



**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 class complete the RiseVT Individual Scorecard.

**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.

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Each student finds a health related article (online, magazine, newspaper) and shares a summary with the class. This can be verbal or written.

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Create a plan to create a healthier classroom. This can include a behavioral or environmental change. Be creative! Try to make the goal SMART - specific, measurable, achievable, relevant, and time bound. Share your plan with RiseVT.

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

## **GOLD**

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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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Implement the class plan that was created in the SILVER level. Let RiseVT know about it, either through photos, videos or writing.

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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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