



# Kentucky Green and Healthy Schools

## Teacher Guide Health and Safety

If your students have chosen to do an Improvement Project in the Health and Safety category, the resources below can help them as they complete the Project Form.

### **Remember to let your students lead!**

As much as possible, let the students decide the direction of their investigation and come up with Improvement Project ideas.

#### **Places to Investigate**

- Cafeteria
- Vending machines
- Walking and biking paths
- Playgrounds and sports fields
- Medical office

#### **People to Interview**

- Kitchen staff
- Physical education teachers
- Medical staff
- Administrative staff
- Teachers
- Maintenance/custodial staff

### **Questions**

These questions can be utilized as prompts should you need them. Ideally, we would like students to engage in their own questioning to provide an authentic learning experience.

- Exercise
  - How often is each student required to participate in physical activity during school hours?
  - What opportunities exist for voluntary participation in physical activity during each school day?
  - Are all students eligible and encouraged to participate in school-related athletic activities?
  - What mechanisms and equipment are available for students to exercise during lunch and other breaks?
  - What physical fitness events are offered through the school?
  - Does your school provide walking or biking paths for student/staff/community exercise or transportation?
  - What percentage of school-based physical activity is offered outdoors?
  - How is fitness and wellness part of each grade's curriculum?
- Nutrition
  - Does your school have vending machines which are accessible to students? If so, what types of foods are available in the machines?
  - What sort of training is required to be a food service manager in a school?
  - What percentage of school meals contain:
    - Lean meats?





- Low fat dairy products?
- Whole grain foods?
- Fruits?
- Vegetables?
- What role do students play in decisions about menu planning and serving methods?
- Does your school menu contain nutritional information about the foods that are served?
- Does your school district participate in a “Farm to School” program using produce grown by local farmers?
- What are the USDA guidelines for labeling foods as “organic”?
- Does your school serve organic foods?
- How is nutrition part of each grade’s curriculum?
- Safety and Disease Transmission
  - What percentage of time is a school nurse located at your school?
  - Does your school have a designated first aid room with a sink and toilet?
  - Where are AEDs (automated external defibrillators) and first aid kits located throughout the school building, buses and grounds?
  - Are students required to wash their hands before meals and at other appropriate times?
  - Does your school have a system for tracking student and staff’s health-related complaints by date, time, location and symptoms as well as accidents and injuries?
  - What is your student immunization rate?
  - Does your school have the following written plans and/or policies?
    - Safety plan for staff, students and visitors?
    - Security plan?
    - Emergency/disaster/terrorism plan?
    - Chemical hygiene, handling and spill plan?
    - Bloodborne pathogen and biological spill plan?
    - Emergency nurse services plan?
    - Playground safety plan?
    - Policies for limiting outdoor activities due to temperature extremes or high levels of ozone or ultraviolet radiation?
    - Policies for managing allergies and asthma including Epi-Pen use and latex allergies?
    - Policy for administering medication/self-medication?
    - Lock-out/tag-out policy?
    - Policy for equipment safety, personal protective equipment and/or ergonomics?
  - How is safety and disease transmission part of each grade’s curriculum?

## Resources

- [EInKentucky.org](http://EInKentucky.org) - This website is a one-stop resource for environmental education in Kentucky. The site lists grant announcements, jobs, news, professional development opportunities, conferences, and other events from across the state.





## Improvement Projects

Your students should come up with their own ideas for an Improvement Project, but below are some examples of previous Improvement Projects for Health and Safety:

- Organizing a health fair to bring in community organizations to teach students about health
- Incorporating regular exercise into classes
- Creating a walk/bike route to school
- Drafting a School Wellness Policy
- Starting a running club, Frisbee club and basketball tournament
- Creating signs and presentations to increase proper nutrition, proper hydration, proper hand-washing, and seat belt use
- Researching the nutritional value of snack offerings and eliminating unhealthy snacks
- Adding a wellness class and a gym class to course offerings

