



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

**Contact Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

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

**Number of Students:** \_\_\_\_\_

**Number of Faculty/Staff Members:** \_\_\_\_\_

**To Achieve Bronze Status:** Must complete 9/11 Bronze Level activities.

**To Achieve Silver Status:** Must complete 9/11 Bronze Level activities, and 10/13 Silver activities.

**To Achieve Gold Status:** Must complete 9/11 Bronze Level activities, and 10/13 Silver activities and 12/15 Gold activities.

## BRONZE

Schools must complete 9 out of 11 activities to qualify to be a Bronze Certified School.

Breast feeding friendly employer.

 **Resource:** [http://www.healthvermont.gov/sites/default/files/documents/2016/11/HPDP\\_PA%26N%20Worksite%20BF\\_employer\\_application.pdf](http://www.healthvermont.gov/sites/default/files/documents/2016/11/HPDP_PA%26N%20Worksite%20BF_employer_application.pdf)

Received information on Safe Routes to School (SRTS) from local SRTS Representatives.

 **Resource:** <http://saferoutes.vermont.gov/>

Drinking water is easily accessible by water fountain, refillable water station and water is promoted as the drink of choice throughout the school.

Daily recess of 20 minutes or more is offered to ALL students K-6.

Received education about Farm to School/local food procurement opportunities.

 **Resource:** <http://healthyrootsvt.org/>

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Before and/or after school fitness opportunities are easily accessible to all students. This could include but is not limited to intramural sports, Girls on the Run, open gym, and/or pick-up sports.

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Most school-based events include opportunities for physical activity and if food is involved, there are healthy options.



**Resource:** See Smart Snacks guidelines ([www.fns.usda.gov/tn/guide-smart-snacks-schools](http://www.fns.usda.gov/tn/guide-smart-snacks-schools))

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Some staff have received some training in mindfulness.

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School leadership recognizes the importance of school community and connection.

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All classrooms have been provided the RiseVT Classroom Scorecard.



**Resource:** <http://risevt.org/scorecard/>

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Did we miss something or is your school doing something else that is healthy and fun? Tell us more :

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## **SILVER**

Schools must complete 10 out of 13 activities to qualify to be a Silver Certified School

\*In addition to bronze requirements.

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A member of Safe Routes to School and at least Bronze level SRTS Partner and/or held at least 1 walking event at school.

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Established Supervisory Union or School wellness committee that meets at least quarterly. Students, families, staff and community stakeholders are encouraged to be active members of the team.

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Collection of Free and Reduced Lunch applications are encouraged. It is offered several times each year, self-addressed envelopes are provided for return, or personal outreach is done, etc.

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School community participates in at least 1 community engagement activity per year above and beyond student requirement for community service. This can be volunteer projects, collections, food/toy drives, etc.

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30 Minutes of physical activity is incorporated into the school day, including recess and brain breaks. This does not include physical education.

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Withholding recess and physical activity is not used as a consequence.

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Farm to School opportunities have been identified and are being pursued.



**Examples:** Garden on site, active grant applications, purchasing from local farmers/growers, produce from garden utilized in School Lunch Program, Harvest of the Month, Etc.

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25% of classrooms are at least bronze certified in the RiseVT Classroom Scorecard.

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Vending machines, concession stands and/or ala carte offer healthy options.

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All staff have been provided the tools and resources to implement mindfulness into the classroom.

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School leadership recognizes the importance of school community and connection and it is emphasized throughout school culture.

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All school-based celebrations include opportunities to be physically active and if there is food available, there are healthy choices offered.

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Did we miss something or is your school doing something else that is healthy and fun? Tell us more :

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## **GOLD**

Schools must complete 12 out of 15 activities to quality to be a Gold Certified School.

\*In addition to bronze and silver requirements.

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Established Food Advisory Committee or your Wellness Committee regularly evaluates existing food service.

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Fundraising only includes healthy food options or non-related food/beverage items.

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Wellness committee is actively meeting and regularly evaluating the success of programming and working towards continuous improvement.

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Farm to School is active within school and may include but is not limited to:



**Examples:** Garden on site, active grant applications, purchasing from local farmers/growers, produce from garden utilized in School Lunch Program, Harvest of the Month, Etc.

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Have a Wellness Policy that has a WELLSAT score completed by committee, VDH or RiseVT.



**Resource:** <http://www.wellsat.org/>

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Community and/or Family Engagement activities are regularly offered and promoted and if food is offered, there are healthy options.

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A member of SRTS and school is at least a Silver level Safe Routes to School Partner and/or held regular walking events at school.

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50% of classrooms are bronze certified or above.

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There are no vending machines on site or they ONLY offer healthy options.

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Wellness committee has completed the Coordinated School Health Index within the last five years.

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No advertising of unhealthy food and drinks within the schools jurisdiction.

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The cafeteria is inviting, comfortable and a place of learning.

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Mindfulness is a part of the school culture and incorporated into the school day. Information has been sent home educating families about the practice.

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There is a systematic school-wide program to build school community and connection.

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Comprehensive School Physical Activity Program (CSPAP) is in place at school and regularly evaluated.

 **Resource:** <https://www.cdc.gov/healthyschools/physicalactivity/cspap.htm>

Did we miss something or is your school doing something else that is healthy and fun?  
Tell us more here:

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What is the Wellness Vision for your school?

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Based up on the scorecard, what would you like to prioritize to work on for your school in the next 12 months?

- \_\_\_\_\_
- \_\_\_\_\_

How can RiseVT help to address your priorities?

- \_\_\_\_\_
- \_\_\_\_\_

When will we follow up?

- \_\_\_\_\_

How will we celebrate success?

- \_\_\_\_\_

**LET'S #RISEVT TOGETHER!**