



### ***YHS becomes district's third site named Certified Healthy School***

For promoting healthy practices, teaching healthy lifestyle choices

Yukon High School has been named an Oklahoma Certified Healthy School through the Oklahoma Turning Point Council. This distinction recognizes schools in the state that promote healthy practices and teach students about making healthy lifestyle choices.

"In 2010, the 'Oklahoma Certified Healthy Schools Act' was passed as a voluntary certification of schools that promote wellness, encourage healthy behaviors and establish safe and supportive environments," according to the OK Turning Point website.

Several programs helped the high school achieve this distinction, including the Student Assistance Program, designed to keep students in school by providing support for positive growth and development during their educational careers.

The new, healthier food options for breakfast and lunch also helped demonstrate the school's health focus, as did the YuCan Coalition, which promotes a healthy lifestyle, free of alcohol, tobacco, and other drugs.

Before a school can even apply, it must also be in compliance with a variety of federal laws on school wellness.

Once a school has been recognized as certified healthy, school administrators may then apply for grants that would provide funding to support existing health programs as well as additional programs or services that further promote healthy living.

Parkland Elementary and Skyview Elementary were previously awarded the Oklahoma Certified Healthy School designation.