



School Name: _____

Contact Name: _____

Phone Number: _____

School Address: _____

Number of Students: _____

Number of Faculty/Staff Members: _____

BRONZE

Required Activities

Bronze level breast feeding friendly employer

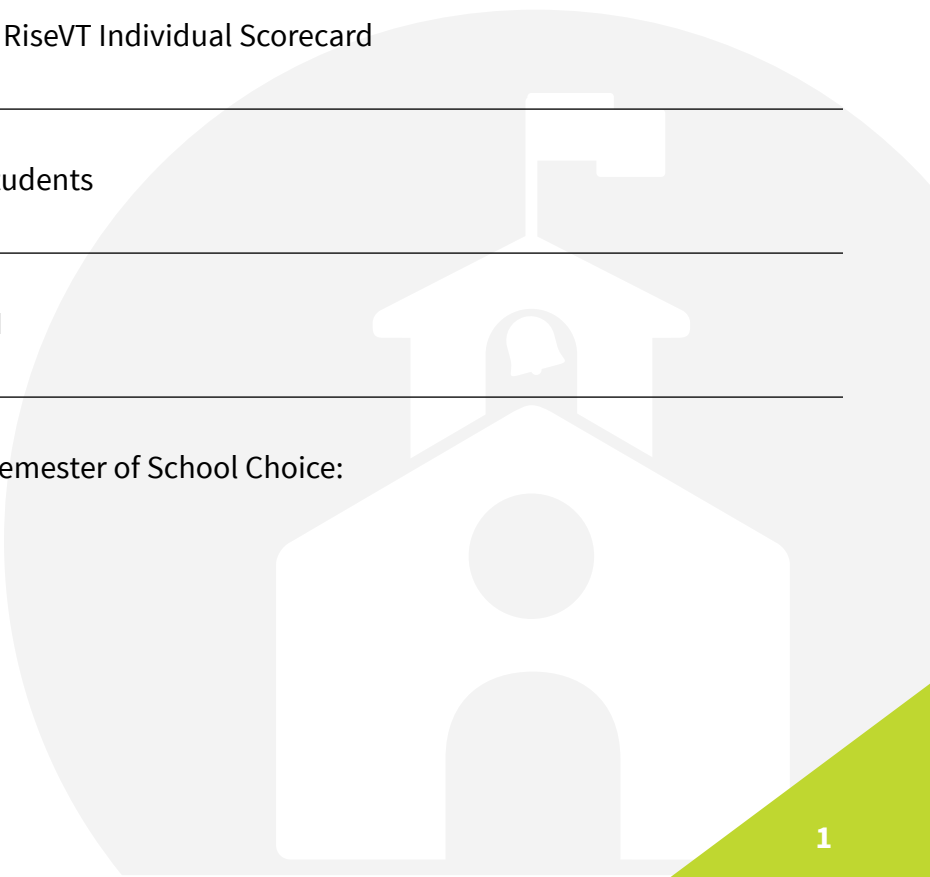
25% of students have completed the RiseVT Individual Scorecard

Health Education is provided to all students

15% of staff participate in PATH/VEHI

RiseVT does at least one Table Talk/semester of School Choice:

- RiseVT Smoothie Bikes
- Tobacco Cessation
- Diabetes Education
- Farm to School



Optional Activities (2/4)

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

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

 - Personal Stress management is embedded within the school which could include but is not limited to daily mindfulness, daily stretching and yoga.

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

Completed all your Bronze Level School Activities?

Keep Rising and go for Silver!

SILVER

Required Activities

- Launch a RiseVT Challenge of your choice with at least 25% of students and staff populations participating.
 - Walking Challenge
 - Fruit and Veggie Challenge
 - Water Consumption

30% of staff is participating in PATH/VEHI

50% of students have completed the RiseVT Individual Scorecard

Promotion of tobacco free education 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.

Established school wellness committee that meets at least quarterly and is named.

Optional Activities

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

Fundraising only includes healthy food options or non-related food/beverage items.

School community participates in at least 1 community engagement activity/year above and beyond student requirement for community service.

What did you do: _____

Did we miss something or is your school doing something else that is healthy and fun?

Tell us more : _____

Completed all your Silver Level School Activities?

Submit your Scorecard to RiseVT to receive your \$500 Wellness Reward!

GOLD

Required Activities

RiseVT Challenge of your choice completed with 50% participation of students and staff.

50% of staff participate in PATH/VEHI

Wellness committee has a vision, mission and plan to develop and expand school wellness and at least 25% of members are current students.

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

- Garden on Site
- Purchasing from local farmers/growers
- Produce from garden utilized in School Lunch Program
- Harvest of the Month

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

Optional Activities

No advertising of unhealthy food and drinks within the schools jurisdiction

Fitness Room Onsite

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

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

Completed all your Gold Level School Activities?

Submit your Scorecard to RiseVT to receive your \$1,000 Wellness Reward!

LET'S #RISEVT TOGETHER!

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