

# Stand Together with 3-4-50

## SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. Consistently encouraging and role modeling healthy eating and physical activity in the classroom establishes healthy habits that can last a lifetime. It can also improve students' academic achievement. Studies show that even brief physical activity in the classroom can improve grades, standardized test scores, concentration, attention and classroom behavior.

**Please check off wellness measures that your classroom currently employs or will accomplish within the next 12 months.**

### REQUIRED

*Choose at least five of the six measures*

- Use nonfood items, activities and opportunities for physical activity to reward student achievement or good behavior, not food or beverages
- Do not use food or physical activity as punishment
- Offer healthy food options for classroom celebrations with food
- Integrate physical activity into the classroom (brain breaks, lesson plans)
- Include nutrition or health education in lessons
- Staff and teachers have opportunities to be active during the school day

### OPTIONAL

*Required measures plus at least three optional measures*

- Integrate Farm to School activities into the classroom (school garden, farm field trips, composting)
- Prohibit unhealthy classroom fundraisers (pizza, cookie dough, donuts)
- Encourage students to drink water in classroom
- Display and promote healthy behavior messages in the classroom (healthy foods, physical activity, tobacco education)
- Have students write an editorial or blog post that can be used for 3-4-50 promotion
- Send photo of your class being active to 3-4-50@vermont.gov to help promote 3-4-50
- Host a writing or drawing contest about any of the three behaviors/ share winning submission with VDH
- Participate in Safe Routes to School Walks ([saferoutes.vermont.gov](http://saferoutes.vermont.gov))

