria by using the following 1 to 5 scale

- |               |                        |
|---------------|------------------------|
| 1 = Excellent | 4 = Really, really bad |
| 2 = Very good | 5 = Disgusting         |
| 3 = Just ok   |                        |

## If you were in charge of serving nutritious food in the cafeteria, what would you serve?

- |   |  |
|---|--|
| 1. More baked food instead of fried                           | 4. More fruits and nuts, like grapes, strawberries, almonds, cashews |
| 2. More fresh vegetables like broccoli, corn, carrots, celery | 5. Other (give examples)   |
| 3. More whole wheat bread and rolls                           |  |

## If you could make your cafeteria look the way you wanted, what would you do?

- |  |  |
|--|--|
| 1. Let a different grade decorate the cafeteria for each holiday | 3. Find some cool food murals for the walls            |
| 2. Put some color into the food that is served                   | 4. Have healthy food demonstrations set up by students |
|  | 5. Other (give examples)                               |

There is a school in Oklahoma called Zaneis. Zaneis Public School is located on Highway 70, west of Wilson, in Carter County. The cafeteria staff has been particularly busy this school year learning how to create a Smarter Lunchroom. This new Smarter Lunchroom is providing students with a variety of fruits, vegetables, whole grains, low-fat dairy products and lean protein. The aim of this program is to nudge students toward making healthy choices at lunch. And who wouldn't choose Porcupine sliders, Crayola Coleslaw, an Apple Crisp and either low-fat milk or fruited water? Students report that they like the new meals and look forward to what's on the cafeteria line each day.

Here's another surprise—the "Lunch Lady" has a new name. She's the "Lunch Teacher" and she's learning new tricks in the kitchen, developing new skills, new recipes, and passing on these healthful foods to her students. She doesn't have a classroom, but she does have a kitchen, and magic menus are showing up. Oh yes, something else has changed at Zaneis, the cafeteria has a new bright and cheery look with decorations for all of the holidays.



For more information on Creating Smarter Lunchrooms, contact Dr. Deana Hildebrand, OSU Cooperative Extension Nutrition Specialist.

Smarter Lunchroom Movement  
[smarterlunchrooms.org/](http://smarterlunchrooms.org/)

Healthy Food Choices in Schools Community of Practice  
[www.extension.org/healthy\\_food\\_choices\\_in\\_schools](http://www.extension.org/healthy_food_choices_in_schools)  
[www.facebook.com/HealthyFoodChoicesinSchoolsCoP](http://www.facebook.com/HealthyFoodChoicesinSchoolsCoP)

# Nutrition Services

## You Might Want to Try This Recipe at Home

### Crayola Coleslaw

- 6 cups shredded red cabbage
- 2 bell peppers sliced
- 2 pounds of carrots shredded
- 1 bunch of broccoli florets
- 1 Tbs. Dijon mustard
- 3 Tbs. honey
- 1 cup of white vinegar
- 1/2 cup of Canola oil
- 1 tsp. pepper

Mix cabbage, bell peppers, and shredded carrots in one bowl. In a separate medium bowl, combine vinegar, mustard, and honey. While whisking, slowly add oil into vinegar mixture. Season with pepper. Add vinaigrette to vegetable and toss until fully coated.



Have a classroom discussion about why students should be eating healthier meals at school, at home and on the go

### Here Are a Few Conversation Starters

- Oklahomans eat fewer fruits and vegetables than the rest of the nation.
- Almost 17% of the children and adolescents in Oklahoma are considered overweight or obese.

Did you know that the foods and beverages sold in schools play a big role in your health? In fact, you consume up to 75% of your daily calories at school. But how can you make healthy choices if there are none at school? That's why new nutrition guidelines were put into place at the beginning of the 2012-2013 school year. So, schools all around the country are working to revise their school menus to offer more fruits, vegetables, and whole grains.

Last summer, the Zaneis School District, along with 14 other school districts attended a two-day workshop for cafeteria staff. Everyone who attended learned how to make school foods more appealing and lunch rooms more creative. They even learned that it was important to conduct student "taste-testing" before trying a new menu. They call it the Smarter Lunchroom and we hope that one will be coming to your school soon! So, if you've never had "Crayola Coleslaw" get ready!

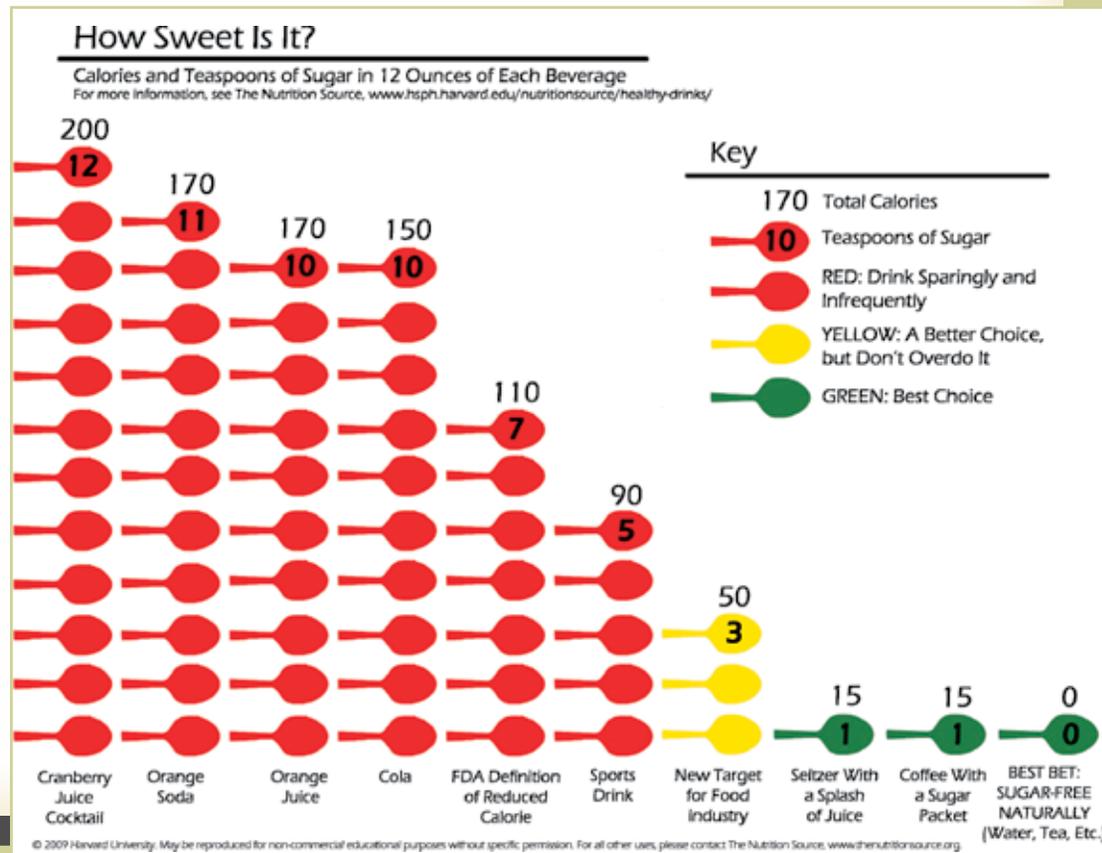
## Rethink Your Drink: How Sweet Is It?

Here is a handy guide to the amount of sugar and calories in soda, juice, sports drinks, and other popular beverages, "How Sweet Is It?" It graphically depicts the number of teaspoons of sugar found in various drinks. The guide includes beverages that are sweetened with added sugars, as well as beverages that are naturally high in sugar, such as juice. It does not include "diet" drinks that are partly or entirely

sweetened with artificial sweeteners or stevia (a natural calorie-free sweetener).

The best-choice beverages are those that fall in the green category—drinks that have little or no sugar added to them, such as water, sparkling water, coffee, or tea.

Information provided by Harvard School of Public Health [www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/](http://www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/).



# Counseling, Psychological and Social Services

## School Counselors: A Vital Resource to Help Students



School counselors are professionally trained to listen and help students of all ages. They take student concerns seriously and work to help them find good solutions. They can help students apply to their dream college, but they also help with issues of depression, friendship gone awry, managing

stress, impulsive behavior, and a myriad of other social or emotional concerns. Counselors can also advise students on concerns they may have about a class or a grade and help them with communication strategies and problem-solving skills.

One important thing to remember about school counselors is that they are licensed professionals bound by confidentiality, and are up-to-date on major concerns that affect students of all ages. They are trained to focus on creating a safe and trusting counseling relationship to support student growth. Ongoing counseling therapy is not a part of the school counselor's role but they are an excellent resource for knowing outside mental health counseling services and appropriate counseling agencies. School counselors can be a critical link to help students and families find appropriate mental health counseling when more guidance is needed than a school setting can provide.

Students grow and change during the school career. Most students will need advice personally or scholastically during these developmental years. School counselors should be your first resource for confidential, non-judgmental guidance. They care about the emotional well-being of students and can be an excellent resource to help remove the barriers to your academic success.

## STUDENTS SHOULD SEE A SCHOOL COUNSELOR WHEN THEY:

- Have thoughts of suicide
- Are targeted by bullies
- Experience anything that affects their emotional or physical safety
- Feel violent
- Feel isolated
- Are experiencing feelings of sadness
- Lack interest in attending school
- Are abusing substances
- Need help handling anger
- Are coping with a death or loss
- Are coping with a divorce in the family
- Are struggling with family conflict
- Need help adjusting to a new school or community
- Want to cultivate more friends or connections at school
- Are frustrated with school, friends or home
- Need help developing interpersonal competence
- Need help learning to interact with others
- Need help with peaceful conflict resolution
- Need help making good decisions
- Want to improve their communication skills
- Want to develop healthy boundaries with peers

# Counseling, Psychological and Social Services

## FACTS ABOUT SUICIDE:

- Talking about suicide will not increase risk of suicide.
- The negative stigma around mental health problems & suicide can make it difficult to ask for help.
- Suicide is preventable.

## COMMON FACTORS ASSOCIATED WITH SUICIDE:

- Mental illness such as depression or anxiety disorders
- Substance abuse (drugs & alcohol)
- High stress levels
- Societal rejection (bullying)

## WARNING SIGNS OF SUICIDE INCLUDE:

- Giving away prized possessions
- Unexplained anger/crying
- Talking or joking about death
- Substance abuse
- Lashing out at friends/family
- Isolation and withdrawal
- Changes in normal behavior

## SUICIDE PREVENTION RESOURCES:

- Call 2-1-1 or the National Suicide Prevention Lifeline at 800-273-TALK (8255) to connect to help 24/7.
- Connect to Lifeline Chat Monday to Friday from 4pm to midnight CST at [www.heartlineoklahoma.org](http://www.heartlineoklahoma.org)
- Call 9-1-1 in emergencies. Available 24/7.



HeartLine

United Way  
Partner Agency



## Facts About **STRESS**

- Stress is a normal part of life.
- Stress may happen when you get involved in too many activities or get behind.
- Too much stress can make you tired or sick.

## Things that Cause **STRESS**

- Taking a test.
- Fighting with a parent or friend.
- Being tired or hungry.
- Worrying about things you can't control.
- Feeling different from everyone else.

## What Can You Do About **STRESS**

- Talk to a responsible person that you trust.
- Talk to your school counselor or nurse.
- Be active. Get plenty of rest.
- Take deep breaths.
- Listen to music or watch a funny movie.
- Be creative. Color, paint, draw, etc.

**Help**  
ask • listen • tell

[www.heartlineoklahoma.org](http://www.heartlineoklahoma.org)

# Healthy and Safe School Environment

## Healthy Environment Scavenger Hunt

- Find 5 teachers drinking water**
  - Divide your body weight by 2 and that is how many ounces of water you should drink each day.
  - Water is important because it cleanses your body of toxins.
- Find the AED in your school**
  - AED stands for Automated External Defibrillator. They are used to restore regular heart rate during cardiac arrest.
- Find someone who is CPR certified**
  - It is important to be CPR certified because it could save someone's life in the event they may stop breathing.
- Go to the counselor's office and ask for 3 things they can help with**
  - Counselors can help students dealing with stress, problems at home, or just provide someone to talk to.
- Find and take a picture of the nutritional facts on a food label**
  - Food labels are important so consumers can see the nutrients they are putting in their bodies.
- Find a no smoking sign at your school**
  - Smoking causes stinky breath and yellow teeth.
- Find an anti-bullying sign**
  - Bullying affects students every day; it affects their school, home and personal lives.

## Electronic Cigarettes: What Do You Know?

- **What is an electronic cigarette?**

An electronic cigarette is a battery-operated device; some resemble a regular tobacco cigarette. The battery is used to heat a packet inside the device that normally contains nicotine and other chemicals to create a vapor that is inhaled by the user.<sup>1</sup>
- **Is there a difference between electronic cigarettes and vapes?**

Electronic cigarettes and vapes are different names for similar products. Some designs look almost exactly like a traditional cigarette or pipe, and some are designed to resemble objects such as a pen or USB drive. Some are disposable, while others have refillable cartridges for the nicotine liquid.
- **How are students affected?**

The percentage of middle school and high school students using electronic cigarettes has doubled between the years 2011-2012.

  - In 2013, 7.8% of Oklahoma high school students and 2.7% of middle school students had used an e-cigarette in the past 30 days.
  - More than 76% of middle and high school students who used e-cigarettes within the past 30 days also smoked conventional cigarettes in the same period.
  - 90% of all smokers started smoking as teenagers.<sup>3</sup>



photo credits: Kylee Kinney, UCO Community/Public Health Program

- **Why should YOU care?**

Nicotine is a highly addictive drug. Many teens who start with e-cigarettes may struggle with "a lifelong addiction to nicotine and conventional cigarettes".<sup>3</sup>
- **What are the risks of electronic cigarettes?**

Currently, there is not a way of knowing whether e-cigarettes are safe or how much nicotine or other potentially harmful chemicals are being inhaled during use. Every time someone inhales the artificial vapor they are opening themselves up for an unknown risk that can potentially damage their health.<sup>1</sup>
- **Can using electronic cigarettes hurt YOU or those around you?**

"E-cigarette vapor could be harmful to the user and people nearby who breathe in the secondhand vapor. It's not just water vapor - it contains nicotine and toxic chemicals. Public health officials advise against using vapor products indoors, in cars, or around children because of potential health effects."<sup>4</sup>

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# Health Promotion for Staff

One component of Coordinated School Health is called **Health Promotion for Staff**. This component focuses on health and wellness activities for teachers. 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 the Nurse Practitioner at the Academy and watches after both students and teachers.

Along with the clinic, the school has several programs to keep the staff healthy. Pam Patty, a dietitian 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. And if a teacher wants a healthy recipe, she knows she can rely on the Dietitian, Pam Patty, for ideas on how to turn a high calorie meal into something more nutritious.

If a teacher needs a flu shot, or perhaps his or her blood pressure taken, or is interested in a weight management program, she knows she can count on Nurse Susan Ward to help keep her healthy.

Does your school provide Health Promotion for teachers? Let's review the kinds of health promotion programs that may be available for teachers. Oh, one more thing: a school doesn't have to have a nurse or a dietitian 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 for teachers**
- **A weight management program for teachers**
- **A walking club for teachers**
- **A faculty fruit and vegetable day**
- **Teacher meetings with healthy foods**
- **Annual flu shots for teachers**
- **Zumba classes for teachers**
- **Smoking cessation programs**
- **Healthy classroom snacks for teachers and students**
- **Water instead of soft drink competition**

# Family and Community Involvement

## Do You Want to Start a Youth/School Garden?

Community gardens are shared spaces of land that are taken care of by a group of people. Community gardens are built for many reasons. Gardens build and empower communities, decrease the carbon footprint, break down ethnic and racial barriers, and promote education. Other benefits of gardening include: green space, better food security, improved fruit and vegetable consumption and physical activity, among many others. Gardening is a great opportunity to educate youth and families about the relationship between food, its origins, nutrition, and health. Gardening helps in connecting children (and adults) to the natural world as a place of wonder, exploration and resource for their personal growth, and reinforcing skills and teaching working ethic, cooperative learning and team building skills. It can also expand interest and public awareness of urban gardening and gardening with children, inter-generational relationships, plant propagation techniques, and adoption of healthy behaviors, attitudes and knowledge by children.



### Benefits of a Youth/School Garden

- Close communities
- Education
- Green space
- Access to fruits and vegetables
- Physical activity

### Things to Think About

- What is the purpose of the garden?
- Who will it benefit?
- Where will it be located?
- What is it going to be called?
- What committees should be formed (e.g. funding, construction, children's gardening, entertainment, art, scavenging)?
- What is the target date for the initial construction? Are we going to have a Big Event Day or built in phases by small groups?
- Does it need a lease? Does it need insurance?
- What sponsors can be found?
- Fencing? Water Systems? Composting Areas? Public Areas?
- GET A PLAN ON PAPER!

### Other Planning Considerations

- What kind of beds will we use (e.g. raised or traditional)?
- Do we have a water source? Where is it?
- Soil Tests
- Common area care
- Areas for entertainment and activities
- Greenhouse or season extension systems
- Rules (organic or not)

### Resources & Partners

- Home Depot
- Lowe's
- Department of Agriculture
- Farm to School
- School Administration
- Colleges and Universities
- County Health Departments
- Local YMCA
- OSU County Extension Office (Master Gardener Program)
- County DHS Office
- Local/Regional Food Banks
- City Officials (Park & Recreation Department, City Council, etc.)

# Family and Community Involvement

## Canyon's Story *written by Sunshine Cowan*



We were flabbergasted the day we found out that our 4-year-old needed glasses. Canyon had always been an active, busy boy; however, just before his second birthday he developed what seemed to be a fear of heights. We were not sure where this was coming from, and we worked to reassure him that everything was okay.

Canyon began occupational therapy (OT) at the suggestion of our pediatrician. Simultaneously, we had his hearing and vision examined through a school program, and everything seemed to check out fine. As OT progressed, Canyon made great strides in some areas, but continued having issues in others. At the suggestion

of his occupational therapist, we made an appointment with an optometrist to have a complete vision exam.

My husband and I walked into the optometrist office thinking that his eyesight was not an issue, but with the knowledge that we wanted no stone left unturned. That afternoon Canyon sat in my lap to take a final portion of his eye exam. When he was asked to cover his right eye, he tilted his head in such a way that he was using both of his eyes to take the exam. I used my hand to thoroughly cover his right eye. Canyon began having a meltdown. The doctor calmly spoke to him saying, "We are almost done. This is the last thing that you have to do. Tell me what you see on the board." At this point Canyon, crumpled in my lap with my hand still cupped over his right eye, yelled, "I can't see anything because my Mommy has her hand over my eye!" Our little boy could not see the giant letter 'E' on the board. How had we missed this?

We left the optometrist office and began the wait for Canyon's glasses. Once they arrived, a new world opened up for him. Many things that we previously thought were behavioral were actually due to poor eyesight. His running and crashing into objects and people stopped. His fear of heights, including his hesitancy to try new slides and new playgrounds, was gone.

I will always be grateful to the professional who suggested that we have Canyon's vision tested and to the optometrist and her staff who helped assess his vision. His glasses have given him more than vision. They have allowed him to experience the world.

## Vision Screening Questionnaire

- 1. When was the last time you had an eye exam at an eye doctor's office (optometrist or ophthalmologist)?**
  - A) Less than a year
  - B) 1-2 years
  - C) More than two years
  - D) Can't remember
  - E) Never
- 2. Did the doctor recommend wearing glasses or contact lenses?**  
Yes or No
- 3. If you have glasses and/or contact lenses, how often do you wear them?**
  - A) Every day
  - B) Only at school
  - C) Occasionally
  - D) Never
- 4. If you had to get glasses or contact lenses, what would you prefer?**
  - A) Glasses
  - B) Contact lenses
  - C) Both
  - D) Neither
- 5. If you should wear glasses but you don't, it's because:**
  - A) You don't like wearing them
  - B) They are lost/broken
  - C) You don't think they help
  - D) They are too expensive
- 6. How often do you think you should have an eye exam with an eye doctor?**
  - A) Every year
  - B) every two years
  - C) only when having vision problems
  - D) not necessary
- 7. Do you believe glasses o**  
Yes or No
- 8. If you need new glasses, what features do you most want them to have?**

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## HELP YOUR CHILD FOCUS ON EVERY OPPORTUNITY IN SIGHT.

**COMPREHENSIVE  
EYE EXAMS**

ARE IMPORTANT TO HELP DETECT  
CHILDREN WITH VISION PROBLEMS.

**DID YOU  
KNOW**

Most far sighted kids can pass vision screenings  
but still struggle with eye strain and headaches?

**SCHEDULE YOURS TODAY!**



# Institute for Coordinated School Health (ICSH)

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The Institute for Coordinated School Health at the University of Central Oklahoma provides trainings, resources, and expertise to ensure all students, teachers, and staff members learn and work in a healthy school environment.

## The institute envisions a society in which:

- Every student, faculty, and staff member is in a school using the CDC Coordinated School Health (CSH) model.
- Schools serve as leaders making the critical connection between learning and health.
- Students have fewer risks of disease, lead healthier adult lives, and achieve their highest potential.

**Mission:** To ensure all Oklahoma schools have quality health education; physical education; health services; nutrition services; counseling, psychological, and social services; healthy and safe school environments; health promotion for staff; and family/community involvement.



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