

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.
- \*Class adopts the "RiseVT Classroom Wellness Policy" addressing snacks and a copy is sent home to parents.
- \*Class adopts the "RiseVT Classroom Wellness Policy" addressing physical activity and a copy is sent home to parents.
- \*Class takes the "RiseVT Pledge".
- \*The teacher models a healthy lifestyle.
- \*Water is the drink of choice in the classroom and it is accessible and encouraged throughout the day.
- Complete one RiseVT activity.
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- The class takes daily Brain Breaks.
- Mindfulness and/or yoga are incorporated into the class.
- Celebrations emphasize healthy activities.
- Academics incorporate movement or nutrition.
- Class participates in Walk to School, or takes extra walks during school or extra movement breaks.
- Class takes the Tobacco Free pledge.
- What did we miss that you are doing that is healthy?

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**RESOURCES AVAILABLE AT: [RISEVT.ORG/CLASSROOM-RESOURCES/](https://risevt.org/classroom-resources/)**

**GOLD REWARD**

- RiseVT class certificate
- \$100 gift card for teacher to purchase an item for the classroom that promotes wellness
- Small prize for each student
- Highlighted in press releases, the RiseVT Facebook page, etc.