

# North Dakota Coordinated School Health Strategies

## Safety

### Physical Education

- Ensure that classrooms, other teaching spaces, playgrounds and PE equipment can accommodate students with special needs and meet safety standards.
- Verify that before- and after-school programs and recesses are supervised and monitored.
- Utilize a research-based PE curriculum and activities that are not injurious to any student's abilities or emotional well-being.
- Align PE curriculum with state standards to promote safe and responsible practices.

### Health Services

- Identify staff and student health challenges and make appropriate referrals.
- Incorporate health and safety education into activities for staff and students during the school day plus in before- and after-school programs.
- Provide First Aid and Universal Precautions training/certification and ensure that supplies are accessible.
- Provide training on medication administration, including proper documentation and administration procedures.



### Health Education

- Provide research-based curriculum and initiatives that reinforce positive health and safety practices.
- Provide safety training for staff and students that includes bicycle and pedestrian safety, distracted drivers, speeding, impaired driving and seat belt use.
- Align curriculum with state standards to promote safe and responsible practices.

### Nutrition Services

- Follow safe food handling practices at all times.
- Provide adequate time and facilities for staff and students to practice effective hand-washing.



- Provide clean, safe and respectful serving and dining areas.

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## Healthy School Environment

- Establish school health committees to develop, communicate and disseminate policies, programs and curriculum.
- Ensure that the school plant is safe, with adequate lighting, air quality, secured chemical storage and fire safety equipment.
- Confirm that transportation policies address bus and vehicle safety for staff and students.
- Prohibit weapons on school property – including parking lots.
- Maintain a current crisis management plan and implement practice drills with staff and students.

## Family & Community Involvement

- Organize a school health committee that meets twice a year and includes parents/guardians, students and community members to review and address current needs.
- Provide an opportunity for parents/guardians, students and community members to assist with policy and program development, implementation and dissemination of the information.
- Ensure that parents/guardians and community members are aware of and participate in school crisis management procedures that promote student safety.
- Educate parents/guardians about school policies and guidelines for appropriate fundraising.

## Counseling, Psychological & Social Services

- Provide services that allow students, staff and families to be safe and connected to their school community.
- Ensure that qualified personnel are available to support those impacted by bullying and harassment.
- Identify health barriers and challenges and ensure that appropriate counseling and social services are available.
- Provide training and policies to guide school staff on the identification and referral of students suffering from stress, anxiety, depression and suicidal ideation.

## Health Promotion for Staff

- Provide health- and safety-related professional development opportunities for staff.
- Ensure that policies and training include the safe transportation of staff and students.
- Provide First Aid and Universal Precautions equipment and supplies and confirm that staff knows the location of these items.



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