



2009 School Wellness Awards

What is the Fit & Healthy Kids School Wellness Awards?

The Fit and Healthy Kids School Wellness Awards (previously the Green Mountain Wellness Award for Schools) 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 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, there will be one \$500.00 and two \$250.00 awards for the top scoring schools, funds to be used to support school wellness activities.

Why Support School Wellness?

Research has shown that unhealthy behaviors that lead to poor health outcomes are established during youth and extend into adulthood, and health and learning are intertwined - youth who eat nutritious meals and get daily physical activity are better prepared to learn.

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 Nutrition and Fitness Policy Guidelines developed in 2005 and updated in 2008. To ensure that each school answers the questions completely and accurately, the application should be completed by a review panel of school personnel in each school building who have expertise in nutrition and fitness. This panel will probably be the school health team but, 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 10, 2009.

The application is going out in the Fall of 2008, but not due until the Spring of 2009. 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 1st, 2009 and invited to receive recognition by the Governor at the Annual VTAHPERD Wellness Walk on May 13, 2009.

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. Does your school have a wellness policy implementation plan? If yes, **please attach** a copy.
yes no

4. Is your school health team actively working on a wellness policy implementation plan?
yes no

5. Was a report on health status of students included in the most recent report the district developed and sent out to the community to comply with 16VSA section 165(a) (2) (B)?
yes no

Please describe significant activities your school is implementing in the area of “Heath and Wellness” that you would like considered.

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

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 program, e.g. Physical Best e.g. Fitnessgram, Physical Best, 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

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 your school implementing any activities from Action for Healthy Kids (AFHK), e.g. Vermont Healthy Schools Resource, Game On! The Ultimate Wellness Challenge, or VT AFHK Dance grants?
___yes ___no
32. 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
33. Did your school participate in the Walk/Bike to School Day/Week in October 2008?
___yes ___no
34. Did your school participate in the Governor's Fit and Healthy Kids Spring Challenge the week of March 16-20, 2009?
___yes ___no
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 10, 2009
Faxed and e-mailed applications will NOT be accepted**