



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.

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- Create your own brain break.
 - Have students break up into groups and create their own brain break.
 - Have each group teach the class their brain break. Classroom Bonus: Send us a video of your brain break.

*Prize for bonus is being featured on the RiseVT website and social media.

- Plant an herb garden.
 - Break up class into groups of the 3. Each group will receive one package of RiseVT Herb Garden Kits. Have them plant them and watch them grow!
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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 letter to their current town about what healthy change they would like to see in their community. Is it a new park, a new law or maybe more physical activity opportunities? Please send submissions to info@risevt.com and if you would like to your local town officials!
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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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