



School Name: _____

Contact Name: _____

Phone Number: _____

School Address: _____

Number of Students: _____

Number of Faculty/Staff Members: _____

To Achieve Bronze Status: Must complete 8/10 Bronze Level activities.

To Achieve Silver Status: Must complete 8/10 Bronze Level activities, and 10/13 Silver activities.

To Achieve Gold Status: Must complete 8/10 Bronze Level activities, and 10/13 Silver activities and 13/16 Gold activities.

BRONZE

Schools must complete 8 out of 10 activities to qualify to be a Bronze Certified School.

Breastfeeding friendly employer.

 **Resource:** <https://risevt.page.link/BreastFeeding>

Drinking water is easily accessible by water fountain, refillable water station and water is promoted as the drink of choice throughout the school.

Opportunities for physical activity, not including physical education, are offered to all students, within the school day.

Received education about Farm to School/local food procurement opportunities.

 **Resource:** nofavt.org

Before and/or after school fitness opportunities are easily accessible to all students. This could include but is not limited to intramural sports, open gym, clubs and/or pick-up sports.

Most school-based events, that include food, offer healthy choices.

 **Resource:** See Smart Snacks guidelines (www.fns.usda.gov/tn/guide-smart-snacks-schools)

Some staff have received some training in mindfulness.

School leadership recognizes the importance of school community and connection.

All teachers have been provided the RiseVT Healthy Classroom Policy sample.

 **Resource:** RiseVT Healthy Classroom Policy can be found here
(<https://risevt.page.link/ClaasroomWellnessPolicy>)

Did we miss something or is your school doing something else that is healthy and fun? Tell us more:

SILVER

Schools must complete 10 out of 13 activities to quality to be a Silver Certified School

*In addition to bronze requirements.

Established Supervisory Union or School wellness committee that meets at least quarterly. Students, families, staff and community stakeholders are encouraged to be active members of the team.

Collection of Free and Reduced Lunch applications are encouraged. It is offered several times each year, self-addressed envelopes are provided for return, or personal outreach is done, etc.

School community participates in at least 1 community engagement activity per year above and beyond student requirement for community service. This can be volunteer projects, collections, food/toy drives, etc.

Time for physical activity is incorporated into every school day for ALL students. This does not include time to change class.

Farm to School opportunities have been identified and are being pursued.



Examples: Garden on site, active grant applications, purchasing from local farmers/growers, produce from garden utilized in School Lunch Program, Harvest of the Month, Etc.

25% of teachers have adopted the RiseVT Healthy Classroom policy.

Vending machines, concession stands and/or ala carte offer healthy options.



Resource: See Smart Snacks guidelines (www.fns.usda.gov/tn/guide-smart-snacks-schools)

All staff have been provided the tools and resources to implement mindfulness into the classroom.

School leadership recognizes the importance of school community and connection and it is emphasized throughout school culture.

All school-based events, that include food, offer healthy choices.

Promotion and distribution of tobacco/vaping/e-cigarettes/smokeless cessation resources to staff and students (included but not limited to 802 Quits, handouts readily available, school counseling and support services referrals to local and state wide tobacco cessation opportunities.)

The RiseVT Wellness Journal was shared with teachers as a potential resource to be used within the classroom.

Did we miss something or is your school doing something else that is healthy and fun? Tell us more:

GOLD

Schools must complete 13 out of 16 activities to qualify to be a Gold Certified School.

*In addition to bronze and silver requirements.

The opportunity for 30 minutes of physical activity is offered to all students within the school day. This does not include the time to change classes.

Established Food Advisory Committee or your Wellness Committee meets at least twice per year to evaluate existing food service.

Fundraising only includes healthy food options or no food/beverage related items.

Wellness committee is actively meeting and regularly evaluating the success of programming and working towards continuous improvement. A student regularly attends.

Farm to School is active within school and may include but is not limited to:



Examples: Garden on site, active grant applications, purchasing from local farmers/growers, produce from garden utilized in School Lunch Program, Harvest of the Month, Etc.

The Wellness Policy has a WELLSAT score completed by committee, VDH or RiseVT.



Resource: <http://www.wellsat.org/>

50% of teachers have adopted the RiseVT Healthy Classroom policy.

There are no vending machines on site or they ONLY offer healthy options.

Wellness committee has completed the Coordinated School Health Index within the last five years.

 **Resource :** <https://www.cdc.gov/healthyschools/shi/index.htm>

No advertising of unhealthy food and drinks within the schools jurisdiction.

The cafeteria is inviting, comfortable and student input is sought.

Mindfulness is a part of the school culture and incorporated into the school day. Information has been sent home educating families about the practice.

School has an active partnership with the community that both enhances the community and the student's educational experience.

RiseVT Journals are being used in classrooms.

Comprehensive School Physical Activity Program (CSPAP) is in place at school and regularly evaluated.

 **Resource:** <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>

Did we miss something or is your school doing something else that is healthy and fun? Tell us more here:

What is the Wellness Vision for your school?

Based upon the scorecard, what would you like to prioritize to work on for your school in the next 12 months?

How can RiseVT help to address your priorities?

When will we follow up?

How will we celebrate success?

LET'S #RISEVT TOGETHER!

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