



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 coloring the RiseVT Shoe. Please submit the number of students in your class to info@risevt.com.

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.

Complete the RiseVT Weather Worksheet with your class. Scan and send results to info@risevt.com

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- Have each student complete their own healthy RiseVT Tray placemat. Have each student draw or color their favorite healthy food or snack.
- Once completed, contact RiseVT at info@risevt.com and we will arrange pick up to get them laminated for your students.

Reward: Yoga or another physical activity, and RiseVT 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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- Create a dance video to your favorite song and send 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

