

# Healthy Schools Resources

## Physical Activity

- National Walk and Bike to School Day  
<http://www.walkbiketoschool.org/>
- Active People, Healthy Nation  
<https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>
- HI – 5 Interventions  
<https://www.cdc.gov/policy/hst/hi5/interventions/index.html>
- The Whole School, Whole Community, Whole Child Model
  - [https://www.cdc.gov/healthyyouth/wsc/pdf/wsc\\_fact\\_sheet\\_508c.pdf](https://www.cdc.gov/healthyyouth/wsc/pdf/wsc_fact_sheet_508c.pdf)
  - <https://www.cdc.gov/healthyschools/wsc/index.htm>
- Comprehensive School Physical Activity Program (CSPAP)  
[https://www.cdc.gov/healthyschools/professional\\_development/e-learning/cspap.html](https://www.cdc.gov/healthyschools/professional_development/e-learning/cspap.html)
- Universal Design for Learning in Physical Education
  - <https://www.nchpad.org/1702/6814/Universal~Design~for~Learning~in~Physical~Education>
  - <https://www.nchpad.org/Educators>
- Department of Education Physical Activity  
<http://www.fldoe.org/academics/standards/subject-areas/physical-edu/>
- How to Coach Kids  
[www.howtocoachkids.org](http://www.howtocoachkids.org)  
*A free 30-minute general course on coaching kids in any sport, focused on supporting the volunteer coaches of kids age 12 and under.*

# Healthy Schools Resources

## Nutrition

- Tools for Schools: Smart Snacks  
<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- Local School Wellness Policy  
<https://www.freshfromflorida.com/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Wellness-Policies>
- Healthy Schools Team  
<https://www.freshfromflorida.com/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Wellness-Policies/Healthy-School-Teams>
- Nutrition Facts Label: Read the Label Youth Outreach Materials  
<https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label-read-label-youth-outreach-materials>
- Association of State Public Health Nutritionists  
<https://asphn.org/>
- Florida Impact to End Hunger  
<https://www.floridaimpact.org/>

# Healthy Schools Resources

## Social and Emotional Learning

- Kindness Matters  
<http://samaritans365.org/>
- One Love Foundation  
<https://www.joinonelove.org/>
- Resilience  
<https://kpjrfilms.co/resilience/>
- Prevent child Abuse  
<http://preventchildabusefl.org/>
- Florida Kids Count  
<http://floridakidscount.org/>
- The Multiagency Network for Students with Emotional/Behavior Disabilities (SEDNET)  
<http://www.sednetfl.info/Index.aspx>
- Bullying Prevention  
<http://www.fldoe.org/safe-schools/bullying-prevention.stml>
- Cyberbullying  
<https://cyberbullying.org/>
- Human trafficking
  - <https://www.surviveandthriveadvocacy.org/>
  - <http://www.floridahealth.gov/programs-and-services/prevention/human-trafficking/index.html>
- Trauma & Toxic Stress  
<http://floridatrauma.org/index.php>
- Social and Emotional Learning  
<https://casel.org/>
- Opioid Prevention  
<https://www.cdc.gov/drugoverdose/index.html>

# Healthy Schools Resources

## Others

- CDC Healthy Schools
  - <https://www.cdc.gov/healthyschools/index.htm>
  - <https://www.chronicdisease.org/page/SchoolHealthPubs>
  - <https://www.cdc.gov/healthyschools/npao/wellness.htm>
- Alliance for Healthier Generation:  
<https://www.healthiergeneration.org/>
- Action for healthy Kids  
<http://www.actionforhealthykids.org/>
- Healthy Schools Toolkit  
<https://healthyschoolstoolkit.wustl.edu/>