

# 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
- 

**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
- 

**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
- 

**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
- 

**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
-

**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
- 

**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
- 

**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
- 

**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
- 

**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.
- 

**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
-

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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
-