

# GROWING HEALTHY CLASSROOMS

## Early Childcare 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 recognition at the 2017  
NAPSACC Early Childhood 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 \_\_\_\_\_

Ages Taught \_\_\_\_\_

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

Story and/or Picture Submission

Submit your application to [Audra.Walters@Arkansas.gov](mailto:Audra.Walters@Arkansas.gov)  
OR you can complete the application online at  
[ArkansasObesity.org](http://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!



Arkansas Coalition for Obesity Prevention

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## Early Childcare 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 regularly to prevent the spread of disease (i.e. in the morning, before and after eating, after the bathroom)
- Classroom environment shows that you are actively engaged in improving health and wellness for all students
- Health education is incorporated into instructional time, i.e. nutrition education used for teaching math concepts, etc.
- Classroom parties include at least one healthy food option
- Make sure you are aware of student's food allergies if you offer children snacks in the classroom, as part of the family engagement strategy
- Children have access to Farm to Preschool activities and garden fresh foods
- Students are provided with a morning and/or afternoon snack that consists of a fresh fruit or vegetable
- Nutrition education is consistently used as part of the curriculum

- Water is routinely available to all students throughout the day
- Recess or physical activity is provided before lunch
- Outdoor classrooms and/or school gardens are incorporated into learning activities
- Only healthy, non-food rewards and incentives are offered
- Children are encouraged to be active during recess time, both outdoors and indoors
- Messages that promote health and safety are displayed in the classroom
- Nutrition education materials are sent home
- Only healthy fundraisers are permitted
- Physical activity is incorporated throughout the school day, i.e. walk, dance or exercise before school starts in the morning or as transition between subjects
- Include a physical activity component in every lesson.
- Incorporate Go-Noodle brain boosters daily.

