



SCHOOLS FOR HEALTHY LIFESTYLES

What is Schools for Healthy Lifestyles?

The Schools for Healthy Lifestyles (SHL) program was developed in 1997 to promote and maintain healthy lifestyles among children, families and school faculty. Participation in the program benefits not only students but your entire school community. The founding partners of SHL are Oklahoma County Medical Society, Oklahoma City Public Schools and Oklahoma City-County Health Department. The program is endorsed by both the Oklahoma State Department of Education and the State Department of Health.

Schools that are selected to enter the School for Healthy Lifestyles program focus on four key areas which are related to reducing the leading causes of poor health among Oklahoma residents:

- Promoting physical activity and fitness;
- Nutrition education;
- Tobacco use prevention; and
- Safety and injury prevention.

Schools in the SHL program develop educational programs and resources that encourage:

- Adopting healthy lifestyles and making healthier choices;
- Improving health knowledge, attitudes, skills and behaviors; and
- Increasing physical activity and fitness levels.

Benefits to Schools

SHL schools receive the opportunity to enhance the health knowledge of students, families, and school faculty plus provide educational intervention in the attitudes and behavioral skills required for the adoption of healthy lifestyles. Schools in the program also receive:

- \$1,000 grant award
- Public recognition, certificate and school flag
- Intense training at the Summer Health Institute
- Link to community resources and presenters
- Educational ideas and materials
- Health and physical education curricula
- Assessment materials and *Fitnessgram* kit
- Ongoing technical assistance and support
- Lifeline newsletters
- Adopt-A-Doc partnership

Forty elementary schools in seventeen districts are now participating in our program, and we hope to expand the number of schools participating within these districts as well as other districts within Oklahoma as funding allows.

If you have any questions or need more information, please call the SHL office at 405/606-8435 or visit our website www.healthyschoolsok.org .

John R. Bozalis, MD
President

Tracy N. McKeown, MPH
Executive Director

“Exercise and recreation...are as necessary as reading. I will rather say more necessary, because health is worth more than learning.” Thomas Jefferson

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LETTER OF INTEREST

Elementary schools that wish to participate in the grant application process are required to complete this Letter of Interest. Please submit to Schools for Healthy Lifestyles, 500 N. Broadway, Ste. 225, Oklahoma City, OK, 73102, or fax to SHL at 405/606-8437. **Deadline: January 15th.** (Full application packets will be available in February online at www.healthyschoolsok.org and will be due in April).

_____ I have read the attached program information and am aware of the purpose and mission of SHL and how participation will benefit our school.

_____ I understand that, if approved, we must designate an individual to serve as our SHL coordinator (PE/classroom teacher, school nurse, or counselor). A 3-member team from my school must attend the two-day Summer Health Institute teacher training to take place in late July (dates TBA).

_____ I understand that, if approved, our school must agree to implement the recommended program curricula and evaluation tools/equipment provided by SHL. (Valued at approximately \$5,000)

_____ I understand that, if approved, our school must agree to administer a pre/post Fitnessgram physical fitness test and a written survey to all 4th and 5th graders who have received permission from their parents to participate.

_____ I understand that, if approved, our school must use the \$1,000 grant solely for purposes of promoting SHL's four focus areas: Physical Fitness; Nutrition; Injury Prevention; and Tobacco Use Prevention.

School District

Elementary School

Superintendent

Date

Principal

Email Address

Proposed Coordinator

Email Address

Phone Number: _____