



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, connecting with the RiseVT Health Coach, 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 Walk to 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!

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V1.0