



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

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

**Phone Number:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**Number of Students:** \_\_\_\_\_

**Number of Faculty/Staff Members:** \_\_\_\_\_

We have developed a checklist for classrooms to work on to reach three different levels of participation, Bronze, Silver and Gold. Once the three activities are complete, RiseVT will come to the class and provide the reward listed.

**To become a certified RiseVT classroom:**

## BRONZE

Take daily brain breaks involving movement

Send two photos of your class being active. Either email them to [info@risevt.com](mailto:info@risevt.com) or post them to our RiseVT Facebook Page.

Have your students take the RiseVT Pledge by drawing and coloring their favorite fruit and placing it into the RiseVT Fruit Bowl. Take a picture of your completed fruit bowl and send it to [info@risevt.com](mailto:info@risevt.com) with the number of students in your class.

**Reward:** Sugar Sweetened Beverage hands on activity (where students measure out the amount of sugar in common beverages), and RiseVT swag.

## SILVER

50% of the class participates in a walk to school day or the classroom has committed to walking around their school at least 1x/week throughout the school year.

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- Complete the Outdoor Scavenger Hunt.
    - Divide your classroom into groups of three and head outdoors to complete

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- Try a new fruit!
    - RiseVT will give you a \$10.00 Hannaford Gift Card to purchase a new fruit for your class to taste test!

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**Reward:** Yoga or another physical activity, and RiseVT swag.

## **GOLD**

- 
- Class adopts a policy on celebrations (example: limiting them to monthly and incorporating healthy food)
    - Send communication home to parents
    - Have all students sign their policy

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- Classroom practice or policy where withholding physical activity is not used as a consequence
    - Have all students sign their policy

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- As a classroom, create a poster collage of healthy food. Submit to RiseVT to be featured on our website, Facebook and other avenues.

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**Reward:** RiseVT Smoothie bikes and t-shirts or hats.

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**Did we miss something, or is your class doing something else that is healthy and fun?**

That's Great! Tell us more here:

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**LET'S #RISEVT TOGETHER!**

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