



## 2010 School Wellness Awards

### **What is the Fit & Healthy Kids School Wellness Awards?**

The Fit and Healthy Kids School Wellness Awards recognize schools whose policies and practices reflect a high priority on healthy outcomes for children. The program is sponsored by Vermont's Action for Healthy Kids, the New England Dairy and Food Council, and Departments of Health and Education.

Schools will be ranked on their scores as well as the progress they have made toward achieving a healthier nutrition and physical activity environment. All participating schools will receive a certificate of recognition. In addition, with thanks to the New England Dairy and Food Council, there will be one \$500.00 and two \$250.00 awards for the top scoring schools, to be used to support school wellness activities.

### **Why Support School Wellness?**

Health and learning are intertwined - youth who eat nutritious meals and get daily physical activity are better prepared to learn. Research has shown that unhealthy behaviors which lead to poor health outcomes, are established during youth and continue on into adulthood. Schools that convey the message of good health habits coupled with academic excellence will have a student population that is healthy and ready to learn each and every day.

If your school is one that promotes health, you are eligible to be recognized and rewarded for your efforts in establishing a healthy school environment. As this recognition program grows, exemplary programs serve as models for other schools in the state.

### **How does your school apply for the Fit & Healthy Kids School Wellness Award?**

The application form, available at: <http://healthvermont.gov/fitandhealthy.aspx> includes questions related to nutrition, physical education and physical activity based on Vermont's 2008 Nutrition and Fitness Policy Guidelines.

To ensure that each school answers the questions completely and accurately, the application should be completed by a committee of school personnel who have expertise in nutrition and fitness. This committee will probably be the school health team. At minimum, it should include a school administrator, the school food service director, a physical education teacher and at least one other teacher. You are encouraged to include interested community members and other pertinent school staff as well. The school principal must sign the application to certify that the application questions have been answered completely and accurately.

### **Application must be completed and returned by April 9, 2010.**

The application is going out in the Fall of 2009, but not due until the Spring of 2010. This is to allow schools the opportunity to consider, plan, and implement activities through the fall and winter to be "counted" in this application.

The top winners will be notified by May 7th, 2010 and invited to receive recognition by the Governor at the Annual VTAHPERD Wellness Walk on May 12, 2010.

## Fit and Healthy Kids School Wellness Award Application

### A. Health and Wellness

1. Does your school or district have a school health / wellness committee that meets regularly (at least 4 times a year)?  
 yes                       no
  
2. Has your school/district adopted a wellness policy as required by the Child Nutrition and WIC Reauthorization Act of 2004? If yes, **please attach** a copy.  
 yes                       no
  
3. Has your school conducted an assessment of the wellness environment, using a tool such as the Centers for Disease Control and Prevention's School Health Index (SHI)?  
 yes                       no
  
4. Does your school have a wellness policy implementation plan? If yes, **please attach** a copy.  
 yes                       no
  
5. Is your school health team actively implementing activities from your wellness policy implementation plan?  
 yes                       no                       N/A, we do not have a plan

**B. Nutrition**

6. Does the school offer breakfast and lunch programs that are fully accessible to all students?  
 yes  no
7. Does your school provide several choices within each meal component for the breakfasts offered to your students?  
 yes  no  NA – no breakfast program
8. Does your school provide several choices within each meal component for the lunches offered to your students?  
 yes  no
9. Does the school food service offer low fat or non fat plain or flavored milk every day?  
 yes  no
10. Are nutritious foods available wherever and whenever food is sold or otherwise offered at school?  
 yes  no
11. Are food pricing strategies designed to encourage students to purchase nutritious items and or reimbursable meals?  
 yes  no
12. Do the a la carte offerings include at least one of the 2005 Dietary Guidelines “Food Groups to Encourage” fruit, vegetable, low-fat dairy, and whole grain product every day?  
 yes  no  no a la carte other than milk offered
13. Does the food service program use locally grown and/or produced foods and beverages?  
 yes  no
14. Does the school provide students with a clean, safe, and pleasant cafeteria of adequate size?  
 yes  no
15. Do students have at least 10 minutes to eat breakfast and 20 minutes to eat lunch?  
 yes  no
16. Do the majority of the students in the school (k-8) have recess scheduled before lunch?  
 yes  no  NA - there is no recess
17. Does the school prohibit using food as a reward or punishment for students?  
 yes  no
18. Within the last year has the food service staff attended any trainings or in-service programs (e.g., nutrition topics, food service tips, preparation techniques, USDA guideline updates, etc.) or in nutrition education?  
 yes  no

19. Does your school have a policy which promotes the sale of healthy food items or non-food items for fund raising activities?  
\_\_\_ yes                      \_\_\_ no
20. In vending machines, does your school limit beverage offerings to water, 100% fruit juice and/or non fat or low fat plain or flavored milk?  
\_\_\_ yes                      \_\_\_ no
21. In vending machines, does your school limit snack foods to no more than 150 calories for elementary schools; 180 calories for middle schools and 200 calories for high schools?  
\_\_\_ yes                      \_\_\_ no
22. Is nutrition education taught at most grade levels, focused on developing healthy eating behaviors and consistent with Vermont's health education standards and grade expectations?  
\_\_\_ yes                      \_\_\_ no
23. Does your school offer visual aids (e.g., signs/posters) to promote healthy food selections to students?  
\_\_\_ yes                      \_\_\_ no
24. Does your school regularly offer food tasting events to encourage students to try new, nutritious foods?  
\_\_\_ yes                      \_\_\_ no
25. Does your school participate in , or receive a grant for, Farm to School?  
\_\_\_ yes                      \_\_\_ no

**Please describe any special activities your school is implementing in the area of "Nutrition" that you would like considered.**

### **C. Physical Education**

23a. (for grades K-8) Does your school require students to participate in structured physical education:

\_\_\_ Two times per week for a minimum of 40 minutes total

\_\_\_ More than two times per week for more than 40 minutes total

23b. (for grades 9-12) Does your school require students to successfully complete:

\_\_\_ One and one half years of physical education

\_\_\_ Two years or more of physical education

24. Does your school require a safety inspection of the physical education facilities each year?

\_\_\_ yes                      \_\_\_ no

25. Does your school minimize interruptions to scheduled physical education classes due to scheduling non-physical education activities in physical education facilities?

\_\_\_ yes                      \_\_\_ no

26. Does your physical education curriculum include the following? (Check all that apply.)

\_\_\_ A health related fitness instruction and assessment program, e.g. Physical Best, FITNESSGRAM, or President's Challenge

\_\_\_ Instruction in knowledge, skills and attitudes necessary for lifelong physical activity.

\_\_\_ Multiple opportunities that prepare students for a variety of lifetime physical activities.

\_\_\_ Physical education activities adapted for individual student needs

\_\_\_ Development of students' competencies in their own physical abilities.

\_\_\_ Curriculum and assessments that are aligned with standard 3.6 of Vermont's Framework of Standards and Learning Opportunities and with the Vermont Physical Education Grade Expectations.

**Please describe any special activities your school is implementing in the area of Physical Education that you would like considered (use back or additional sheets if more space is need).**

**D. Physical Activity**

27. Does your school building host or provide before or after school programs that include physical activity?  
 yes  no
28. Does your school provide all students with an opportunity for unstructured physical activity daily during school time i.e., recess, open gym?  
 yes  no
29. Does the school prohibit taking away recess and other physical activity from students as a form of discipline unless doing so is directly related to student's behavior during recess or open gym?  
 yes  no
30. Does your school offer opportunities for students to participate in intramural sports and/or sports clubs?  
 yes  no
31. Does your school offer physical activity breaks in the classroom?  
 yes  no

**Please describe any special activities your school is implementing in the area of Physical Activity that you would like considered.**

**E. Other School/Community Activities**

31. Is, or has, your school implemented any activities from Action for Healthy Kids (AFHK), such as Fuel Up to Play 60, Game On! The Ultimate Wellness Challenge, had staff attend the Serving Up Sensible Snacks and Beverages in Schools, or used the Vermont Healthy Schools Resource?  
\_\_\_ yes                      \_\_\_ no
32. Does your school participate in the New England Dairy & Food Council's Fuel Up to Play 60 program [www.FuelUptoPlay60.com](http://www.FuelUptoPlay60.com)?  
\_\_\_ yes                      \_\_\_ no
33. Does your school offer parent/student programs that promote healthy eating and/or physical activity (e.g. family fun night, wellness challenge, family walks, nutrition education etc)?  
\_\_\_ yes                      \_\_\_ no
34. Does your school participate in the following Safe Routes to School initiatives?  
\_\_\_ Annual Walk/Bike to School Day/Week in October 2009?  
\_\_\_ Recipient of a Safe Routes to School grant through the Vermont Department of Transportation
35. Is use of school physical activity facilities by community members encouraged and are they used regularly by community members?  
\_\_\_ yes                      \_\_\_ no

**Please describe any special activities your school is implementing in the area of "Other Activities" that you would like considered.**

**Fit and Healthy Kids School Wellness Award  
Application Cover Sheet**

Contact Person Name \_\_\_\_\_

Contact Person Phone: \_\_\_\_\_

School Name: \_\_\_\_\_

School Address: \_\_\_\_\_

\_\_\_\_\_

School Phone Number: \_\_\_\_\_

Review Panel Names:

School Administrator: \_\_\_\_\_

Food Service Director: \_\_\_\_\_

Physical Education Teacher: \_\_\_\_\_

Teacher: \_\_\_\_\_

Community Member: \_\_\_\_\_

Others: (List roles) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name and Signature of Principal:

I have reviewed this application and attest to the accuracy of the information provided.

Please print and sign name:

\_\_\_\_\_

Thank you for applying for the Fit & Healthy Kids School Wellness Award!

Return original and two copies to:

Fit and Healthy Kids

Vermont Department of Health

PO Box 70, 108 Cherry St

Burlington VT 05401

**Original and Two Copies Due April 9, 2010  
Faxed and e-mailed applications will NOT be accepted**