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

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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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