

> physical activity

policy	infrastructure	outcomes
<ul style="list-style-type: none"> ❑ Teaches SOE PE Core Curriculum, including 90 min. of physical activity per student per week ❑ Requires K-12 PE & physical activity courses be overseen by certified PE specialist ❑ Teachers will not withhold recess as penalty ❑ Provides CE and training for teachers 	<ul style="list-style-type: none"> ❑ Has a Gold Medal Mile Track and goal for each student to walk at least one mile per week ❑ Offers a variety of competitive and noncompetitive physical activity programs accessible to all students ❑ Allows students and community to use physical activity facilities after hours ❑ Participates in the Walk Your Child to School Day Program ❑ Participates in AHA Jump Rope for Heart ❑ Participates in the Golden Sneaker Award Program ❑ Implements the ACS Generation Fit Program 	<ul style="list-style-type: none"> ❑ A baseline assessment is conducted to determine policy and environmental supports in place prior to GMSI implementation ❑ Each child will walk one mile per week ❑ Each child will participate in 90 min. of physical activity per week ❑ Students and school employees will be more physically active

gold medal school award criteria



award requirements

B
BRONZE

Six criteria must be completed, including: 90 minutes of PE per week, SOE Nutrition curriculum taught, Gold Medal Mile participation, Safe Routes to School, tobacco policy written and enforced, Heart Health Survey completed.

S
SILVER

All Bronze criteria must be met and the three following Silver criteria: No food rewards, implementation of School Employee Wellness activities, and school offers a variety of physical activity programs. Three additional criteria must be completed.

G
GOLD

The Bronze criteria, Silver criteria, and the following three Gold Medal criteria must be met: policy that all Pre K-12 physical education courses be overseen by a PE specialist, PTA/PTO offers one health related event per year, completion of four options from the Changing the Scene Program. Two additional criteria must be completed.

G+
GOLD PLUS

Has completed all requirements for Bronze, Silver, and Gold levels and has adopted the coordinated school health model to include: health education, physical education, health services, nutrition services, healthy school environment, health promotion for staff, and parent/community involvement.

For an application form, visit www.hearhighway.org

> healthyschoolaward

in conjunction with
the Gold Medal School Initiative

For additional information please contact:
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A HEALTHIER YOU™
2022 LEGACY AWARDS

healthyschoolaward

This awards program recognizes the outstanding achievements of schools in implementing health-related policies and ensuring healthy school environments. It acknowledges efforts to facilitate and encourage staff and student health.



> category definitions

policy	infrastructure	outcomes
Written and monitored school policies & procedures	Basic facilities, equipment, resources and environmental supports provided in / by the school	Expected changes that will result from the implementation of the program/activity

> nutrition

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Teaches the SOE core curriculum for Nutrition and Fitness Education Standards <input type="checkbox"/> Utilizes SOE Cafeteria Connections <input type="checkbox"/> Food is not to be used as a reward or punishment <input type="checkbox"/> Provides both breakfast and lunch programs * <input type="checkbox"/> Heart Healthy Choices outside school meal services * <input type="checkbox"/> Students get 10 min. to eat breakfast and at least 20 min. for lunch * <input type="checkbox"/> School holds recess before lunch * <input type="checkbox"/> Regular food service staff training 	<ul style="list-style-type: none"> <input type="checkbox"/> Participates in 5 A Day Grocery Store Tours <input type="checkbox"/> Provides training for teachers teaching nutrition * <input type="checkbox"/> School is a Team Nutrition School * <input type="checkbox"/> Classroom and cafeteria coordination * <input type="checkbox"/> No promotion of poor nutrition food choices * <input type="checkbox"/> Fund raisers sell non-food items * <input type="checkbox"/> Asks for student feedback regarding nutrition environment 	<ul style="list-style-type: none"> <input type="checkbox"/> School employee perceptions and awareness of policy measured by Heart Health Survey <input type="checkbox"/> Students and school employees will be aware of good nutrition choices and will set a goal to eat 5 fruits and vegetables per day <input type="checkbox"/> Students will have access to a wider variety of healthy food choices

* Changing the Scene Program

> healthy behaviors

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Methods to ensure awareness and compliance with tobacco policy <input type="checkbox"/> Has established a school health council <input type="checkbox"/> Has policy for school employee wellness activities 	<ul style="list-style-type: none"> <input type="checkbox"/> Has signs to declare school as smoke free zone <input type="checkbox"/> Tobacco quit-line cards and tobacco cessation directories are in place in faculty rooms <input type="checkbox"/> Comprehensive tobacco policy in place * <input type="checkbox"/> Has behavior recognition program as role model 	<ul style="list-style-type: none"> <input type="checkbox"/> PSAT scores will be collected and compared over a four year period to determine link between healthy behavior and academic success <input type="checkbox"/> All children and school employees will be aware of the health risks of tobacco <input type="checkbox"/> All school employees will have access to the tobacco quit line and other tobacco cessation materials <input type="checkbox"/> Fewer students and faculty will use tobacco products

> safety

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> Policy for Safe Routes to school <input type="checkbox"/> Participates in Green Ribbon Month to promote pedestrian and bike safety 	<ul style="list-style-type: none"> <input type="checkbox"/> Participates in Walk Your Child to School Day <input type="checkbox"/> Each school distributes a 'Safe Routes' map to parents and displays the map in view of students and faculty 	<ul style="list-style-type: none"> <input type="checkbox"/> Parents, students, and school employees will be aware of and utilize the 'Safe Routes' map <input type="checkbox"/> Parents, students, and school employees will be aware of pedestrian and bike safety regulations <input type="checkbox"/> Students will have a safe environment when walking to school

> preventative services

policy	infrastructure	outcomes
<ul style="list-style-type: none"> <input type="checkbox"/> School immunization policies/performance <input type="checkbox"/> Has a policy in place that provides tracking of students with asthma and communication of status to appropriate teachers 	<ul style="list-style-type: none"> <input type="checkbox"/> PTA/PTO coordinates one health-related event per year that includes parents and teachers <input type="checkbox"/> Provides effective tobacco use prevention programs <input type="checkbox"/> Provides training to teachers teaching tobacco prevention <input type="checkbox"/> All school personnel responsible for administering asthma medications to students are trained in proper administration of that medication and a system is in place to track medication administration and report to parents and teachers 	<ul style="list-style-type: none"> <input type="checkbox"/> Each school will meet the state requirements for immunization <input type="checkbox"/> Fewer students and teachers will begin using tobacco products <input type="checkbox"/> Students with asthma will benefit from appropriate tracking, training, and communication of status, medication administration, and reporting methods