

2026 CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion

Resource

Foundational Resources* reviewed 07.20.2026

CDC's Coordinated School Health

<https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm>

***Foundational resources apply to all criteria, and applicants should use these as guidance documents. Other resources are supplementary and may also be useful to applicants.**

1. Health Education

Assess and evaluate sequential health education curriculum consistent with Oklahoma Academic Health Education Standards utilizing the Health Education Curriculum Analysis Tool (HECAT).

CDC:

<http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>

HECAT: <http://www.cdc.gov/HealthyYouth/HECAT/index.htm>

CATCH: <https://www.schoolspecialty.com/catch-resources>

Health Smart: <http://www.etr.org/healthsmart/>

Implement a planned and sequential health education curriculum consistent with Oklahoma Academic Health Education Standards that is offered to all students PreK-12, is culturally and developmentally appropriate, and addresses a clear set of behavioral outcomes where students will:

OSDE:

[2026 Oklahoma Academic Standards for Health](#)

[2026 Oklahoma Academic Standards for Physical Education](#)

<https://oklahoma.gov/education/services/standards-learning/health.html>

- Comprehend concepts related to health promotion and disease prevention to enhance health,
 - Analyze the influence of family peers, culture, media, technology, and other factors on health behaviors,
 - Demonstrate the ability to access valid information and products and services to enhance health,
 - Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks,
 - Demonstrate the ability to use decision-making skills to enhance health,
 - Demonstrate the ability to use goal-setting skills to enhance health,
 - Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks,
- Demonstrate the ability to advocate for personal, family, and community health.

Ensure health education programs address age-appropriate essential topics to prevent HIV, STDs, pregnancy, alcohol, tobacco, and drug use and promote chronic health conditions awareness, healthy eating and physical activity.

OSDE: <https://oklahoma.gov/education/services/standards-learning/health.html>

Teachers receive professional development on incorporating health education in their classroom on an annual basis (i.e. OSDE's Health Education Micro-Credential).

HECAT: <http://www.cdc.gov/HealthyYouth/HECAT/index.htm>

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Incorporate essential integrated health education topics in core, elective, and special class subjects.

CATCH: <https://www.schoolspecialty.com/catch-resources>

Use of multiple channels to reinforce health education messaging (e.g., announcements, social media, communication with parents, and signage).

Teachers of health education use active learning strategies and activities that engages students and makes learning relevant to their daily lives and has a variety of culturally-appropriate activities and examples that reflect the students and the community.

OSDE: Health Education Micro-credential:
<https://oklahoma.gov/education/services/standards-learning.html>

2. Physical Education and Physical Activity

Require students' grades K-12 to participate in daily physical education that uses a planned and sequential curriculum and instructional practices consistent with the Oklahoma Academic Standards for Physical Education.

Physical Education teachers participate at least once a year in professional development for physical education.

OSDE: <https://oklahoma.gov/education/services/standards-learning.html>

Assess and evaluate sequential physical education curriculum consistent Oklahoma Academic Physical Education Standards utilizing the Physical Education Curriculum Analysis Tool (PECAT).

PE Curriculum Assessment Tool:
<https://www.cdc.gov/healthyschools/pecat/index.htm>

OSDE: <https://oklahoma.gov/education/services/standards-learning/physical-education1.html>

Teachers keep students moderately to vigorously active for at least 50% of the time during most physical education classes.

SHAPE America: <https://shapeamerica.org/publications/teachers-toolbox/>

Students design and implement individualized physical activity and fitness plans in physical education classes that are aligned with the Oklahoma Academic Standards for Physical Education.

OSDE:
<https://oklahoma.gov/education/services/standards-learning/physical-education1.html>

Provide opportunities for all students to engage in physical activity outside of physical education class.

CDC: <https://www.cdc.gov/physical-activity-education/about/>
OSDE: <https://oklahoma.gov/education/services/standards-learning/physical-education1.html>

Require professional development for all classroom teachers on integrating physical activity throughout the school day.

OSDE: <https://oklahoma.gov/education/services/standards-learning/physical-education1.html>
CATCH: <http://catchinfo.org/>

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	National Network of Public Health Institutes and Health Resources in Action: http://schoolspringboard.org/
Integrate physical activity breaks into core, elective, and special class subjects.	Active Academics: http://www.activeacademics.org/?pid=20&homepage ABL: http://abllab.com/ OSDE: https://oklahoma.gov/education/services/standards-learning/physical-education1.html
Prohibit withholding PE/physical activity/recess as a punishment or using physical activity as punishment	
School offers opportunities for all students to participate in physical activity before or after school, through organized physical activities such as clubs, intramural sports and ensure programs align with the National Afterschool Association Healthy Eating and Physical Activity (HEPA) Standards for out-of-school-time.	CATCH: http://catchinfo.org/programs/after-school/ SPARK: http://www.sparkpe.org/after-school/ National After School Association: https://naaweb.org/
Require all physical education classes be taught by teachers who are certified to teach physical education.	SHAPE America: https://www.shapeamerica.org/standards/pe/?hkey=fdd39329-263e-4d63-83ee-bc39b64d119c
Assure the physical education class has a teacher/student ratio comparable to core subject classroom size.	
Provides <i>weekly</i> physical activity during the school day: • If you are an elementary school (Grades K-5) provide 150 minutes in the form of physical education, exercise programs, classroom fitness breaks and, or recess. If you are a middle, junior, or high school (Grades 6-12) provide 225 minutes in the form of physical education, exercise programs, or athletics.	Comprehensive School Physical Activity Program: https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm Spring Board: http://schoolspringboard.org/the-framework CATCH: http://catchinfo.org/ SPARK: http://www.sparkpe.org/
All Elementary schools follow the CDC's National Guidelines for Recess including offering recess before lunch to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.	Strategies for Recess in Schools: https://www.cdc.gov/physical-activity-education/about/ OSDE Online Course: https://osdeconnect.instructure.com/enroll/HEYGJH

3. Health Services

School provides school-based healthcare services that are delivered by a school nurse or community healthcare organization that includes pediatric healthcare, dental care, and vision care.	CDC: https://www.cdc.gov/school-health-conditions/health-services/ https://www.cdc.gov/school-health-conditions/chronic-conditions/ OSDE: https://oklahoma.gov/education/services/standards-learning/health.html
Adopt and implement a written policy on proper storage and disposal of prescription drugs.	OSDE: https://oklahoma.gov/education/services/student-development/prevention-intervention/substance-abuse.html Lock Your Meds: https://www.lockyourmeds.org/

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	OSDE and OSDH: https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/family-health/maternal-and-child-health/child-adolescent-health/school-health/MedicationAdministration.pdf
Assure the school is in 100% compliance with state immunization requirements	OSDH: https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/prevention-and-preparedness/immunizations/Guide%20To%20Immunization%20Requirements.pdf
Provide annual training to all school staff on how to recognize acute symptoms such as those of allergic reactions or asthma and the administration of quick relief medications and how to promote student health and safety.	CDC Asthma in Schools: https://www.cdc.gov/school-health-conditions/chronic/asthma.html Food Allergy Research and Education Network: https://www.foodallergy.org/ OSDE: https://oklahoma.gov/education/services/school-support/professional-learning.html
School Nurse or other health services providers have an emergency plan that includes components for assessing, managing, and referring students and staff members suffering from a medical emergency (injury, severe asthma episode, anaphylaxis) to the appropriate level of care.	OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html
Provide chronic disease management training for staff.	CDC Adolescent and School Health: https://www.cdc.gov/healthy-youth/ America Lung Association: http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/asthma-friendly-schools-initiative/strategy-2.html Food Allergies CDC: https://www.cdc.gov/school-health-conditions/food-allergies/ Managing Asthma – A Guide for Schools: https://www.nhlbi.nih.gov/files/docs/resources/lung/NACI_ManagingAsthma-508%20FINAL.pdf Diabetes: https://www.diabetes.org/tools-support/know-your-rights/safe-at-school-state-laws/training-resources-school-staff/diabetes-care-tasks-school OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html OSDE School Health Services Resources: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/school-nurse-resources.html

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Track students with chronic health conditions and offer disease specific education programs for students with chronic health conditions.	America Lung Association: https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/asthma-education-advocacy/open-airways-for-schools OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html OSDE School Health Services Resources: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/school-nurse-resources.html
Provide a full time RN for district, school or consortia.	https://oksnoo.nursingnetwork.com/
Offer alcohol, tobacco, and other drugs prevention or cessation referral, services, or program for students.	http://www.okhelpline.com/ 1-800-QUITNOW (appropriate for 13 years +) OSDE: https://oklahoma.gov/education/services/student-development/prevention-intervention.html
Provide educational opportunities for promoting and maintaining individual, family & community health (voicemail alerts, flyers or other communication regarding communicable diseases, seasonal flu, hand washing, etc.)	National Association of School Nurses: http://www.nasn.org/ Henry the Hand: http://www.henrythehand.com/ OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html
Develop and implement a systematic approach for preventing, identifying, and referring students with health concerns to school or community health services.	OSDH Vision Screening List: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health/school-health-vision-screening.html School Health Programs: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html National Institute of Diabetes and Digestive and Kidney Diseases: https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel OSDE School Health Services Resources: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/school-nurse-resources.html
Provide annual health screening for students (with parent/guardian permission), then give results to parents along with the appropriate referrals (screening services must be provided by trained staff).	OSDH Maternal and Child Health: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health.html

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	OSDE School Health Services Resources: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/school-nurse-resources.html Type 2 Diabetes Risk Test: http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/
Consult with a school health physician or partner with local healthcare provider to assist with school health program.	The Center for Health and Health Care in Schools: http://www.healthinschools.org/ OSDE School Health Services Resources: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/school-nurse-resources.html
Consult with local health department or local healthcare provider to assist with COVID-19 mitigation and strategies. Consult with local health department or local healthcare provider to assist with communicable disease mitigation and strategies (i.e. COVID-19, flu, measles, etc.)	OSDH: https://oklahoma.gov/health/locations/countymap.html

4. Nutrition Environment and Services

Offer breakfast after the bell such as breakfast in the classroom or second chance breakfast.	OSDE Child Nutrition Services: https://oklahoma.gov/education/services/child-nutrition.html Alliance for a Healthier Generation: https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch
Ensure that school meals include a variety of offerings and promote healthy food and beverage choices using Smarter Lunchroom techniques.	OSDE: https://oklahoma.gov/education/services/child-nutrition.html Alliance for a Healthier Generation: https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/breakfast-lunch
Assure that only food and beverage options that are Smart Snack compliant are available for classroom snacks, parties, and celebrations.	USDA: https://www.fns.usda.gov/tn/guide-smart-snacks-school
Assure that only foods that are Smart Snack compliant or nonfood items are used as fundraisers.	USDA: https://www.fns.usda.gov/tn/guide-smart-snacks-school
Venues offering food outside of the cafeteria (vending machines, school stores, snack bars, etc.) offer fruits and non-fried vegetables.	
Offer nutrition-related community services to children outside of the school lunch program i.e., USDA School Breakfast Program, USDA Summer Food Service Program, food backpack program for students, etc.)	OSDE: https://oklahoma.gov/education/services/child-nutrition.html OK Regional Food Bank: https://www.regionalfoodbank.org/programs/food-for-kids Hunger Free Oklahoma: https://www.hungerfreeok.org/resources/food-for-children/
Participate in Farm to School activities.	OK Farm to School: http://www.okfarmtoschool.com/

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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.

Ban the use of food, beverages, or candy as a reward or punishment for academic performance or behavior.

USDA Final Rule Requirement:

<https://www.fns.usda.gov/cn/local-school-wellness-policy>

Provide 10 minutes for students to eat breakfast and 20 minutes for students to eat lunch, from the time the students are seated.



School-Wellness-Policy-Final-2-25-22.docx

Assure collaboration 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 (e.g., announcements, social media, communication with parents, and signage).

USDA: <https://www.nal.usda.gov/fnic/nutrition-and-food-safety-education>

<https://www.nutrition.gov/>

OSDE: <https://oklahoma.gov/education/services/child-nutrition.html>

Provide alternative delivery options to students that are virtual learners through the district

CDC Healthy Schools:

<https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm>

Provider has resources or protocols in place for meals to students during quarantine (for example: meal pick up options).

5. Counseling, Psychological, and Social Services

Provide a full-time licensed counselor, social worker, or psychologist for providing counseling services based on the following recommendations:

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

- One counselor for every 250 students
 - One social worker for every 400 students
- One psychologist for every 1,000 students

Implement a systematic approach for identification, referral, and follow up of students needing social, personal, behavioral or mental health services.

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

Enable self-referral by students as well as by teachers and support staff.

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

Establish a referral network between schools and community resources for students and staff who are needing social, personal, behavioral, and mental health services, including utilization of a third-party referral form.

Child Guidance: <https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html>

Family Support and Prevention Service:

<https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service.html>

ODMHSAS:

<https://oklahoma.gov/odmhsas/prevention/schools.html>

Provide social, personal, behavioral, or mental health training to parents/guardians (small group setting,

ODMHSAS:

<https://oklahoma.gov/odmhsas/prevention/schools.html>

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parent newsletters, district/school-wide parent/guardian night).

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

Implement a system for identifying students who have been involved in any type of violence (child abuse, dating violence, sexual assault, bullying, or harassment, fighting, suicide and self-harm behaviors) and, if necessary, refer them to the most appropriate school-based or community-based service.

Provide social, personal, behavioral, or mental health treatment to students and families through individual and small group assessments, interventions and counseling.

HB 1623-Suicide Prevention Training:
<https://oklahoma.gov/odmhsas/prevention/schools/school-based-suicide-prevention.html>

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

Southern Plains Tribal Health Board:
<https://www.spthb.org/trainings/>

National Registry of Evidence-Based Practices Resource Center:
<https://www.samhsa.gov/resource-search/ebp>

Establish relationships between school and community resources for assessment and counseling services in regards to any type of violence (including bullying, suicide, and substance use, i.e. Handle with Care).

Family Support and Prevention Service:
<https://oklahoma.gov/health/health-education/children---family-health/family-support-and-prevention-service.html>

Child Guidance Service:
<https://oklahoma.gov/health/services/children-family-health/child-guidance-program.html>

OSDE: <https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html>

Handle with Care: <https://handlewithcareok.org/>

Provide professional development for all staff members to raise awareness of trauma-informed practices, social, personal, behavioral or mental health prevention and intervention.

OSDE- Prevention Services:
<https://oklahoma.gov/education/services/student-development/prevention-intervention.html>

Promote staff mental and physical well-being.

OSDE: <https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/employee-wellness.html>



NACDD_SchoolEmployeeWellness_Publication

Provide professional development for all teachers in the implementation and continuation of active peer mediation programs.

Participate in a student health knowledge and behavior assessments. Youth Risk Behavior Survey (YRBS), Youth Tobacco Survey (YTS), Oklahoma Prevention Needs Assessment (OPNA) and School Health Profiles (SHP).

Oklahoma Prevention Needs Assessment:
<https://oklahoma.gov/education/services/student-development/prevention-intervention.html>

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Youth Risk Behavior Survey: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/mch-assessment/yrbs.html>

Youth Tobacco Survey

1st grade Health Survey: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html>

5th grade Health Survey: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html>

School Health Profiles:
<https://www.cdc.gov/healthyyouth/data/profiles/index.htm>

6. Physical Environment

Written alcohol, tobacco, and drug free campus policies. (Required for Excellence: Tobacco policy must be 24/7 including e-cigarettes and vapor products.)

OSDH: <https://oklahoma.gov/health/health-education/community-outreach/community-development-services/office-of-chronic-disease/tobacco-prevention/breathe-easy/24-7-tobacco-free-schools.html>

Written bullying prevention policies in alignment with the School Safety and Bullying Prevention Act.

OSDE: <https://oklahoma.gov/education/services/student-development/prevention-intervention/bullying-prevention---internet-safety.html>

OSDH: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html>

Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.

OSDE: <https://oklahoma.gov/education/services/student-development/prevention-intervention/bullying-prevention---internet-safety.html>

OSDH: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html>

Assure the school has a school health committee or team (i.e. Safe Schools Committee, Healthy & Fit School Advisory Committee, etc.) that meets at least four times a year to oversee school health safety policies and programs in line with the School Safety and Bullying Prevention Act.

OSDE Bullying Prevention:
<https://oklahoma.gov/education/services/student-development/prevention-intervention/bullying-prevention---internet-safety.html>

OSDH: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html>

Adopt and implement enforceable policies that encourage children and their families to walk, bike, and roll to school.

Safe Routes to School: <http://www.saferoutesinfo.org/>

Review and update written wellness policy to meet the required changes from the 2010 Healthy Hunger-Free Kids Act (meet USDA Final Rule every three years).

OSDE Child Nutrition Links and Resources:
<https://oklahoma.gov/education/services/child-nutrition.html>

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	USDA Food and Nutrition Service: https://www.fna.usda.gov/tn/wellness-policy
Adopt and implement a written policy on proper storage and disposal of prescription drugs.	
Follow CDC and Local Health Authority guidance on COVID-19 mitigation strategies (mask, spacing, isolation, spacing, contact tracing). Follow CDC and Local Health Authority guidance on communicable disease mitigation strategies (mask, spacing, isolation, contact tracing, etc.)	CDC: https://www.cdc.gov/orr/school-preparedness/infection-prevention/index.html
Participate in the process of completing or reevaluating School Health Index (SHI) in one or more topic areas (e.g., physical activity, nutrition, tobacco, asthma, safety, sexual health, and cross-cutting).	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/shi/index.htm
Written crisis response or disaster plan that includes preparedness, response, and recovery elements addressing mental, physical and environmental crisis.	OSDE: https://oklahoma.gov/education/services/student-development/crisis-preparedness-and-response.html
Have at least 5% of staff with current certification for CPR and training in the Heimlich maneuver.	American Red Cross CPR Training: http://www.redcross.org/take-a-class/cpr County Health Departments: https://oklahoma.gov/health/locations/countymap.html

7. Social and Emotional School Climate

Foster prosocial behavior by engaging students in activities such as peer tutoring, classroom responsibilities, service learning, teacher assistance, extracurricular activities, sports programs, and creative projects. Provide public recognition for students' accomplishments in these areas.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm
School administrators and staff implement and enforce a clear and consistent code of conduct to uphold a standard of nonviolence for students and ensure students and families receive hard copies and/or electronic copies and must read and sign to acknowledge receipt of the code.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm
All staff receive professional development on meeting a variety of cognitive, personal, and social needs to children and adolescents annually.	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/health-education-resources.html
Teachers collaborate with counseling services staff to promote life skills for students.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm OSDE: https://sde.ok.gov/counseling
Ensure Oklahoma Academic Standards for Health Education is fully implemented across all grade bands for all students that focuses on analyzing influences, accessing valid resources, interpersonal communication,	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm

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decision making, goal setting, self-management, and advocacy.	
Adopt and implement evidence-based bullying programs that fit the needs of specific school population and establish a climate that prevents harassment and bullying along with learning about listening skills, compassion, and understanding.	Stop Bullying Gov: https://www.stopbullying.gov/prevention/at-school/index.html OSDE: https://oklahoma.gov/education/services/student-development/prevention-intervention/bullying-prevention---internet-safety.html OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html
Provide annual professional development regarding bullying prevention, identification, responding, and reporting for all school staff.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm OSDE: https://oklahoma.gov/education/services/school-governance/osde-compliance-services/professional-development-1.html OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html
Provide conflict resolution, bullying or problem-solving strategies for students by using evidence-based programs.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm OSDE: https://oklahoma.gov/education/services/school-governance/osde-compliance-services/professional-development-1.html OSDH: https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/child-and-adolescent-health/school-health.html
Implement a strategy to address the overall school climate, such as learning to manage emotions.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools.html
Create trusting and caring relationships that promote open communication with trusted adults.	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools.html
Provide training for teachers on life skills and building positive school climate integration into all classrooms.	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools.html
Provide students information on the interrelationship between physical and mental health and provide programs that address causes, symptoms and effects of stress, depression and anxiety.	OSDE: https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html
Provide students with coping skills to address the mental health and wellness strand in the Oklahoma Academic Standards for Health Education.	OSDE: https://oklahoma.gov/education/services/student-development/comprehensive-school-counsel.html

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	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools.html
Integrate health skills identified in the Oklahoma Academic Standards for Health Education with other existing programs such as combining a lesson in math with personal problem solving.	CDC: https://archive.cdc.gov/#/details?url=https://www.cdc.gov/healthyschools/index.htm OSDE Health Education Micro-credential: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools.html
Establish yearly reviews of existing procedures for improvement.	
Brainstorm and get involved in taking steps to improve the school climate and students' sense of connectedness to the school, families, and communities.	
Clearly communicate expectations for learning and behavior that are developmentally appropriate. Describe the goals of the lesson and relate them to your students' lives and the real world. Provide opportunities for students of all levels to interact, develop friendships, and engage in teamwork.	

8. Employee Wellness

School or district offer staff members health education and health-promoting activities that focus on skill development and behavior change that are tailored to their needs and interests.	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/employee-wellness.html
Encourage administrative support for the staff and involvement in school employee wellness.	OSDE: https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/employee-wellness.html
Promote school district wellness program to staff, assuring administrative support and communication with staff about the program.	Certified Healthy Business Program and Resources: Business (oklahoma.gov) Oklahoma Employee Well-Being Program: https://oklahoma.gov/thrive.html
	 NACDD_SchoolEmployeeWellness_Publicati
Offer voluntary, accessible, health screenings annually to staff including free or low-cost health assessments.	OSDH: https://oklahoma.gov/health/locations/countymap.html
Offer free or low-cost stress management programs annually to staff.	
Offer staff accessible and free or low-cost physical activity programs.	OSDH: https://oklahoma.gov/health/locations/countymap.html
Offer staff accessible and free or low-cost healthy eating/weight management programs.	County Extension Family and Consumer Sciences Educators: https://extension.okstate.edu/county/index.html OSDH: https://oklahoma.gov/health/locations/countymap.html

2026 CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion

Resource

Offer tobacco prevention or cessation referral, services, or program for staff.

Oklahoma Tobacco Helpline: <https://okhelpline.com/>

Provide a private space, other than a restroom, that may be used to express breast milk and/or breastfeed.

Oklahoma Breastfeeding Coalition: <https://okbreastfeeding.org/>

Provide flexible paid or unpaid break times to allow mothers to express breast milk and/or breastfeed.

Oklahoma Breastfeeding Coalition: <https://okbreastfeeding.org/>

Promote the district Employee Assistance Program for staff.

Offer immunization clinics (i.e., flu, MMR, etc.) to staff.

Local County Health Departments:
<https://oklahoma.gov/health/locations/countymap.html>

Offer COVID-19 vaccinations to staff. (Work with local county health department.)

Local County Health Departments:
<https://oklahoma.gov/health/locations/countymap.html>

Offer COVID-19 vaccinations to staff. (Work with local county health department.)

Local County Health Departments:
<https://oklahoma.gov/health/locations/countymap.html>

Offer free or low-cost programs to staff members in the areas of:

OSDE: <https://oklahoma.gov/education/services/standards-learning/safe-and-healthy-schools/employee-wellness.html>

- Counseling, psychological, or social services to promote the personal, behavioral, and mental health of employees.
- Training on first aid, cardiopulmonary resuscitation, and automated external defibrillators.
- Alcohol and other drug use prevention or cessation.
- Chronic health conditions management.

Financial planning and wellbeing.

9. Family Engagement and Community Involvement

Communicate with all family members about school activities and programs in a culturally and linguistically appropriate way using a variety of communication methods.

OSDE: <https://oklahoma.gov/education/services/family-community-engagement.html>

Provide educational resources for families that address various parenting strategies.

OSDE: <https://oklahoma.gov/education/services/family-community-engagement.html>

Partner with community groups, organizations, and local businesses to share resources and obtain volunteers to support student learning, development, and health-related activities.

Provide parent/guardian and community members education classes/seminars on health such as nutrition/cooking, physical activity, behavioral health, suicide prevention or other health related topics.

OSDE: <https://oklahoma.gov/education/services/family-community-engagement.html>

Suicide Prevention Training:
<https://oklahoma.gov/odmhsas/prevention/schools/school-based-suicide-prevention.html>

Implement formal process to recruit, train, and involve family and community members as volunteers.

OSDE: <https://oklahoma.gov/education/services/family-community-engagement.html>

Provide parent/guardian and community members education classes/seminars on computer literacy, job skills training, or literacy.

2026 CERTIFIED HEALTHY SCHOOL PROGRAM RESOURCE GUIDE

Criterion	Resource
Offer tobacco prevention or cessation referral, services, or program for parents/guardians and community	Oklahoma Tobacco Helpline (1-800-QUITNOW): www.okhelpline.com
Offer substance abuse and mental health referral, services, or programs for parents/guardians and community	OMDHSAS: https://oklahoma.gov/odmhsas/treatment/ccbhc.html
Assure opportunities for parents and children to interact on school grounds	OSDE: https://oklahoma.gov/education/services/family-community-engagement.html
Allow access of indoor and outdoor physical activity facilities to students, their families, and the community outside of school hours.	Joint Use Agreements: http://changelabsolutions.org/publications/what-is-JUA
Partner with community-based, out-of-school programs (Boys & Girls Clubs, 21 st Century Community Learning Centers, Parks and Recreations, etc.) to develop and implement routine activities that promote health for all participants.	OSDE: https://oklahoma.gov/education/services/family-community-engagement.html
Support active youth engagement such as: Student Wellness team, SWAT team (Students Working Against Tobacco), 2M2L (Too Much To Lose), SADD (Student Against Destructive Decisions), 4H or FFA (Future Farmers of America), Peer Mediation, Scout Programs.	2M2L: https://oklahoma.gov/odmhsas/prevention/communities/2m2l.html SADD: http://www.sadd.org/ 4H: http://4h.okstate.edu/ FFA: http://www.okffa.org FCCLA: https://oklahomafccla.org/ Girl Scouts Western Oklahoma: http://www.gswestok.org/ Girl Scouts Eastern Oklahoma: http://www.gseok.org/ Boy Scouts Eastern Oklahoma: http://www.okscouts.org/
Support school gardens or actively participate in community gardens by dedicating resources (i.e., fundraisers, volunteer time, containers, tools, etc.)	OK Farm to School: https://okfarmtoschool.com/ and https://okfarmtoschool.com/growers-tools/school-gardens/

The following entities can be contacted for additional assistance regarding any of the criteria:

- Community Analysis and Linkages - Community Development Services, OK State Dept. of Health.
<https://app.smartsheet.com/b/form/ee8e298e2a6d4614b27f1586c67e11a6>
- County Health Department Health Educators – <https://oklahoma.gov/health/locations/countymap.html>