



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 or post them to our RiseVT Facebook Page.

Have your students take the RiseVT Pledge by answering the healthy question on the RiseVT Healthy Question Poster. Please have them sign their name. Submit to RiseVT via email and display 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.

Play Nutritional Red Light Green Light. Please see RiseVT website for instructions.

RiseVT Pedometer Tracking

- Each student will receive a RiseVT pedometer to be worn during the school day. Students will track their steps for at least one week using the RiseVT tracking sheet. Encourage them to try to beat their scores each day. Submit your tracking sheets to info@risevt.com. Bonus- have your students use their awesome math skills to add up the total steps that the entire class walked!
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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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Have all students write a short paragraph on why living a healthy lifestyle is important. Send submissions to info@risevt.com

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

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

That's Great! Tell us more here:

LET'S #RISEVT TOGETHER!

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V1.0

