



The Healthy Schools Oklahoma program has been nationally recognized and awarded for its outstanding efforts and is listed as a best-practice model for Oklahoma.

teacher quotes

"HSOK has given me opportunities to attend professional development events to make me a better PE teacher. In addition, HSOK has given me resources and equipment to enhance my physical education program."

Physical Education Teacher/HSOK Coordinator

"The HSOK program has provided the support and resources to create a physical education classroom that is exciting and fun, allowing every student to be successful!"

Elementary Principal

bethany children's health center

Bethany Children's Health Center is an innovative leader in the field of pediatric rehabilitation and 24-hour complex care. The ACHC accredited hospital offers inpatient and outpatient services for children (ages 0-21) and is the only inpatient pediatric rehabilitation facility in Oklahoma. The Hospital's community outreach programs include Safe Kids Oklahoma, Healthy Schools Oklahoma and ATV Ride Safe Oklahoma.

hsok mission

To promote and maintain healthy lifestyle choices in Oklahoma through preventive, community-based school health education programs for students, their families, and faculty.

how to apply

Elementary schools can apply to be a part of the HSOK program by visiting the HSOK website: www.healthyschoolsok.org or scanning the QR Code below.



healthy schools
oklahoma

about us

Healthy Schools Oklahoma (HSOK) was formed in 1997 in an effort to combat Oklahoma's declining health status. The program began with eight Oklahoma City elementary schools, but now reaches students, families and faculty members across the state.

Focus Areas:

- Physical Activity & Fitness
- Nutrition Education & Awareness
- Tobacco Use Prevention
- Safety & Injury Prevention
- Oral Health Education

benefits to schools

- Monetary assistance
- Public recognition
- Evidence-based curricula
- Professional development
- Health resource equipment/materials
- Ongoing technical assistance, support and training
- Links to community resources
- Teacher networking and mentoring
- Health programs/projects

programs

Adopt-A-Doc

HSOK strives to match a doctor with each member school. Adopt-a-Docs serve as an educational resource. They provide basic screenings and referrals for children as well as speaking to students, parents and faculty regarding health matters.

Adopt-A-Dentist

Modeled after Adopt-A-Doc, the program (in partnership with the Oklahoma Dental Association) matches dentists with HSOK schools to provide oral health information as well as dental care and referrals.

Tower Garden

Schools with tower gardens receive support and resources to educate students on healthy eating. Schools receive trainings, fruit and vegetable tastings, materials, e-newsletters, etc.

Action Based Learning

Kinesthetic equipment and academic tools are provided to schools. HSOK trains teachers to incorporate action based learning into the classroom.

training

- HSOK holds an annual, two-day workshop offering training, educational materials and links to community resources.
- Educators have the opportunity to learn from others as well as gain knowledge and insight from nationally recognized health programs.
- Schools receive ongoing professional development throughout the school year.

evaluation

- Improved fitness scores as measured by Fitnessgram™ (from pre and post-tests).
- Positive improvements in knowledge, attitude, and behavior as measured by the health questionnaire (pre and post-surveys).
- HSOK-participating students meet or exceed state minimum physical activity requirements.
- HSOK students tend to perform better academically, have fewer discipline problems and have lower absenteeism than children who do not participate.

