

# Appendix B:

## Gold Medal School Program Description

## Gold Medal Schools

Gold Medal Schools (GMS) began in 2001 as part of a collaboration among the Utah Department of Health's Heart Disease and Stroke Prevention Program, the Utah State Office of Education, and the Salt Lake Olympic Organizing Committee's "A Healthier You™". The mission of GMS is to create opportunities for students to eat healthy, be active, and stay tobacco free.

GMS is an incentive program for elementary schools to develop policies and supportive environments for healthier nutrition choices, increased physical activity opportunities, and living tobacco free. GMS was designed using the School Health Index from the Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH), Healthy People 2010 objectives, and recommendations from the Utah State Office of Education. Awards criteria were initially divided into three levels: Bronze, Silver, and Gold. In response to schools' demands, the program has since added Platinum and Platinum Focus levels for schools wishing to continue their progress.

GMS addresses overall student health by emphasizing policy and environmental changes, not changes to curriculum. Studies show that students who are physically active and who have good nutrition achieve higher test scores. The program makes lasting changes without putting high demands on teachers. Mentors are provided to the schools to help them implement the program. GMS mentors serve as a link between the school coordinator, who is usually a volunteer staff member from the school, and their local health departments. The mentors are trained and paid through the Utah Department of Health to help assist the schools in achieving their criteria awards. The overall outcome is that GMS helps each school change their culture and environment to support student and faculty health long after program support is gone.

GMS is offered to all elementary schools in Utah including public, private, and charter schools. The Program focuses on recruiting Title 1 schools, which are usually in lower income areas and are in the most need of extra funding and healthy school policies. Schools receive cash incentives for completing each level of the program and can earn up to \$1,500 for completing it in its entirety. Participating schools can determine the pace that they progress through the program. Schools use the dollars to improve the nutrition and/or physical activity environment, such as purchasing kid size salad bars or additional PE equipment.

Now in its sixth successful year, GMS has reached more than 285 of Utah's 482 elementary schools, including more than 142,000 students and 6,000 teachers, and is now adding an average of 50 new schools each year. Increased participation has been possible, in part, due to a substantial grant from Intermountain HealthCare. Since the program's beginning, 1,704 policies and 1,597 environmental changes have been established. More than five million Gold Medal Miles have been walked. GMS is currently in the planning stages to move into middle/junior high schools. For complete information, visit <http://www.hearhighway.org/gms/index.html>.

The following pages provide more information about applying, the criteria for each level of award, and a list of participating schools.



# Gold Medal Schools Application

## School Information

Date			
School			
School District			
Address			
City		ZIP Code	
Phone		Fax	
Principal Name			
Principal E-mail		# of Students	
# of Classroom Teachers		Grade Levels	

## Volunteer GMS School Coordinator Information

Name		Position/Title	
E-mail		Home Phone	
Home Address			
City		ZIP Code	

## Signatures of Support

I have read and understand the expectations of our school as a participant in Gold Medal Schools.

Principal		Date	
School Coordinator		Date	

## How did you hear about Gold Medal Schools?

- a. Media/Newspaper      b. Word of Mouth      c. Conference  
d. Recruiter      e. Recruitment Packet      f. Other \_\_\_\_\_

## Please return this application no later than Thursday, May 31, 2007

Mail to: Gold Medal Schools  
PO Box 142107  
Salt Lake City, UT 84114-2107

Fax to: Gold Medal Schools  
801-538-9495

For questions concerning this application visit our website, [www.hearthighway.org/gms](http://www.hearthighway.org/gms) or call: 801-538-6240

## HEART DISEASE AND STROKE PREVENTION PROGRAM

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# GOLD MEDAL SCHOOLS

## APPLY FOR GOLD MEDAL SCHOOLS

"A Tradition of Health  
in all Utah Schools"



### Introduction

Gold Medal Schools (GMS) is a statewide school health program that offers financial incentives for participation.

Through a partnership between the Utah Department of Health and Intermountain Healthcare, more than 200 Utah elementary schools have participated in this program since 2001.

[These schools](#) have provided their students with an atmosphere that supports academic success by improving policies and environments that support good nutrition and physical activity. Now is the time for your school to join this elite group of schools. Once you join, your school will be supported by a mentor, your Local Health Department (LHD), and the expertise of the Gold Medal Schools Team at the Utah Department of Health. Participating schools have up to five years to achieve the Bronze, Silver, Gold, Platinum, and Platinum Focus levels and earn a grand total of \$1500 for physical activity and/or nutrition resources.

Please [review the awards criteria](#) for the five different levels: Bronze, Silver, Gold, Platinum, and Platinum Focus. To participate, you will need to appoint a volunteer GMS school coordinator from your school (more information below) and then submit this application to the GMS program. We will notify you once we receive and process your application. Then, beginning in the 2007-2008 school year, you will be on your way to becoming one of Utah's Gold Medal Schools.

### Award Money and Incentives



**\$200 Bronze**

**\$300 Silver**

**\$500 Gold**

**\$300 Platinum**

**\$200 Platinum Focus**

A total of \$1500 is possible over the period of three to five years. Schools will also receive plaques and banners to display proudly in their school once they achieve the Gold and Platinum Focus levels.

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# Awards Criteria

★ A policy must be written for these criteria

## Bronze Medal Award Criteria

To become a BRONZE Medal School, you must meet all of the following six Bronze Medal Criteria.

- ★ 1. Write a policy requiring 90 minutes (45 minutes for kindergarten) of structured physical activity each week using the Utah State Office of Education's physical education core curriculum; include methods to ensure faculty awareness of the policy.
2. Teach the Health Education Core Curriculum provided by the Utah State Office of Education.
3. Establish a **Gold Medal Mile** walking program on or around school grounds and a goal for student participation.
- ★ 4. Write a policy that promotes **Safe Routes to School** by requiring the development and distribution of a child access routing plan.
- ★ 5. Write a policy mandating a tobacco-free school and methods in place to ensure awareness of and compliance with that policy.
6. Complete and submit the **Utah School Heart Health Surveys**.

## Silver Medal Award Criteria

To become a SILVER Medal School, you must meet a) the Bronze Medal Criteria, b) the following three Silver Medal Criteria, and c) three of the Additional Criteria as selected by your school (see additional criteria).

1. PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers, and the principal.
- ★ 2. Write a policy for faculty and staff wellness activities, and include methods to ensure faculty awareness of these activities.
3. Offer a variety of competitive and non-competitive physical activity programs accessible to all students.

## Gold Medal Award Criteria

To become a GOLD Medal School, you must meet a) the Bronze and Silver Medal Criteria, b) the following three Gold Medal Criteria, and c) two more of the Additional Criteria as selected by your school (see additional criteria).

- ★ 1. Write a policy that requires all Pre K-12 physical education and physical activity courses to be overseen by certified Physical Education (PE) teachers or PE specialists employed by the school or district.
- ★ 2. Write a policy for all teachers and staff that food is not to be used as a reward or as a punishment for students, and include methods to ensure faculty awareness of and compliance with the policy.
3. Complete four of the following from the **Changing the Scene Program**:
  - ★ a. Write a policy that provides “heart healthy” food choices outside the school meal services and appropriately limits access to vending machines, school stores, snack bars, and other food outlets.
  - b. Enroll school as a **Team Nutrition School** and conduct nutrition education activities and promotions that involve students, parents, and the community.
  - c. Offer nutrition education in the school dining room and in the classroom, with coordination between school food service staff and teachers.
  - ★ d. Write a policy that provides an adequate amount of time for students to eat school meals, and ensures that meals are scheduled at appropriate times.
  - ★ e. Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices.
  - ★ f. Write a policy that requires food service staff to have appropriate pre-service training and regular participation in professional development activities
  - g. Require all organizations to raise funds by selling non-food items.
  - h. Consider student needs in planning for a healthy school nutrition environment by asking students for input and incorporating their feedback into policymaking.
  - ★ i. Write a policy that requires recess to be scheduled immediately before lunch.

# Additional Criteria to be Selected by Schools

1. Participate in Walk Your Child to School Day.
2. Participate in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart.
3. Participate in the 5 A Day Association's Grocery Store Tours.
4. Participate in the American Diabetes Association's School Walk for Diabetes.
5. Participate in the Truth From Youth ad campaign.
6. Teach a proven effective tobacco use prevention program such as Life Skills Training or Project Towards No Tobacco in the classroom.
7. Utilize the Utah State Office of Education's Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria and the classroom.
8. Participate in the USDA's Food and Nutrition Service program, HealthierUS Challenge.
9. Participate in one national health campaign such as Red Ribbon Week, National Nutrition Month, or Green Ribbon Month.
10. Hold an Olympic Field Day.
11. Allow students and community members to use the physical activity facilities outside school hours.
12. Establish a School Health Council that discusses ways to meet Gold Medal School criteria at each meeting.
- ★ 13. Write a policy that discourages withholding PE or recess as a punishment; include methods to ensure faculty awareness of the policy.
- ★ 14. Write a policy that provides for continuing education and training in the areas of physical education, tobacco use prevention, and nutrition for teachers who teach these subjects.
- ★ 15. Write a policy that requires both lunch and breakfast programs.
16. Participate in the Physical Fitness Testing or the Health Fitness Testing of the President's Challenge.
17. Participate in the Governor's Golden Sneaker Awards Program.

## Platinum Medal Award Criteria

To become a PLATINUM School, you must a) maintain the Bronze, Silver, and Gold Criteria and b) complete all of the following Platinum Criteria.

1. Strengthen your School Community Council by holding regular meetings and including health on the agenda at each meeting.
- ★ 2. Write a policy to have healthy choices for all foods/beverages at school events, in vending machines, school stores, fundraisers, and other venues. Consider non-food items for fundraisers.
3. Plan and carry out a faculty/staff wellness program that lasts all year long.
4. Involve families and the community in completing Gold Medal School criteria
- ★ 5. a) Write a policy that requires recess to be scheduled immediately before lunch for most or all grades.  
-or-  
★ b) Write a policy that requires adequate eating time at lunch for students. Lunch must be 20-30 minutes long and held between 11am and 1pm.

## Platinum Focus

After completing the Platinum Medal Award Criteria choose one project each year from the "focus areas" listed below until you have completed all of them.

- Mental Health and Wellness (must be done first)
- Asthma
- Diabetes Control
- Environmental Quality
- Fruits and Vegetables Galore
- Immunizations
- Injury Prevention
- Oral Health
- Sun Safety



# 2006-2007 Gold Medal Schools

## Alpine School District

School	GMS Level
Alpine Elementary	New
Aspen Elementary	Gold
Cascade Elementary	Gold
Eagle Valley Elementary	New
Freedom Elementary	Bronze
Hillcrest Elementary	Silver
Legacy Elementary	Platinum
Orchard Elementary	New
Orem Elementary	New
Saratoga Shores Elementary	New
Suncrest Elementary	New
Vineyard Elementary	Gold

## Beaver School District

School	GMS Level
Belknap Elementary	Platinum
Minersville Elementary	New

## Box Elder School District

School	GMS Level
Bunderson Elementary	New
Century Elementary	New
Discovery Elementary	New
Fielding Elementary	Silver
Foothill Elementary	New
Garland Elementary	Gold
Grouse Creek Elementary	Gold
Howell Elementary	Platinum
Lake View Elementary	Platinum
McKinley Elementary	New
Mountain View Elementary	New

School	GMS Level
North Park Elementary	New
Three Mile Creek Elementary	Platinum
Willard Elementary	Platinum

## Cache School District

School	GMS Level
Canyon Elementary	Bronze
Greenville Elementary	Gold Plus Phase 1
Lewiston Elementary	New
Millville Elementary	New
Nibley Elementary	New
Park Elementary	Silver
Providence Elementary	Bronze
River Heights Elementary	New
Summit Elementary	New
Sunrise Elementary	New

## Carbon School District

School	GMS Level
Castle Heights Elementary	New
Castle Valley Center	Gold
Creekview Elementary	Silver
Sally Mauro Elementary	Bronze

## Davis School District

School	GMS Level
Clinton Elementary	New
Creekside Elementary	Platinum
Crestview Elementary	Platinum
Doxey Elementary	Silver
Eagle Bay Elementary	Silver
Hill Field Elementary	Platinum
Hannah Holbrook Elementary	Platinum
EG King Elementary	Gold
Lakeside Elementary	New
Samuel Morgan Elementary	Gold
Mountain View Elementary	Platinum
Muir Elementary	Gold

School	GMS Level
Orchard Elementary	New
Reading Elementary	Gold
South Weber	New
Jennie P. Stewart Elementary	Gold
Sunset Elementary	New
Tolman Elementary	New
Vae View Elementary	Silver
West Bountiful Elementary	New
Whitesides Elementary	New

## Duchesne School District

School	GMS Level
East Elementary	New
Myton Elementary	Silver
Neola Elementary	Silver
Roosevelt Middle	Bronze
Tabiona Elementary	Mental Health Focus
Thompsons School	New

## Emery School District

School	GMS Level
Book Cliff Elementary	New
Castle Dale Elementary	Gold
Cleveland Elementary	Silver
Cottonwood Elementary	Gold
Ferron Elementary	Gold
Huntington Elementary	Gold

## Garfield School District

School	GMS Level
Antimony Elementary	Platinum
Boulder Elementary	New
Bryce Valley Elementary	Gold
Escalante Elementary	Gold
Panguitch Elementary	Gold

## Granite School District

School	GMS Level
Academy Park Elementary	Platinum
Beehive Elementary	Platinum
Calvin S Smith Elementary	Platinum
Cottonwood Elementary	Gold Plus Phase 1
Crestview Elementary	New
Eastwood Elementary	Platinum
Fox Hills Elementary	Platinum
Granger Elementary	Platinum
James E. Moss Elementary	Platinum
Lincoln Elementary	Silver
Magna Elementary	New
Mill Creek Elementary	Gold
Monroe Elementary	Platinum
Oakwood Elementary	New
Oquirrh Hills Elementary	Platinum
Philo T. Farnsworth Elementary	Platinum
Pleasant Green Elementary	Platinum
Rolling Meadows Elementary	Gold
Twin Peaks Elementary	Platinum
Upland Terrace Elementary	Gold
Valley Crest Elementary	Gold
Vista Elementary	Gold
West Kearns Elementary	Bronze
West Valley Elementary	Bronze
Whittier Elementary	Bronze
Woodrow Wilson Elementary	Bronze

## Jordan School District

School	GMS Level
Bell View Elementary	Platinum
Bella Vista Elementary	Gold
Butterfield Elementary	New
Canyon View Elementary	Silver
Copperview Elementary	New
Daybreak Elementary	New
Draper Elementary	New
East Sandy Elementary	Bronze
Hayden Peak Elementary	Silver

School	GMS Level
Jordan Ridge Elementary	Silver
Lone Peak Elementary	Silver
Monte Vista Elementary	Bronze
Oakdale Elementary	Silver
Quail Hollow Elementary	Silver
Rosamond Elementary	New
Southland Elementary	Bronze
Terra Linda Elementary	Mental Health Focus
Welby Elementary	Mental Health Focus
West Jordan Elementary	Silver
Willow Springs Elementary	New

## Logan School District

School	GMS Level
Adams Elementary	New
Bridger Elementary	New
Ellis Elementary	New

## Millard School District

School	GMS Level
Delta North Elementary	New
Delta South Elementary	New

## Murray School District

School	GMS Level
Grant Elementary	Silver
Horizon Elementary	Mental Health Focus
Liberty Elementary	New
Longview Elementary	Bronze
McMillan Elementary	New
Viewmont Elementary	New

## Nebo School District

School	GMS Level
Brookside Elementary	Platinum
Larsen Elementary	New
Sage Creek Elementary	New

## North Sanpete School District

School	GMS Level
Fountain Green Elementary	Platinum
Spring City Elementary	Platinum

## Ogden School District

School	GMS Level
Gramercy Elementary	New
Horace Mann Elementary	New
Lincoln Elementary	Mental Health Focus
Lynn Elementary	New

## Park City School District

School	GMS Level
Jeremy Ranch Elementary	Mental Health Focus
Trailside Elementary	Mental Health Focus

## Piute School District

School	GMS Level
Oscarson Elementary	Platinum

## Provo School District

School	GMS Level
Canyon Crest Elementary	New
Edgemont Elementary	New
Farrer Elementary	Gold
Franklin Elementary	Silver

## Rich School District

School	GMS Level
North Rich Elementary	Mental Health Focus
South Rich Elementary	New

## Salt Lake School District

School	GMS Level
Backman Elementary	Silver
Ensign Elementary	New
Guadalupe School	New
Highland Park Elementary	Platinum
Lincoln Elementary	New
North Star Elementary	New
Parkview Elementary	New
Riley Elementary	New
Washington Elementary	Platinum
Whittier Elementary	Platinum

## Sevier School District

School	GMS Level
Pahvant Elementary	Platinum

## South Sanpete School District

School	GMS Level
Ephraim Elementary	Platinum
Gunnison Valley Elementary	Platinum
Manti Elementary	Platinum

## South Summit School District

School	GMS Level
South Summit Elementary	Mental Health Focus

## Tintic School District

School	GMS Level
West Desert Elementary	New

## Tooele School District

School	GMS Level
Anna Smith Elementary	New
Copper Canyon Elementary	Silver
Dugway Elementary	Silver
East Elementary	Silver
Grantsville Elementary	Silver
Ibapah Elementary	New
Middle Canyon Elementary	Silver
Northlake Elementary	Silver
Overlake Elementary	Silver
Vernon Elementary	Gold
Willow Elementary	Silver

## Uintah School District

School	GMS Level
Discovery Elementary	Gold
Lapoint Elementary	Mental Health Focus

## Wasatch School District

School	GMS Level
Heber Valley Elementary	Mental Health Focus
J R Smith Elementary	Mental Health Focus
Midway Elementary	Mental Health Focus
Old Mill Elementary	New

## Washington School District

School	GMS Level
Arrowhead Elementary	New
Coral Cliffs Elementary	New
East Elementary	New
Enterprise Elementary	Platinum
Fossil Ridge Intermediate	Silver
Sandstone Elementary	Platinum
Santa Clara Elementary	New
Three Falls Elementary	New
Washington Elementary	Platinum
West Elementary	Gold

## Wayne School District

School	GMS Level
Hanksville Elementary	New

## Weber School District

School	GMS Level
Bates Elementary	Gold
Freedom Elementary	Platinum
Green Acres Elementary	Platinum
H. Guy Child Elementary	New
Hooper Elementary	New
Kanesville Elementary	Silver
Lakeview Elementary	Platinum
Lomond View Elementary	Platinum
Majestic Elementary	New
MarLon Hills Elementary	Platinum
Midland Elementary	New
North Ogden Elementary	Platinum
Plain City Elementary	New
Riverdale Elementary	Platinum
Roy Elementary	Platinum
Uintah Elementary	Silver
West Weber Elementary	Mental Health Focus

## Charter Schools

School	GMS Level
Channing Hall	New
North Davis Preparatory Academy	Gold
Pinnacle Canyon Academy	Gold
Soldier Hollow School	Mental Health Focus
Spectrum Academy	New
Summit Academy	New
Thomas Edison Charter School - North	Gold
Thomas Edison Charter School - South	Gold

## Private Schools

School	GMS Level
Cache Valley Learning Center	Gold
Christian Heritage	Platinum
Edith Bowen Lab School	Platinum
J.E. Cosgriff Memorial	New
Reid School	Platinum
St. Joseph Catholic School	Platinum
St. Paul Lutheran School	Mental Health Focus
St. Sophia School	Platinum
Trinity Lutheran School	New