



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 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.

It's your turn! What do you want to do? Create a proposal to make your school or community a healthier place. Complete the provided "Grant Proposal" for a chance to get your project funded. Be creative! Try to make the project goals SMART - specific, measurable, achievable, relevant and time bound.

Use the provided "My Tray" and your school lunch calendar to choose a meal and look at the nutrient density. Find out how much vitamins, minerals, fiber, saturated fat, sodium, and added sugars are in a favorite meal. Use <https://www.supertracker.usda.gov/foodapedia.aspx> to find the nutrient breakdown.

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

Implement the Community wellness plan that was created in the SILVER level, either the grant funded or alternative project. Let RiseVT know about it, either through photos, videos or writing.

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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