



**Teacher's Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**School Name:** \_\_\_\_\_

**To Achieve Bronze Status:** you must meet 6 out of the 15 options.

**To Achieve Silver Status:** you must meet 9 out of the 15 options.

**To Achieve Gold Status:** you must meet 12 out of the 15 options.

*The items with the \* must be completed to be a GOLD classroom*

---

\*Class adopts the "RiseVT Classroom Wellness Policy" addressing celebrations and a copy is sent home to parents.

 **Resource:** [RiseVT Classroom Wellness Policy](#)

---

\*Class adopts the "RiseVT Classroom Wellness Policy" addressing snacks and a copy is sent home to parents.

 **Resource:** [RiseVT Classroom Wellness Policy](#)

---

\*Class adopts the "RiseVT Classroom Wellness Policy" addressing physical activity and a copy is sent home to parents.

 **Resource:** [RiseVT Classroom Wellness Policy](#)


---

\*Class takes the "RiseVT Pledge".

 **Resource:** [RiseVT Pledge](#).

---

\*The teacher models a healthy lifestyle.

 **Examples:** choosing water, choosing healthy snacks, leading/participating in Brain Breaks, participating in employee wellness programs, playing at recess, not rewarding students with candy or unhealthy treats, etc.

---

\*Water is the drink of choice in the classroom and it is accessible and encouraged throughout the day.

---

Complete one RiseVT activity.

 **Resource:** *RiseVT Classroom Activities.*


---

Complete one RiseVT activity.

 **Resource:** *RiseVT Classroom Activities.*

---

The class takes daily Brain Breaks.

 **Fact:** The CDC encourages 30 minutes of physical activity to be built into a student's day, outside of PE.

---


Mindfulness and/or yoga are incorporated into the class.

---

Celebrations emphasize healthy activities.


---

Academics incorporate movement or nutrition.

 **Examples:** utilizing school garden produce for math, relays incorporating facts, ball toss to students to answer questions, etc.

---

Class participates in any available walk to school program at the school, or takes extra walks during school or extra movement breaks.

 **Fact:** The CDC encourages 30 minutes of physical activity to be built into a student's day, outside of PE.

Class takes the Tobacco Free pledge.



**Resource:** Tobacco Free Pledge.

What did we miss that you are doing that is healthy?

---

---

---

## REWARDS

### BRONZE

- RiseVT class certificate
- Small prize for each student
- Classroom kickball

### SILVER

- RiseVT class certificate
- \$25 Amazon gift card for teacher to purchase an item for the classroom that promotes wellness
- RiseVT staff visits classroom to provide a fun and healthy activity or lesson (see “RiseVT Rewards”)

### GOLD

- RiseVT class certificate
- \$75 Amazon gift card for teacher to purchase an item for the classroom that promotes wellness
- T-shirts for each student and teacher
- Recognition at School Assembly
- Highlighted in press releases, the RiseVT Facebook page, etc.

**LET’S #RISEVT TOGETHER!**

© 2019 RiseVT. All rights reserved | RiseVT.org

V2.0