

Questions: Chapter 5

Health Is Academic: A Guide to Coordinated School Health Programs **“A Healthy School Environment”**

For Continuing Education Contact Hours

Area of Responsibility:

Responsibility II - Planning Effective Health Education Programs

The following questions are directly related to Chapter 5: “A Healthy School Environment” written by A. Henderson and D.E. Rowe *in Health Is Academic: A Guide to Coordinated School Health Programs*.

Please answer the following questions:

1. A healthy school environment includes:

- a. Positive social relationships
- b. Positive attitudes about school
- c. Safe, clean, and well-maintained buildings and grounds
- d. All of the above

2. Factors that influence the psychosocial environment include:

- a. The organization of a school
- b. The nature of policies, procedures, and practices
- c. The enforcement of policies, procedures, and practices
- d. All of the above

3. A healthy school environment contributes to students' health by:

- a. Minimizing distractions
- b. Expecting that all students can succeed
- c. Creating a climate in which students and staff do their best work
- d. All of the above

4. Almost one out of every ____ public school buildings in the country contains an environmental hazard:

- a. 2
- b. 5
- c. 10
- d. 20

5. Assigning the health class to a corner of the cafeteria sends which of the following messages?

- a. It is important to integrate school nutrition services with school health education.
- b. Health issues are not important.
- c. Teachers need to learn how to be flexible.
- d. All of the above

6. Families, schools, and communities that value academic achievement and set high standards for children have:

- a. Higher-achieving students
- b. Students who are likely to suffer stress-related illnesses
- c. Fewer extracurricular activities
- d. All of the above

7. Creating a healthy school environment requires the involvement of school administrators, faculty, staff, students, and community members.

- a. True
- b. False

8. Support for creating and maintaining a healthy school environment often comes from:

- a. Community agencies, such as law enforcement and public health departments when they provide human resources and expertise
- b. State per capita subsidies specifically allotted for school maintenance
- c. Categorical outside grant funding for environmental priorities
- d. All of the above

9. The action steps recommended in Chapter 5 for schools include all of the following except:

- a. Developing and using a data collection system for assessing and monitoring the school environment
- b. Providing leadership and administrative support for a healthy school environment
- c. Developing seminars that train all school personnel to make improvements to the school structure
- d. Creating a team to identify needs, set priorities, and identify resources

10. Involving community members in a school clean-up effort is an example of which of the following?

- a. Improving the school environment
- b. Integrating the components of a coordinated school health program
- c. Setting a health-enhancing norm
- d. All of the above