



**NORMAN  
REGIONAL**  
Health System



**TSET**

**Shape Your Future**  
A Program of TSET

## January Edition: Healthy Staff for Healthy Schools

### NUTRITION

Educators are role models; and this is crucial in regards to student health. A healthy teacher will have fewer absences, more energy, and a higher morale in the classroom. Research shows a positive correlation between healthy eating and job performance. When staff exhibits healthy behavior, the students notice and may take up on those healthy behaviors. Check out the [Alliance for a Healthy Generation](#) to see how you can make Staff Wellness a priority in your school.

[Step 1: Assessments and Surveys \(Check it out, here!\)](#)

Step 2: Plan, Promote and Communicate to Staff

Step 3: Implement your Plan

Step 4: Evaluate

### PHYSICAL ACTIVITY

Fitness challenges, exercise classes, and regular team activities help staff improve their individual fitness while building team unity. Offer a variety of activities, from activity breaks during staff meetings using the [Alliance's Staff Fitness Breaks](#), to on-going opportunities such as establishing a walking club using the [Every Body Walk! Collaborative Toolkit](#).

### TOBACCO



A Program of TSET

**NO JUDGMENTS. JUST HELP.**

The Oklahoma Tobacco Helpline is a FREE service available 24/7.

*"We're not here to lecture or judge. We simply provide the tools and support you need to quit tobacco your own way. That includes free text and email support, phone and web coaching, patches, gum or lozenges and more for registered participants."*

For more informations visit:

<https://okhelpline.com/> or call

1-800-QUIT NOW

## HIGHLIGHTS

### Congratulations to all the Certified Healthy Schools!

Little Axe Elementary	Excellence
Little Axe High School	Merit
Little Axe Middle School	Merit
Brink Junior High	Excellence
Central Junior High	Excellence
Heritage Trails Elementary	Merit
Highland West Junior High	Excellence
Kingsgate Elementary	Merit
Moore West Junior High	Excellence
Winding Creek Elementary	Excellence
Curtis Inge Middle School	Excellence
Hubbard Elementary	Excellence
Katherine I Daily	Excellence
Noble High School	Excellence
Pioneer Intermediate	Excellence
Adams Elementary	Excellence
Alcott Middle School	Excellence
Cleveland Elementary	Excellence
Dimensions North	Basic
Dimensions South	Excellence
Eisenhower Elementary	Excellence
Irving Middle School	Excellence
Jackson Elementary	Excellence
Jefferson Elementary	Excellence
Kennedy Elementary	Basic
Lakeview Elementary	Excellence
Lincoln Elementary	Excellence
Longfellow Middle School	Excellence
Madison Elementary	Excellence
McKinley Elementary	Excellence
Monroe Elementary	Excellence
Norman High School	Basic
Norman North High	Excellence
Reagan Elementary	Excellence
Roosevelt Elementary	Excellence
Truman Primary	Excellence
Washington	Excellence
Whittier Middle	Excellence
Wilson Elementary	Excellence
Robin Hill Elementary	Excellence

## LINKS AND RESOURCES



[9 Hacks to a Healthier Meeting or Conference](#)

[Video: Health Promotion for Staff \(Right Hand Side of the Screen\)](#)

[A Video Series to Help You Move!](#)

## UPCOMING EVENTS

If you have not done so already, be sure to schedule your Healthy and Fit School Advisory Committee Meetings!

Beginning September 1, 2004, each public school shall establish a Healthy and Fit School Advisory Committee, to be composed of at least six members. The Advisory Committee may be composed of teachers, administrators, parents of students, health care professionals, and business community representatives.

A public school may combine the Healthy and Fit School Advisory Committee with its Safe School Committee, established pursuant to Section 24-100.5 of Title 70 of the Oklahoma Statutes. According to the Alliance for a Healthier Generations, it is recommended that schools meet, at a minimum, of 4 times per year. [Click Here](#) to access the Alliance for a Healthier Generation .

Each Healthy and Fit School Advisory Committee shall study and make recommendations to the school principal regarding:

- Health education;
- Physical education and physical activity; and
- Nutrition and health services.

Need help with an agenda? Do you want refreshments provided at no cost for your meeting? Need to assess your wellness policy? Contact Ariel Anglin, 405-432-8737

## FOR MORE INFORMATION & RESOURCES

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