

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.

Look for a 🏆 for Staff Recognition Days and a 📅 for contest due dates.

Additional instructions for submitting your TYSWIW report at the bottom of page 2.

Please note: Schools will be required to provide descriptions for events marked with an (*). Based on your description of the event, you can **earn up to the points indicated**.

Activities not limited to this checklist. On the report there is a place to list additional activities and point value will be determined at that time. Please see page 3 for a printable tracker for extra activities.

SEPTEMBER

- ☐ 9/13 Positive Thinking Day **20**
- ☐ 9/16 National IT Professional Day **10** 🏆
- ☐ 9/22-26 Jersey Fresh Farm to School Week **75**

- ☐ 9/26 Bullying Prevention Poster Contest Entry **50** 📅
- ☐ Attendance Awareness Month* **100**
- ☐ Suicide Prevention Month* **100**
- ☐ Hispanic Heritage Month* **100**

OCTOBER

- ☐ 10/1 Walk and Roll to School Day **20**
- ☐ 10/2 National Custodians Day **10** 🏆
- ☐ 10/6 Child Health Day **20**
- ☐ 10/6-10 NJ Week of Respect **75**
- ☐ 10/8 Stop Bullying Day **20**

- ☐ 10/15 Global Handwashing Day **20**
- ☐ 10/28 National First Responders Day **20**
- ☐ 10/31 Healthy Halloween Celebration **25**
- ☐ 10/31 National Unity Day **20**
- ☐ National Principals Month **20** 🏆
- ☐ Substance Use Awareness Month* **100**

NOVEMBER

- ☐ 11/3-7 National School Psychology Week **20** 🏆
- ☐ 11/7 Healthy Recipe Contest Entry **50** 📅
- ☐ 11/13 World Kindness Day **20**

- ☐ 11/19 Nat'l Educational Support Professionals Day **10** 🏆
- ☐ 11/20 National Parent Involvement Day **20**
- ☐ 11/21 National Substitute Educator Day **10** 🏆

DECEMBER

- ☐ 12/2 National Special Education Professional Day **10** 🏆

- ☐ 12/1-7 Handwashing Awareness Week **50**
- ☐ Healthy Holiday Celebration **25**

JANUARY

- ☐ 1/30 Winter PSA Video Contest Entry **50** 📅

- ☐ School Board Appreciation Month **20** 🏆

FEBRUARY

- ☐ 2/2-6 National School Counseling Week **20** 🏆
- ☐ 2/14 Healthy Valentine's Day Celebration **25**
- ☐ 2/15-21 Random Acts of Kindness Week **50**

- ☐ 2/15 National School Resource Officer Day **10** 🏆
- ☐ National Heart Health Month* **100**
- ☐ Black History Month* **100**

*How many
points can
we earn?*



Look for this **badge** to see how many points your school can earn for participating in various Healthy Schools events, programs, and contests!

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MARCH

- ☐ 3/1 School Social Workers Recognition Day **10** 🏆
- ☐ 3/2 SEL Day **25**
- ☐ 3/6 Maintenance Workers Appreciation Day **10** 🏆
- ☐ 3/6 Staff Appreciation Day **10** 🏆

- ☐ 3/16-22 National Drug and Alcohol Facts Week **50**
- ☐ 3/27 Green Mustache Photo Contest Entry **50** 🏆
- ☐ Youth Art Month **20**
- ☐ National Nutrition Month* **100**
- ☐ Women's Heritage Month* **100**

APRIL

- ☐ 4/1 Paraprofessional Appreciation Day **10** 🏆
- ☐ 4/2 World Autism Awareness Day **20**
- ☐ 4/4 National School Librarians Day **10** 🏆

- ☐ 4/4-10 Week of the Young Child **75**
- ☐ 4/22 Earth Day Celebration **50**
- ☐ 4/22 Administrative Professionals Day **10** 🏆
- ☐ 4/28 School Bus Drivers Day **10** 🏆

MAY

- ☐ 5/1 School Principal Day **10** 🏆
- ☐ 5/1 School Lunch Hero Day **10** 🏆
- ☐ 5/1 Keys to Mental Wellness Contest Entry **50** 🏆
- ☐ 5/4-8 Teacher Appreciation Week **20** 🏆
- ☐ 5/4-10 Screen Free Week Pledge **25**
- ☐ 5/6-12 Nurses Appreciation Week **20** 🏆

- ☐ 5/6 School Nurses Day **10** 🏆
- ☐ 5/6 Project ACES: All Children Exercise Simultaneously **75**
- ☐ 5/16 National Bike to School Day **20**
- ☐ 5/27 Messages of Hope Event **75**
- ☐ National Physical Fitness & Sports Month **50**
- ☐ National Mental Health Awareness Month* **100**
- ☐ Asian American Pacific Islander Month Celebration* **100**

JUNE

- ☐ National Safety Month **20**

- ☐ PRIDE Month Celebration **50**

ONGOING PROGRAMS THROUGHOUT THE YEAR

- ☐ Complete Annual AtlantiCare School Health Survey **50**
- ☐ Stipend Request **100**
- ☐ Student Presentation Request **25**
- ☐ Parent Presentation/Workshop Request **25**
- ☐ Staff Presentation/Workshop Request **25**
- ☐ Caught Eating Healthy* **50**
- ☐ Family Fun Night* **100**
- ☐ Newsletter or School Website Highlight **25**
- ☐ PBIS/Resiliency Curriculum* **75**

- ☐ Start/Maintain Garden (non-garden grant awardees) **50**
- ☐ Active School Wellness Committee* **100**
- ☐ Healthy Morning Messages* **75**
- ☐ Fitness, Nutrition, and/or Garden Club* **50**
- ☐ Regular Healthy Food Demonstrations/Taste Tests* **50**
- ☐ Incorporate Wellness into School Events* **25 per event**
- ☐ Meal Prep Series (Jan/Apr)* **15 per staff per course**
- ☐ Student Wellness Challenge* **points vary**
- ☐ Staff Wellness Challenge* **points vary**
- ☐ Staff Training Attendance* **points vary**

Schools must reach a minimum of **750** total points to receive an award. A **Turn Your School Wellness Into Wealth Report** is due no later than **May 29, 2026**. It must be completed in entirety before prizes can be awarded. Prizes will be distributed through June 2026 and are to be used for school health initiatives. Delay in report submissions may result in postponement of award.

Points to Cash

750 points	\$100
1000 points	\$200
1500 points	\$300



TYSWIW Worksheet

Use this worksheet to track activities not listed in the calendar above!

Send a photo and media release form of your celebrations to Healthy Schools to earn 10 TYSWIW points for each event.

SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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EXTRA SPACE

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Stay up to date with the latest Healthy Schools news!

To subscribe for text message alerts, text **HEALTHY** to 79455

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