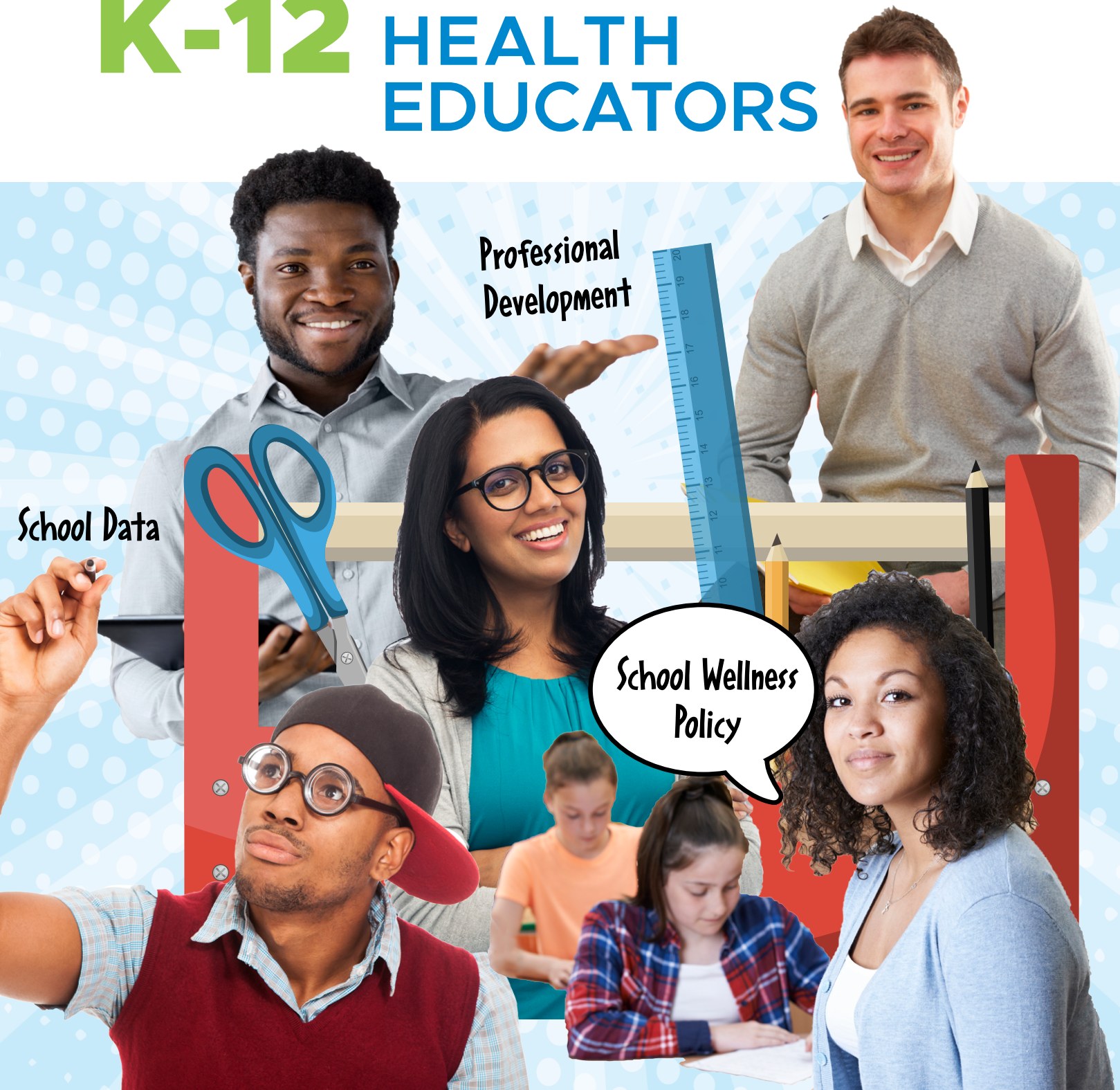


# SOPHE Model Toolkit for K-12 SCHOOL HEALTH EDUCATORS



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## Acknowledgements

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<b>Rachael Dombrowski*</b> Wayne State University, SOPHE	<b>Kelly M. Boyd*</b> East Stroudsburg University	<b>Lloyd J. Kolbe*</b> Indiana University School of Public Health – Bloomington
<b>James Mallare*</b> Wayne State University, SOPHE	<b>Hannah P. Catalano*</b> University of North Carolina Wilmington	<b>Sarah Lee</b> Centers for Disease Control and Prevention
<b>Elaine Auld*</b> SOPHE	<b>Sandra Chafouleas*</b> University of Connecticut	<b>Jenny Linker*</b> North Dakota State University
<b>Jordan Fuhrmeister*</b> SOPHE	<b>Bonnie J. Edmondson</b> Southern Connecticut State University	<b>Beth Marshall*</b> Johns Hopkins University
<b>Tiffany Edgar*</b> Wayne State University, SOPHE	<b>Mariane Fahlman</b> Wayne State University	<b>Fran Meyer*</b> The Society of State Leaders of Health and Physical Education
<b>Holly Alperin</b> University of New Hampshire	<b>Melissa Fahrenbruch</b> Centers for Disease Control and Prevention	<b>Denise Seabert</b> California State University, Fresno
<b>Kymm Ballard*</b> Campbell University	<b>Susan Goekler</b> SOPHE SPA Coordinator	<b>Susan Telljohann</b> The University of Toledo
<b>Sarah Benes*</b> Merrimack College	<b>Holly Hunt</b> Centers for Disease Control and Prevention	<b>Mohammad Torabi</b> Indiana University – Bloomington
<b>David Birch</b> The University of Alabama	<b>Troy Hutchings*</b> National Association of State Directors of Teacher Education and Certification (NASDTEC)	<i>*Denotes Curriculum Guide &amp; Toolkit Working Group Member</i>
<b>Bridget Borgogna</b> Centers for Disease Control and Prevention	<b>Lea Jaspers</b> Maryland State Department of Education	

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# Essential Tools for Healthy Schools

The Model Toolkit for K-12 School Health Educators provides health education teachers and other school health staff relevant and up-to-date tools and resources created or promoted by the Centers for Disease Control and Prevention (CDC) Healthy Schools. Links to key resources are provided below, and a short video is provided to assist you with navigating this site.

You can also visit the CDC Division of Adolescent and School Health (DASH) web page if you would like to find additional resources on adolescent health and connecting to health services to prevent HIV, STDs, and unintended pregnancy. DASH resources take a school-based health promotion and disease prevention approach to adolescent health.



## Resources:

- [Adolescent Health: What Works In Schools](#)
- [Health Education in Schools](#)
- [Developing a Scope and Sequence](#)
- [Health Education Tools and Trainings](#)
  - [HED Pacing Guide and Unit Planner](#)
  - [Health Education Teacher Coaching Form](#)
  - [Sexual Health Education Scope and Sequence Checklist](#)
  - [Scope and Sequence Processing Guide](#)

This toolkit was developed in collaboration with CDC Healthy Schools, school health experts, and the Society for Public Health Education (SOPHE) to increase access to high-quality school health resources.

[see school health experts](#)

The Essential Tools for Healthy Schools are designed for use by K-12 in-service teachers and other school stakeholders. Specifically, these tools may assist in planning and implementing evidence-based school health programs and policies grounded in the Whole School, Whole Community, Whole Child (WSCC) Model.



Have you visited the CDC's Virtual Healthy School?

[You can see the WSCC model in action!](#)

View how various departments within a K-12 educational setting work together to promote health in action.



## Whole School, Whole Community, Whole Child Model (WSCC)

see [WSCC Model](#)

The [WSCC Model](#) is a collaborative framework developed by the CDC and the Association for Supervision and Curriculum Development (ASCD) to improve health and learning in schools. The WSCC model emphasizes school and community engagement to better align and integrate health and education to support the whole child.



**How to Use This Tool:** This section highlights the [WSCC Team Training Modules](#), which are professional development resources that may be used by professionals working in local schools, districts, or states to build, enhance, and sustain effective WSCC implementation in schools.

Please note that each WSCC Team Training module is stand-alone; therefore, users may develop individualized professional development plans to meet the needs of the school(s) or district(s).



### Resources:

[WSCC Team Training Modules Introduction](#)  
[Introduction to the WSCC Team Training Modules \[Video\]](#)  
[WSCC Team Training Modules](#)  
[WSCC Fact Sheets \[Series at SOPHE\]](#)  
[Strategies for using the WSCC Framework](#)

### Supplementary Readings:

[National Association of Chronic Disease Directors. \(2017\). \*The Whole School, Whole Community, Whole Child Model: A Guide to Implementation\*](#). This guide is designed to assist educators and other school stakeholders with planning and implementing the WSCC model.

### Virtual Healthy School (VHS)

see [VHS](#)

The [VHS](#) is an interactive resource that highlights practical strategies schools may implement across the WSCC model to support students' health and academic achievement. The VHS may be used by anyone interested in supporting the whole child, including but not limited to K-12 teachers, staff, and administrators; pre-service health education faculty and staff; staff in local and state departments of health or education; parents; and community members.



**How to Use This Tool:** The VHS may be used to showcase comprehensive integration of WSCC components in a school setting. It also provides resources to school personnel to help improve the health of children and adolescents. This resource could be used to train school- or district-level staff and administrators about effective WSCC implementation.

## School Health Index Self-Assessment and Planning Guide (SHI)

The SHI is a comprehensive self-evaluation and planning tool that is aligned with the WSCC model and is intended for use by K-12 schools. This tool was developed by the CDC in partnership with school health experts, school staff and administrators, parents, and national nongovernmental education and health agencies (CDC, 2019).

“The SHI is built on CDC’s research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors. The SHI is available as an interactive, customizable online tool or downloadable, printable version.” (CDC, 2019, para 1-2).

**How to Use This Tool:** The SHI may be used to assist schools with (a) determining strengths and weaknesses of existing health programs and policies, (b) developing action plans to improve student health as part of the school improvement plan, and (c) engaging students, teachers, parents/guardians, and the community in facilitating healthy behaviors, improved health outcomes, and academic success.

### Resources:

[School Health Index: A Self-Assessment and Planning Guide E-Learning Module](#)

[Your Guide to Using the School Health Index](#)

[School Health Index \(online version\) — Get Started](#)

[CDC’s School Health Index: A Self-Assessment and Planning Guide. Elementary School Version. 2017](#)

[CDC’s School Health Index: A Self-Assessment and Planning Guide. Middle/High School Version. 2017](#)

[School Health Index: A Self-Assessment and Planning Guide course of the “Training Tools for Healthy Schools” E-Learning Series](#)

[CDC’s School Health Index Glossary of Terms](#)



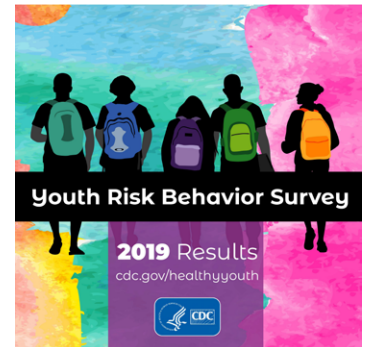
## School Data

This section highlights databases and resources that can be used in the professional preparation of health teacher candidates to inform, enhance, and emphasize school-level health education initiatives. Utilization of the following tools, databases, and reports can be integrated into existing coursework to prepare candidates for assessing real-time data within their schools and districts to inform the delivery of health education curriculum and influence their overall pedagogy.

### Youth Risk Behavior Surveillance System (YRBSS)

The YRBSS is a resource that monitors six categories of health-related behaviors that contribute to illness, disability, and death among youth and adults and includes

- behaviors contributing to unintentional injuries and violence,
- sexual behaviors such as unintended pregnancy, STI/STD, HIV & AIDS,
- tobacco and alcohol and other drug abuse,
- unhealthy dietary behaviors, and
- inadequate physical activity.



The YRBSS also measures obesity and chronic disease prevalence as well as sexual identity. The system includes surveys conducted by the CDC at the state and local levels in partnership with local, territorial, and tribal governments and health agencies. Users may view the latest overall report as well as the current national trends and key resources. Original questionnaires used in the compilation of the report may also be viewed. For complete data sets, a data export request form can be found in the portal and submitted for review.

**How to Use This Tool:** The YRBSS may be used to inform curricula by highlighting pertinent health issues faced by children and youth. Suggested objectives provided by the CDC Healthy People 2030 web page can be used to help address contemporary health concerns when compared with current national trends and key resources.



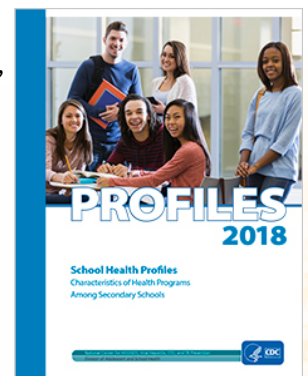
### Resources:

This resource can be used to help guide general usage of the YRBSS and elementary data analysis methods.

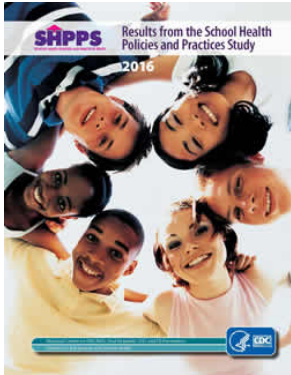
### School Health Profiles

The School Health Profiles (Profiles) is a system of surveys that assess school health policies and practices on the state, territorial, and urban school district levels. These surveys are conducted biennially by education (principals and lead health education teachers) and health agencies in middle school and high school. Profiles monitors the status of

- school health education contents and requirements,
- physical education and activity,
- bullying and sexual harassment prevention and mediation,
- drug abuse and tobacco prevention,
- nutrition,
- school-based health services,
- family and community engagement and involvement, and
- school health coordination.



**How to Use This Tool:** The data provided in the Profiles shows the progress of implementation of school policies and practices that may inform and influence health curriculum content for school-age youth. Users may also access the [questionnaire bank](#) and [request for a data set export](#).



### **School Health Policies and Practices Study (SHPPS)**

The SHPPS is a national survey that was periodically conducted to assess the implementation of school health policies and practices at the classroom, school, district, and state level. Comprehensive results and fact sheets from the SHPPS are available on the [SHPPS website](#). In 2014, an additional study on vending machines in schools was conducted, and results are available on the [2014 CDC Vending Machine Study site](#).

**How to Use This Tool:** Users can view the [questionnaire bank](#) used in the compilation of the reports and accompanying data and documentation. A [data request form](#) is also available for submission for the export of data sets related to the SHPPS.

### **Curious About the Vending Machine Study?**

[The CDC's study is available in pdf format.](#)

Turns out fewer than half of U.S. school vending machines promoted healthy options using text, and only 38% used a picture to encourage the same choice.



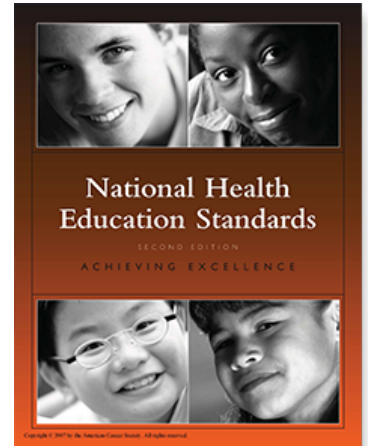


## Curriculum Tools

### National Health Education Standards (NHES)

The NHES were developed to facilitate health-enhancing behaviors for students in pre-K through grade 12. The NHES include performance indicators that articulate what students should know and be able to do to facilitate personal, family, and community health by the end of the following grade levels: grades pre-K–2, grades 3–5, grades 6–8, and grades 9–12 (CDC, 2019).

**How to Use This Tool:** The NHES may be adopted by state departments of education and school districts or used to guide the development of health education curricula or a scope and sequence within a school district (Joint Committee on National Health Education Standards, 2007). Teachers may also use the NHES to guide the development or selection of curricula, pedagogical methods, and assessment strategies. The performance indicators for each standard can serve as a blueprint for student assessment (CDC, 2019). One important note is that although the NHES addresses ten content areas, local school districts determine specific curriculum content.



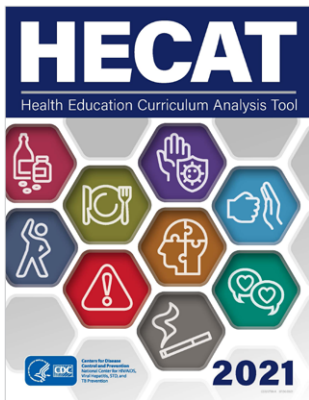
### Supplementary Readings:

Joint Committee on National Health Education Standards. (2007). *National Health Education Standards: Achieving Excellence (2nd ed.)*.

### Health Education Curriculum Analysis Tool (HECAT)

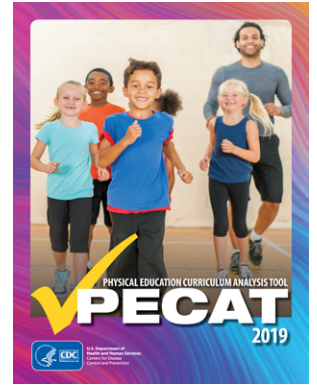
The HECAT is an analysis tool that can be used by school districts and schools to analyze health education curriculum, including revising locally developed or commercially available curricula. The HECAT can also be used to guide health education curriculum development. A purposefully conducted analysis of curricula supports delivery of effective health education instruction in K-12 schools (Characteristics of an Effective Health Education Curriculum). The HECAT is designed to be used by those who select, develop, or use school health education curricula and those who are interested in improving school health education curricula.

The HECAT is aligned to the NHES and serves as a guide for curriculum development to ensure alignment with the national, state, or local health and education standards. The HECAT is available for download and can be accessed through HECAT online, a free, interactive tool that allows you to work collaboratively in teams to complete projects related to curriculum analyses, compare strengths and weaknesses of multiple curricula, and develop a scope and sequence for health education. The Frequently Asked Questions page provides additional details about the HECAT, benefits, use, conducting a curriculum review, revising the tool, and resources.





**How to Use This Tool:** State or local education agency staff, curriculum teams, specialists or developers, and faculty and students in institutions of higher education teacher preparation programs can visit the CDC DASH web page to download the tool components or create a HECAT online account. Additionally, SOPHE's [Improving School Health Education Programs](#) web page provides links to training recordings for knowledge and background purposes on the HECAT and the Characteristics of Effective Health Education Curriculum to help in planning, implementing, and evaluating health education programs. A link is also provided to access the CDC's Physical Education Curriculum Analysis Tool (PECAT) to support physical education curriculum analysis, revision, or development.



**Resources:**

[CDC Health Education Curriculum Analysis Tool \(HECAT\) Fact Sheet](#)  
[CDC Health Education Curriculum Analysis Tool \(HECAT\) E-Learning Module](#)  
[Health Education Curriculum Analysis Tool: A Guide for Health Education Teacher Preparation Programs in Institutions of Higher Education](#)  
[CDC Physical Education Curriculum Analysis Tool \(PECAT\) Web Page](#)  
[National Health Education Standards](#)  
[School Health Index \(SHI\)](#)

see [NHES](#)

**Supplementary Readings:**

[Essential Components of Health Education](#)  
[Using School Health Education to Build Health Literacy Among Youth](#)  
[A Coordinated Approach to Support Health and Learning](#)

**Uncertain How to Develop a Plan for Your School?**

[The School Health Index e-Learning Course will prepare you.](#)

The course is self-paced and even includes a Certificate of Completion at the end.

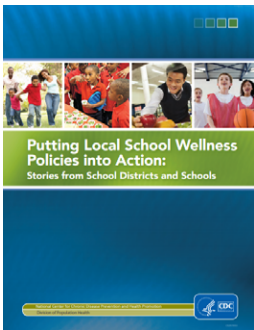


## School Health and Wellness Tools

The following resources and materials can support K-12 educators and school staff in designing, implementing, and evaluating wellness policies and programming in their schools. The resources and tools included align with the WSCC approach (more information on WSCC can be found in the Essential Tools for Healthy School section).

It is recommended that schools have a team dedicated to supporting wellness initiatives within their buildings and that wellness implementation is a collaborative effort that engages multiple stakeholders, including students, parents, school nutrition staff, school social emotional wellness staff, school physical education staff, and school health staff. Teams should also report their wellness efforts to district-level groups or staff.

The main audience for these tools includes school-level staff and administrators; however, they could also be utilized at the district level to help guide decision-making. The tools included here could also be used to inform key stakeholders such as school committees and boards or family and community partners on school wellness.



### Local School Wellness Policy

The CDC Healthy Schools web page provides tips and resources for creating a local school wellness policy. Each local education agency participating in federal Child Nutrition Programs are required to develop, implement, and report on implementation of their school wellness policies.

**How to Use This Tool:** The resources provided include an overview of the requirements of school wellness policies, references to documents that can help support the rationale for implementing school wellness policies, and additional resources from organizations outside of the CDC that can support wellness policy development and implementation. This resource could be used in conjunction with results from the SHI. Wellness teams, committees, or councils should use this resource when developing or evaluating their wellness policies.

### Comprehensive School Physical Activity Program (CSPAP)

The CSPAP includes a guide and framework to assist schools in implementing the recommended sixty minutes of physical activity per day for youth. Resources and materials are provided that discuss rationale for implementing a CSPAP and best practices in CSPAP implementation with school staff throughout the school day (e.g., recess, classrooms, and before/after school), as well as key professional development activities needed. An e-learning module is also provided to get started on your CSPAP for your school.



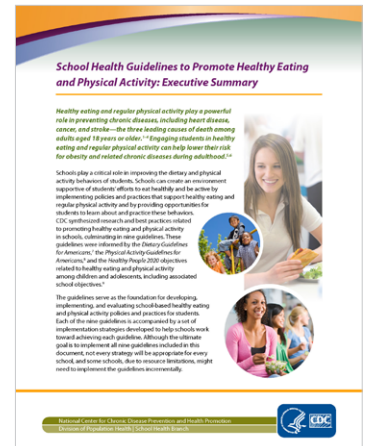
**How to Use This Tool:** Schools can use this web page and associated resources to evaluate, design, and implement physical activity throughout the school day and across multiple stakeholders (students, staff, families, and community).

**Resources:**

**VHS:** This interactive tool provides examples of ways that schools can implement a WSCC approach and support the health and academic success of students.

**School Health Guidelines to Promote Healthy Eating and Physical Activity**

CDC Healthy Schools provides nine School Health Guidelines (currently being updated) that can serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices. Within each guideline users can find a definition, successful strategies, and key resources. Additional resources are also provided to support schools in addressing these guidelines and include materials to take action.



**How to Use This Tool:** School wellness teams, committees, and councils can use the School Health Guidelines to evaluate existing initiatives as well as to determine areas for improvement and growth. It is recommended that these guidelines are used in conjunction with the WSCC, local wellness policy, and CSPAP materials. Using these tools individually can still be beneficial, but schools will likely experience more impact when used as part of broader, system-wide initiatives.

**Resources:**

School Health Guidelines

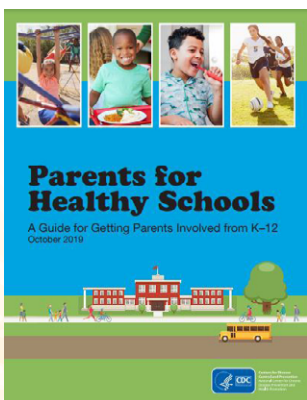
Getting started e-learning course designed to help individuals get ready to take action in their schools

WellSAT, the Wellness School Assessment Tool to score and improve your local school wellness policy.

**Parents for Healthy Schools Resources**

The Parents for Healthy Schools resources, which are also available in Spanish, include a variety of tools and materials designed to support parent engagement in schools, which is a critical component of a WSCC approach. There are some resources that are focused on schools and some that are geared toward parents.

**How to Use This Tool:** School wellness teams, committees, and councils can use this resource to help them design and evaluate parent engagement strategies in their schools. There are PowerPoints that can be used in school committee meetings and other spaces as well as an e-learning course that can be shared with parents.





**Resources:**

*Parents for Healthy Schools*

E-Learning course to share with parents

Strategies to involve parents: *Parent Engagement: Strategies for Involving Parents in School Health*

Staff development to involve parents in schools: *Promoting Parent*

*Engagement in School Health: A Facilitator’s Guide for Staff Development*

**COVID-19 Resources**

There are several CDC resources to support schools in COVID-19 prevention and many other COVID-19 needs.

**How to Use This Tool:** School health experts, school staff and administrators, and parents can use the CDC Schools and Child Care Programs web page to find resources related to K-12 schools, early childhood education and child care programs, ventilation in schools and child care programs, and case investigation in K-12 schools and institutions of higher education.



**Resources:**

*Guidance for COVID-19 Prevention in K-12 Schools [2021]*

*What to Do if a Student Becomes Sick or Reports a New COVID-19 Diagnosis at School*

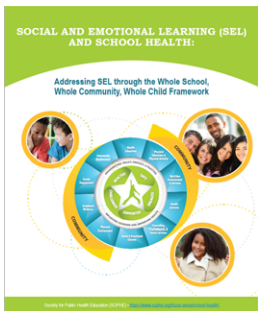
*A Student Is Showing Signs of COVID-19 and Needs to Be Isolated: What Do I Do?*

A companion resource also provides tips and strategies for parents to support the health and well-being of their children ages zero through twenty-four.

**Social and Emotional Learning and Mental Health**

CDC Healthy Schools provides several strategies and resources for supporting social and emotional learning (SEL) and mental health in schools. The web page links to several resources to support SEL in schools, homes, and communities.

**How to Use This Tool:** School connectedness is a key protective factor to support not only students’ mental health but their academic success as well. Schools can utilize these resources to improve school connectedness and social emotional learning among their students.



**Resources:**

*CDC Healthy Schools School Nutrition and the Social and Emotional Climate and Learning Web Page*

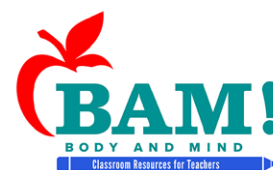
*School Nutrition Policies and Practices Can Support the Social and Emotional Climate and Learning*

*School Connectedness: Strategies for Increasing Protective Factors Among Youth*

*Social and Emotional Learning (SEL) and School Health: Addressing SEL through the Whole School, Whole Community, Whole Child Framework from SOPHE*

### **BAM! Body and Mind**

BAM! Body and Mind provides information and resources for teachers in grades 4–8 to support healthy lifestyles. The web page includes eight units: CDC Basics, Nutrition, Physical Education and Activity, Health Conditions and Diseases, Disabilities and Birth Defects, Mental Health and Child Development, Injury Prevention and Safety Promotion, and E-Cigarettes and Alcohol. It also includes the “Ask a Scientist” comic series and additional resources.



**How to Use This Tool:** Schools can use these resources to support health education programming and can also use these resources as supplemental lessons in other academic subject areas such as science.

### **School Employee Wellness**

CDC Healthy Schools provides guidance on ways to support school employee wellness, which is an essential component of the WSCC model.

**How to Use This Tool:** Schools can use the resources on this web page to improve staff retention and productivity, decrease employee absenteeism, and decrease employee health care costs.

### **Resources:**

CDC Workplace Health Promotion Tools and Resources

CDC Worksite Wellness Scorecard

Coping with Stress During the COVID-19 Pandemic Resources

Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness



**It's Not Only About the Students!**

An employee wellness program can improve healthy behaviors among the staff, and reinforce those behaviors with students.

## Additional Resources

### Professional Development Tools and Resources

These resources will allow the user to access core training material for greater usage of professional development resources developed and curated by CDC Healthy Schools. SOPHE has provided resources that can also be used to supplement professional development initiatives in the school health education environment.

#### How to Build a Training Cadre: A Step-by-Step Process



Gathering and meeting

an organization's goals may be a particularly challenging initiative for one person given their additional responsibilities. This resource has been created for schools to help build a training cadre to help support the sustainability of a professional development infrastructure within an organization and school environment.

**How to Use This Tool:** Schools can utilize this resource to develop a professional development infrastructure within their district to retain and promote staff needs.

#### Resources:

[Glossary of Terms for Training Cadres](#)

#### Professional Development and Follow-Up Support

After a professional development event has been completed by an educator, tailored follow-up support is encouraged to help strengthen the learned knowledge and skill of the participant. This support is intended to help with the transfer of strategies so the school health educator may be able to retain the information and effectively apply it.

**How to Use This Tool:** The Professional Development Follow-Up Support Tool Kit provides the user with resources that are designed for use after a professional development event. Worksheets are provided for the follow-up process.

#### Resources:

[Professional Development: Follow-up Support Tool Kit](#) (facilitator information)

[Professional Development Practices Inventory](#)

[Follow-up Support: Team Action Plan Template](#)

[Follow-Up Support: Technology Survey](#)

[Professional Development Follow-Up Support: The Continuum](#)

[Evaluation Distinctions](#)

[Guide for Follow-Up Support Planning](#)

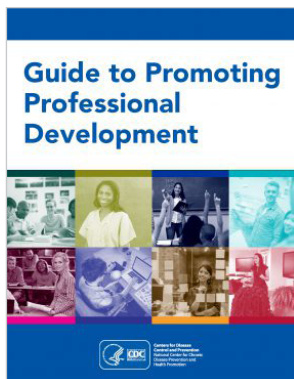
[Providing Follow-Up Support: Guiding Questions](#)

[Online Professional Development Follow-Up Support Tools](#)

## Professional Development Practices

Professional development should provide skills, resources, and strategies that help to enhance the transfer of knowledge. The CDC has provided Professional Development Practices based on best practice and the optimal conditions in which implementation should occur.

**How to Use This Tool:** Schools should follow the best practices guidelines to ensure they are meeting the needs of professional development for their school staff.



### Guide to Promoting Professional Development

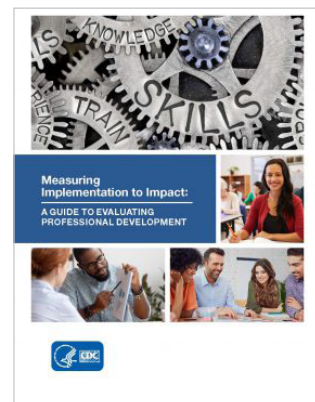
CDC Healthy Schools created a Guide to Promoting Professional Development services to key sectors of the K-12 school health educator staff.

**How to Use This Tool:** Schools should utilize this guide, which is based on best practices for targeting services to key sectors within the school environment.

### Guide to Evaluating Professional Development

Providing and participating in professional development within schools requires significant investments of time and resources by both professional development providers and school administrators and staff. It is important to evaluate professional development opportunities to ensure that they are meeting your school's needs.

**How to Use This Tool:** This guide assists with developing a professional development evaluation plan and ensuring you are assessing the correct goals and objectives within your district.



## Professional Development 101 & 201

Professional Development 101: The Basics is a course designed for the user to learn about the six Professional Development Practices created by the CDC's Healthy Schools branch in partnership with RMC Health. Professional Development 101 will help to increase the skill development of staff in working to improve health and wellness outcomes.

Professional Development 201: From Basic to Dynamic is a course focused on two key practices: Design and Deliver. This course will provide the user key skills and resources to successfully deliver professional development opportunities to adult audiences both in person and in a virtual (webinar) format.

**How to Use This Tool:** Schools and districts can incorporate these courses within their overall professional development plans to ensure they are providing effective skill development of their staff in the most appropriate setting and format.



## Training Tools for Healthy Schools (TTHS) E-Learning Series

**How to Use This Tool:** This resource will allow the user to access core training material for greater usage of professional development resources developed and curated by CDC Healthy Schools.



### Resources:

[E-Learning Tools](#)  
[Continuing Education Information](#)

### United States Department of Education Data

The [United States Department of Education](#) makes high-value data sets publicly available in a user-friendly format. The Department of Education data initiative makes accessible data from diverse programs that can serve as a comprehensive resource for education-related data allowing practitioners, researchers, educators, and the general public to inform their work within classrooms across the nation.

**How to Use This Tool:** The resources provided can assist school educators in accessing data from across the nation to help inform their work in classrooms. The resources include charting and graphing tools that allow the user to understand broad trends throughout the nation or within your state. Users can see which initiatives pertaining to education are funded within their communities and view grant applications through the district overlay. Educators and practitioners are also able to sort and filter through data using application criteria. Data can also be exported for off-line use.

### Resources:

[ED Data & Statistics](#)  
[National Center for Education Statistics](#)