

THD School Health Readiness Assessment 2024-2025

The Tulsa Health Department School Health Program is available to elementary schools in Tulsa County. To partner with THD School Health Program and receive services this assessment must be completed. Assessment submissions will be accepted **May 1, 2024 – August 16, 2024**. A School Health Planning Meeting must also be completed by **August 30, 2024**, to receive services for the 2024-2025 school year. The assessment allows us to understand the needs and climate of your school. The principal, assistant principal, grade level team leads, PE teacher, nurse/health assistant, counselor, and community coordinator/parent liaison may need to work collaboratively to complete this assessment. If your team does not know or have access to certain information, please put N/A. You can leave the survey and come back to finish if needed, simply click on the survey link again. The School Health Program aligns with the CDC's WSCC Model, a framework for addressing health in schools. We encourage schools to review the WSCC Model to find out how your school can use it to strengthen the collaborative approach to learning and health.

1. School District:
2. School Name:
 - Principal's Name:
 - Principals Email:
 - Number of years the principal has been at this school:
 - Total number of years this individual has been a principal:
3. Additional School Contact:
 - Name:
 - Email:
 - Position:
4. Provide bell schedule: Start time: _____ End Time: _____
5. Please Provide the following information:

	Number of Classes	Number of Students Per Class
PreK		
K		
1st		
2nd		
3rd		
4th		
5th		



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6. Classroom teacher turnover rate:
7. Number of students enrolled:
8. Average attendance rate:
9. Student mobility rate:
10. Percentage of students receiving free or reduced meals:
11. Please provide the following percentage for race and ethnicity information for your student population

	Percentage
African American	
American Indian/Alaska Native	
Hispanic/Latino	
Asian/Other Pacific Islander	
Caucasian	
Other	

12. THD School Health receives funding from the State of Oklahoma. The State requires us to report the overall numbers for the information below. Please provide the numbers for 3rd-5th grade from the 2022-2023 school year.

	Reading Scores	Math Scores	Attendance Rate	Behavioral Referrals
3rd				
4th				
5th				



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13. Using data from the 2022-2023 school year, please provide the information below.

	Total Number
In-School Suspensions	
Out-of-school suspensions	
Expulsions	
Referrals for safety/disciplinary problems	
Times law enforcement was called	

14. What are the most prevalent behavioral concerns among your students?

15. Many schools incorporate movement within their classrooms to address behavioral concerns. Would you be interested in learning more about this?

- Yes
- No

16. What are the most prevalent health concerns among your students and families?

17. Have you heard about the new [Senate Bill 89: Health Education Act](#)?

- Yes
- No

18. Would you be interested in learning about the [Painted Play Spaces Initiative](#)?

- Yes
- No

19. Would you be interested in having THD School Health provide professional development for your staff? [If no, skip to question 22.](#)

- Yes
- No



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20. Choose the following professional development topics your school would be interested in.

- Introduction to THD School Health Program (30-90 minutes)
- Incorporating Movement and Learning (30-90 minutes)
- Inside Recess Activities & Games (30-90 minutes)
- Physical Education (60-120 minutes)
- Skills-based Health Education (60 minutes)
- Teambuilding (30-90 minutes)
- Virtual Science Behind Movement and Learning (25 minutes)

21. Provide approximate number of staff members attending professional development:

22. Does your school provide Recess Before Lunch?

- Yes
- No

23. Would you like to learn more about the benefits of providing Recess Before Lunch?

- Yes
- No



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School Health Programming

Skills-based health education will be offered as a series of three in-person lessons. The series will consist of three skills-based health education lessons that will be taught once a month during a semester. There are stand-alone lessons that can be chosen that are not included in the series. All lessons will align with the National Health Education Standards and Oklahoma State Health Education Standards.

Skills Based Health Education Classes

Health Education Series		
Access Information (Standard 3) <i>Lesson 1</i>	Decision-Making (Standard 5) <i>Lesson 2</i>	Self-Management (Standard 7) <i>Lesson 3</i>

Stand-alone Lessons	
Goal Setting (Standard 6)	Essential Health Knowledge: Physical Activity (Standard 1)
Movement & Learning	Nutrition in PE
	Incorporating Core Curriculum in PE Teambuilding in PE

School Project
Advocacy (Standard 8)
Bully Prevention Advocacy Campaign

24. Chose the preferred health education lesson(s):

	Select all that apply
Health Education Series (3 lessons per grade)	
Goal Setting: Movement & Learning (classroom)	
Physical Education: Nutrition in PE	
Physical Education: Incorporating Core Curriculum in PE	
Physical Education: Teambuilding in PE	
Advocacy: Bully Prevention Advocacy Campaign	



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25. Select the semester that works best for your school.

- Fall 2024 (September, October, & November)
- Spring 2025 (January, February, & March)
- No preference

26. Select the day(s) of the week that works best for your school.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Community Involvement

If your school has an afterschool program, we have curriculum and equipment that you can use.

It's All About Kinesthetics is a 10-12 week program for 3rd-5th grade students. The weekly lessons include an instructional video. Students will participate in functional fitness workouts and learn about body systems through health education lessons. A take-home activity book will be provided to encourage family participation.

Cooking Club is a 5-6 week interactive program for 3rd-5th grade students. Students will learn basic cooking skills and nutrition information with hands-on activities. The 5-6 week series will cover a different food group each week.

27. Would your school be interested in utilizing our after-school curriculum and resources for It's All About Kinesthetics or Cooking Club? [If no, skip to question 31.](#)

- Yes
- No

28. Which semester would you prefer?

- Fall 2024
- Spring 2025



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29. Select one of the after-school options below for 3rd-5th grade students.

- It's All About Kinesthetics – 12-week program, 25 students maximum, use of the entire gym required, facilitated by school staff/volunteer
- Cooking Club – Two 5-week sessions, 16 students maximum per session, facilitated by school staff/volunteer

30. Please provide the following information for after-school programming.

	Contact Information
Staff/Volunteer Name	
Email	
Position	

Employee Wellness

The program is facilitated through the THD School Health website, tulsa-health.org, and includes physical activity, nutrition, and habit challenges throughout the school year. Additional wellness programs and resources will be shared as well. If your school hosts an Employee Wellness challenge, connect with us to see how we may be able to assist you.

31. What does your school provide around Employee Wellness?

32. What incentives would motivate your teachers and staff to participate in an Employee Wellness Challenge?

33. What can we do to help promote employee wellness in your school?

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Family Engagement

If your school hosting a family engagement event, we can help provide equipment and/or materials. Let us know how we can support your event.

34. THD School Health can provide equipment and/pr materials to include in your school's predetermined event. Please select all that apply.

- Nutrition – Blender Bike (funding for food must be provided by the school)
- Family Fitness Night
- Math & Literacy Activities
- Action Based Learning STEM Activities
- Other, please specify

35. Does your school have an active PTA/PTO?

- Yes
- No

36. Provide Possible dates and times for a School Health Planning Meeting:

(School principal and/or school staff responsible for scheduling school must attend meeting)

	Date	Time
Choice 1		
Choice 2		
Choice 3		

Thank you for reviewing the THD School Health Readiness Assessment for 2024-2025. The assessment can be submitted electronically at tulsa-health.org.

Submission accepted **May 1, 2024 – August 16, 2024**



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