



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 opening their physical activity journal and answering the first pledge page. Please send us the number of students that will be journaling to info@risevt.com.

Reward: Sugar Sweetened Beverage hands on activity (where students measure out the amount of sugar in common beverages), 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 year round.

Have students log in their physical activity journal every day for 4 weeks at school.

As a class watch Weight Of the Nation Pop Quiz.
You can find the link here: <http://theweightofthenation.hbo.com/films/kids-films/quiz-ed>

Reward: Yoga or another physical activity, and Rise VT 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

Classroom practice or policy where withholding physical activity is not used as a consequence

- Have all students sign their policy

Have students complete the last page on the journal which helps them summarize their journaling experience.

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

