HEALTHY SCHOOLS HEALTHY CHILDREN

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.

☑ 9-10/18 Plant a Fall/Winter School Garden

☐ 10/2/18 Steering Committee Meeting

☑ 10/3/18 National Walk to School Day

☐ 10/18 Pumpkin Run/Monthly Run

☐ 10/18 Healthy Halloween Celebration

☑ 10-12/18 Garden Harvest Event

☐ 10-12/18 Family Participation

☐ 11/18 Turkey Trot Run/Monthly Run

☐ 11/18 "Veggie Infomercial" Video Contest

☐ 12/18 Healthy Holiday Celebration

☐ 12/18 December Dash Run/Monthly Run

☐ 1/19 Penguin Plunge Run/Monthly Run

☐ 1/19 Staff Wellness Month

☑ 2/19 National Heart Health Month Activities

☐ 2/19 Cardiac Caper Run/Monthly Run

☐ 2/26/19 Steering Committee Meeting

☐ 3/19 Green Mustache Contest

☐ 3/19 Shamrock Shuffle Run/Monthly Run

☐ 4/19 Raindrop Run/Monthly Run

☐ 4/29-5/5/19 Screen Free Week Pledge

☐ 4/29-5/5/19 Family Participation

☐ 5/1/19 Project ACES

☐ 5/8/19 National Bike/Walk to School Day

☐ 5/19 Healthy Educator Award

☐ 5/19 Mileage Club Marathon Run

Establish and maintain a winter/fall school garden with edible plants 20

At least one school representative to attend Healthy Schools Meeting 50

Engage your staff and students to participate in Walk to School Day 100

Run for students led by school (participants receive certificate of completion) 10

Serve healthy options at your school celebration (5+ classes required) 25

Hold a student/family Harvest Event or Food Demo showcasing seasonal produce 25

Family participation is worth an additional 50 points 50

Run for students led by school (participants receive certificate of completion) 10

Student video contest Contest Rules to Follow 50

Serve healthy options at your school celebration (5+ classes required) 25

Run for students led by school (participants receive certificate of completion) 10

Run for students led by school (participants receive certificate of completion) 10

Staff wellness activities (Must complete/submit toolkit provided by AtlantiCare) 100

Promote heart health month with decorations and/or healthy valentines 25

Run for students led by school (participants receive certificate of completion) 10

At least one school representative to attend Healthy Schools Meeting 50

Students wear “green” mustaches by drinking green smoothies Rules to Follow 50

Run for students led by school (participants receive certificate of completion) 10

Run for students led by school (participants receive certificate of completion) 10

Encourage students to commit to one screen free week 10

Family Participation in Screen Free Week worth an additional 50 points 50

Participation in national project: All Children Exercising Simultaneously 50

Encourage a walk or bike to school 10

Nominate someone from your school for our Healthy Educator Award (20 pts each) 20+

Run for students led by school (participants receive certificate of completion) 10

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

healthyschools@atlanticare.org
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 23, 2019 and must be completed in entirety before prizes can be awarded. Prizes will be distributed during the first week of June 2019. Delay in report submissions may result in postponement of award. Prizes are to be used for school health initiatives.

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
- **Walk or Bike to School Days**: Organize an ongoing walk or bike to school day (10 points per month) 10-100
- **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 Attendance**: 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
- **School Breakfast Program**: Increase participation in school breakfast program by at least 10% 200
- **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 water bottle filling system 50 each
- **Healthy Food Drive**: Participate in 1+ Healthy Food Drive 25 each

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

500 Total Points......... $100
600 Total Points......... $150
700 Total Points......... $200
800 Total Points......... $300

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