Turn Your SCHOOL WELLNESS into WEALTH!

Healthy Schools, Healthy Children wants to reward your school for implementing wellness programs and encouraging healthy behaviors! Earn points each month throughout the school year by participating in the activities listed, then redeem points for a cash prize award. Prizes are to be used for school health initiatives.

SEPTEMBER

- Plant a Fall/Winter School Garden
- 9/23-27 Jersey Fresh Farm to School Week

Establish and maintain a winter/fall school garden with edible plants
Celebrate locally grown fruits & veggies with a Jersey Taste sampling

OCTOBER

- 10/2 National Walk to School Day
- 10/2 Steering Committee Meeting
- Pumpkin Run/Monthly Run
- Healthy Halloween Celebration
- Garden Harvest Event
- Family Participation

Engage your staff and students to participate in Walk to School Day
At least one school representative to attend Healthy Schools Meeting
Run for students led by school (participants receive certificate of completion)
Serve healthy options at your school celebration (5+ classes required)
Hold a student/family Harvest Event or Food Demo showcasing seasonal produce
Family participation is worth an additional 50 points

NOVEMBER

- 11/13 World Kindness Day
- Turkey Trot Run/Monthly Run
- “Veggie Infomercial” Video Contest

Hold a school wide activity to participate in World Kindness Day
Run for students led by school (participants receive certificate of completion)
Student video contest Contest Rules to Follow

DECEMBER

- 12/1-7 Hand Washing Awareness Week
- Healthy Holiday Celebration
- December Dash Run/Monthly Run

Stop colds and the flu this winter! Promote hand washing with students & staff
Serve healthy options at your school celebration (5+ classes required)
Run for students led by school (participants receive certificate of completion)

JANUARY

- 1/22-27 Drug & Alcohol Facts Week
- Penguin Plunge Run/Monthly Run
- Staff Wellness Month

Share the facts with students and families during a school wide activity
Run for students led by school (participants receive certificate of completion)
Staff wellness activities (Must complete/submit toolkit provided by AtlantiCare)

FEBRUARY

- National Heart Health Month Activities
- Cardiac Caper Run/Monthly Run
- 2/28 Steering Committee Meeting

Promote heart health month with decorations and/or healthy valentines
Run for students led by school (participants receive certificate of completion)
At least one school representative to attend Healthy Schools Meeting

MARCH

- National Nutrition Month
- Green Mustache Contest
- Shamrock Shuffle Run/Monthly Run

Celebrate healthy habits with student through a school wide activity
Students wear “green” mustaches by drinking green smoothies Rules to Follow
Run for students led by school (participants receive certificate of completion)

Any questions regarding contests, activities, and/or programming? Contact us at:

healthyschools@atlanticare.org
HEALTHY SCHOOLS HEALTHY CHILDREN

Schools must reach a minimum of 500 total points to receive an award. A Turn Your School Wellness into Wealth report is due no later than May 22, 2020 and must be completed in entirety before prizes can be awarded. Prizes will be distributed during the first week of June 2020. Delay in report submissions may result in postponement of award.

APRIL
- Raindrop Run/Monthly Run Run for students led by school (participants receive certificate of completion) 10
- 4/20-24 Every Kid Healthy Week Host an event to celebrate your school’s health & wellness achievements 100
- 4/29-5/5 Screen Free Week Pledge Encourage students to commit to one screen free week 10
- Family Participation Family Participation in Screen Free Week worth an additional 50 points 50

MAY
- 5/1 Project ACES Participation in national project: All Children Exercising Simultaneously 50
- 5/8 National Bike/Walk to School Day Encourage a walk or bike to school 10
- National Mental Health Month Observe NMHM with students with a school wide activity 100
- Healthy Educator Award Nominations Nominate someone from your school for our Healthy Educator Award (20 pts each) 20+
- Mileage Club Marathon Run Run for students led by school (participants receive certificate of completion) 10

ONGOING PROGRAMS THROUGHOUT THE YEAR
- 4 Week Class Walking Contest Students engage in extra steps during school day for one month (forms provided) 100-200
- Student Presentation AtlantiCare health presentations to students (limited to once per school year) 10
- Parent Workshop AtlantiCare health presentations to parents (limited to once per school year) 20
- Staff Workshop AtlantiCare health presentations to staff (limited to once per school year) 10
- Caught Eating Healthy Catch your students eating healthy at school by submitting pictures/stories 50
- Family Fun Night After-school wellness night led by school to promote health and wellness 100
- Newsletter or Website Include a health segment in your school newsletter or website (4+ times per year) 20
- Staff Training or Website Staff attendance at AtlantiCare trainings (checklist provided) 20 each
- School Garden Establish and maintain a school garden with edible plants 20
- Wellness Committee Establish a school wellness committee that meets at least 4x/year 20
- Youth Wellness Committee Establish a student wellness committee that meets at least 4x/year 50
- Healthy Morning Messages 1x/week over the course of the year promote health during announcements 100
- Fitness, Nutrition, and/or Garden Club Establish a before or after school club that meets at least 2x a month 50 each
- Host Healthy Food Demonstrations Showcase healthy foods and ways to prepare for students by demonstration 20 each
- Lunch Room Healthy Taste Tests Food Service to offer a testing of a new healthy food/recipe for student vote 20 each
- Install Hydration Station School commits to adding new water bottle filling system 50 each
- Healthy Food Drive Participate in 1+ Healthy Food Drive 25 each
- PBIS/Resiliency Curriculum School utilizes an evidence based resiliency curriculum/program 100
- AtlantiCare School Health Survey Completed an AtlantiCare School Health Survey 50

Activities added throughout the year!
- Contact your Healthy Schools representative to discuss activity/point value.

500 Total Points ...................... $100
750 Total Points ...................... $200
1000 Total Points ..................... $300

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