

TeachME Professional Development

Building Safe and Healthy Schools

1. Which of these is not a direct educational benefit of a safe environment for students?

- A. Fewer occurrences of risky health behaviors (e.g., safe sex practices)
 - B. Safe environments create more jobs in the security industry, which helps the American economy
 - C. Reduced stressors for students, which can assist with positive mental health behaviors
 - D. Less inter-student violence on school campuses
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2. What types of training modules have certain states considered making mandatory for school personnel?

- A. Basic concepts in interdisciplinary sciences
 - B. Internet awareness and communication
 - C. Basic therapeutic techniques
 - D. Training on racial biases, school climates, suicide prevention, and disability awareness
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3. Which of these is, according to the CDC, an important component of a safe, healthy school?

- A. Updated, accessible, and helpful health services
 - B. Aesthetic, calming colors in the hallways
 - C. Reduced rigor in AP coursework
 - D. Filtered water in every drinking fountain
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4. Why is a partnership between a school and the local organizations in the area a good idea for school safety and health?

- A. Everyone would make more money
 - B. This would actually require donations without recognition, so it wouldn't be a win for local organizations
 - C. Schools could completely delegate responsibility for school safety
 - D. The organizations would receive more name recognition, and the students would gain real-life benefits
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5. Which of these is a benefit of increased physical fitness that might heighten student success?

- A. Enhanced fine motor skills
 - B. Popularity
 - C. Height and a healthy BMI
 - D. An increased drive to succeed
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6. When one Illinois school district ensured that all students received vision and dental screenings, what happened?

- A. Students started to score lower on their exams
 - B. Zero students required interventions
 - C. The number of misbehavior referrals that their school offices received decreased by 72%
 - D. All of the students had cavities
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7. Did COVID-19 cause all of the health and safety issues we are seeing in our schools?

- A. Yes, schools were doing pretty good before then
 - B. No, it merely highlighted them
 - C. COVID-19 caused safety issues but no health concerns
 - D. COVID-19 had no effect on overall student wellness
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8. The vast majority of United States public schools have implemented security measures which may include:

- A. Passcodes at every door
 - B. Increased numbers of random fire drills
 - C. Locked doors, security cameras, and random searches
 - D. A mandatory diet plan
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9. Which statement describes why safety is important for learning?

- A. Safety is one of the most foundational parts of Maslow's hierarchy of needs
 - B. Safety is not related to learning
 - C. Learning to be safe is the first thing a student should do
 - D. It's the other way around—learning is important for safety
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10. Teachers can work to create a nurturing school environment by:

- A. Setting lots of easy homework.
 - B. Creating reliable classroom routines.
 - C. Allowing children to do whatever they want in class.
 - D. Providing healthy snacks.
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11. One very easy example of a way that parents can help support schoolwide safety is:

- A. Volunteering in an amateur security tag team
 - B. Attending school with their child
 - C. Parents are not involved with school safety
 - D. Always reading school emails
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12. One of the most effective types of organizational and safety initiatives that schools can consider to invest in safety and wellness is:

- A. Establishing a school newsletter
 - B. Asking students to behave better
 - C. Turning to remote education
 - D. Strategic and consistent professional development for all school staff
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13. One key effort that a school may need to make to increase safety may include:

- A. Contrary to popular belief, getting rid of CCTV—the studies say it doesn't work
 - B. Hiring mental health professionals and ensuring that students can access their services
 - C. Ensuring that children exercise more
 - D. There is no general recommendation in existence to help all schools increase safety
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14. In one 2018 Pew Research Center study, teenagers at schools across the nation said that they saw which school safety initiative as effective and stress-reducing?

- A. Destroying all campus metal detectors
 - B. Making sure teachers had access to mental health services
 - C. Teenagers reported that they were overall satisfied with school safety as is
 - D. Measures aimed at eliminating or controlling gun use
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15. What is a student threat assessment program?

- A. A program that is staffed by professionals that are ready to help students heal from signs of potential illness or proclivities towards harmful behavior
 - B. A workshop that students can attend to have a mentor assess their worries
 - C. A safe space where students who have been threatened can recover
 - D. punitive intervention system for those who have threatened others
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16. What is the first step towards effectively assessing your school's safety and health culture and climate?

- A. Identify the people who have the most authority and leadership at your school
 - B. Implement ideas you read on the Internet at your school
 - C. Make sure that your cafeteria has nutritious options
 - D. Find a survey online that you can send to your students
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17. What's a good term for the relationship between SEL, physical fitness, and good nutrition?

- A. Tools in a student's mental toolkit
- B. A positive feedback loop
- C. Biomechanical assets

D. A healthy lifestyle triangle

18. Why is it key to invite your students into the decision-making process in your classroom from time to time?

- A. This lessens the amount of work you need to do and prepares students for the real world
 - B. This teaches your students how to compromise
 - C. This is not an important consideration, and may in fact cause mayhem at your school
 - D. Allowing students to make at least certain choices invites them to be more enthusiastic and comfortable in their learning environment
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19. What is one plausible reason that exercise is a good foundation for more effective study?

- A. It helps students feel more tired so they are calmer in class
 - B. Better blood flow to vital organs, including the brain
 - C. Exercise may lead to heightened anxiety levels, which can help stimulate work production
 - D. Exercise can help students focus on negative thoughts, which will in turn allow them to forget them later
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20. What's an effective strategy to help students and families want to sign up for the lunch program?

- A. Offering cheap, nutritious, and culturally-varied foods that you can tie in with lessons
 - B. Making the plan more expensive while offering special meals
 - C. Making the meal plan mandatory
 - D. Offering numerous lectures about the importance of healthy eating
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