

GROWING HEALTHY CLASSROOMS

Elementary Application Packet

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Applications are due November 18, 2016 by 4:00 p.m.
Recognition will be given in three categories: Emerging,
Blossoming, and Thriving.

The winning teacher will receive free conference registration to and be recognized at the 2017 School Health Conference. Winners will also receive a press toolkit, which includes a parent letter, drafted social media posts and a newspaper article template.

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Name _____

School District _____

School _____

Grade Taught (K-5 are eligible) _____

Address _____

Phone Number _____

Email Address _____

Please provide a short description and/or a picture showcasing how you have created a healthy and safe learning environment for students in your classroom.

(150 word limit)

Please attach an additional page with your story and/or picture, as part of the application packet.

Items to be submitted with this application:

- Completed Checklist
- Student Survey Complete
- Story and/or Picture Submission

Submit your application to Audra.Walters@Arkansas.gov OR you can complete the application online at ArkansasObesity.org

Winners will be notified no later January 10, 2017. Thank you for your application and thank you for the work you do to ensure every student is safe, healthy, and ready to learn!



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Elementary Classroom Checklist

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Check the appropriate box for things you
do/provide in your classroom.

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- Children wash hands before and after eating, after playing, and after using the bathroom
- Inclusive and friendly classroom environment for all students
- Health education is incorporated into instructional time, i.e. nutrition education used for teaching math concepts, etc.
- Party days are limited to no more than 9 days per school year
- Make sure you are aware of student's food allergies if you offer children snacks in the classroom
- Provide Smart Snacks approved snacks for students on testing days
- Parents provide snacks for their child only
- School garden foods are cleaned and served according to food safety standards
- The classroom teacher participates in the District Wellness Committee

- Nonfood items or activities are used to reward positive student behaviors (i.e. extra recess, walks with the principal, stickers)
- Children have access to Farm to School activities
- Students participate in the Fresh Fruit and Vegetable Program
- Nutrition education is incorporated throughout core subjects.
- Water and reusable cups/bottles available to all students throughout the day
- Recess or physical activity is provided before lunch
- Provide opportunities for students to be active indoors during inclement weather.
- Provide nonfood celebrations, such as guest speakers, and extra recess, or a class game.
- Include a physical activity component in every lesson.
- Incorporate Go-Noodle brain boosters daily
- Encourage walk and bike to school
- Outdoor classrooms and/or school gardens are incorporated into learning activities



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STUDENT SURVEY

Lead your students in a discussion about what makes their classroom healthy. Use the key as a guide. Please submit 1 (one) student survey as a representation of the whole class.



No, we don't.



A little bit.



Not sure.



Definitely!

Let's check...

Do we wash our hands before and after eating, after playing and after using the bathroom?

Do we recognize MyPlate and understand healthy eating messages?

Do we have reminders in our room or in our school about eating well and being active?

Do we get plenty of water to drink during the school day?

Do we plan for healthy food choices at classroom parties?

Do we understand what makes a healthy lunch?

What do we think?



Let's check...

What do we think?

Do we use non-food rewards to celebrate our accomplishments?



Do we get moving in our classroom everyday?



Do we show others that healthy eating and being active are important to us by being good role models? How?



Do we have ways to tell our parents and others about our healthy classroom?



Do we have other ways we can make our classroom a healthy place?



Are there any things we would like to change?

