



2012 ‘EDie’ School Award

INFORMATION

Objective:

To recognize an outstanding school in New Hampshire that is creating a learning environment that supports healthy eating with physical activity opportunities and is achieving positive results for the students and staff.

Award:

Recognition at the annual New Hampshire EDies award ceremony in June with HEAL Plaque, ‘5-2-1-0’ School Banner, \$500 prize and a bell.

Key Criteria: School Wellness Policy and an active Wellness Committee
Healthy eating guidelines and practices
Multiple physical activity opportunities
Measures of success

Process:

Applications will be available January 18, 2012 and due by March 30, 2012.
Site visit to the finalists in April
School announcement on May 1, 2012
EDie awards event on June 2, 2012

Selection Panel: A group with expertise representing faculty, school administration, school nursing, food services and the parent perspective will be convened to evaluate the nominations and select the recipient.

What is the HEAL New Hampshire Initiative?

The HEAL NH Initiative is a statewide campaign to promote partnerships for healthier communities. It is working in five sectors: schools, worksites, healthcare, food outlets and municipalities to offer healthy eating and active living choices where they live, learn, work and play.

The program engaged more than 75 public and private organizations and communities to implement the HEAL Action Plan for New Hampshire. It is supported by a collaboration of foundations and state agencies committed to promoting health and wellbeing for all New Hampshire residents. It incorporates the 5-2-1-0 message (5 or more fruits and vegetables daily; 2 hours or less of screen time; 1 hour of physical activity; 0 sugar-sweetened beverages). The NH Commission on the Prevention of Childhood Obesity held meetings and public hearings in 2008-2009 to examine multiple prevention strategies and many education leaders were engaged to address healthy eating and active living issues related to schools. Funding for the HEAL NH Initiative is provided by *HNHFoundation*, Endowment for Health, Harvard Pilgrim Healthcare Foundation, Anthem Blue Cross and Blue Shield Foundation, NH Department of Health & Human Services and NH Charitable Foundation. Learn more about HEAL at www.healnh.org

For more information: The Foundation for Healthy Communities is a statewide non-profit organization with a mission to improve health and health care delivery in New Hampshire. It is the lead organization for HEAL NH and this award. Contact: Terry Johnson, Director, HEAL-NH, 125 Airport Road, Concord NH, 03301 (603) 415-4274 or tjohnson@helathynh.com.

Healthy Eating Active Living (HEAL) 'EDie' School Award

APPLICATION

Please complete Cover Sheet and Application Questions and submit with attachments.

Attachment A - Copy of the school's current wellness policy

Attachment B - List of members of the school wellness committee (with title and email or phone contact information).

School Name: _____

Address: _____

Webpage: (if applicable) _____

Telephone: _____

Principal Name & email address: _____

HEAL Award Contact Person & email address: (if not principal)

School Enrollment: (January 2012) _____

Grades: _____

SAU #: _____

Superintendent: _____

***Application Questions:**

1. Describe your school's top three healthy eating and physical activity achievements that support a strong learning environment and explain how you measure your success.
2. Identify the key data (e.g, physical activity assessments, Body Mass Index (BMI), fruits and vegetables served, etc.) that your school collects related to healthy eating and physical activity and how the information is used to understand your school's progress in supporting wellness.
3. Describe how parents and families are engaged in your schools efforts to promote healthy eating and physical activity.
4. How is your school engaged in community wellness (e.g, coalition efforts, after-school programs, community recreation, etc.) efforts that connect the school's strategies to support healthy eating and physical activity to other local resources for school age children?
5. Describe your school's staff health and wellness efforts.

(Please provide a written response to the application questions that does not exceed 5 pages (use a 12 point font with 1 inch margins.)

Healthy Eating Active Living (HEAL) EDies Award

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SELECTION RUBRIC

Relationships and Commitment

Indicator	Exemplary	Fully Evident	Partially or Not Yet Evident
The school engages parents and families as partners in healthy eating and physical activity practices.			
The school has a system in place for communicating healthy eating and active living messages and policies to students, parents/guardians and staff.			

High Standards

Indicator	Exemplary	Fully Evident	Partially or Not Yet Evident
All school staff serve as role models by modeling healthy eating and active living during the school day.			
School offers regular physical activity opportunities that are inclusive of all students' needs and abilities.			
Students receive nutrition education that provides information and experiences needed to develop healthy eating behaviors.			
School staff that provide nutrition, health and physical education possess appropriate certifications, licenses or education.			

Engagement and Whole Community Involvement

Indicator	Exemplary	Fully Evident	Partially or Not Yet Evident
School Wellness Committee meets regularly and has community representation as part of its membership.			
A PTA/PTO (or other community group) coordinates at least one health-related event per year that involves students, staff and parents.			
A wide range of materials, equipment, strategies and programs are employed to engage the school's student population in healthy eating and physical activity.			
The school has a written joint-use agreement with the local town or municipality that enables students and community members to access physical activity facilities outside of school hours.			

Results

Indicator	Exemplary	Fully Evident	Partially or Not Yet Evident
<p>One or more of the following indicators are used to assess the school's healthy eating and active living environment:</p> <p>Healthy Eating</p> <ul style="list-style-type: none"> • Written policies and school norms address any of the following: food is not used as a reward; water is free and readily available throughout the school day; only healthy foods and beverages are served at parties, school celebrations, and meetings. • Nutrition messages (eg.,5-2-1-0) are consistent between the classroom and the cafeteria. • Examples of healthy eating events held at the school • Examples of healthy fundraisers • Food service personnel participate in professional development at least once a year <p>Physical Activity</p> <ul style="list-style-type: none"> • Written policies and school norms address any of the following: recess before lunch; minimum number of minutes for recess; minimum number of minutes per student of PE per week. • Safe Routes to School Taskforce (SRTS) established, SRTS application submitted, evidence of school promotion of walking and bicycling to school • Copy of Joint Use Agreement • Examples of events promoting physical activity held at the school • Recess or physical activity opportunities are not withheld as punishment or used as discipline 			
<p>Fitnessgram, other fitness assessment information or health data is collected and analyzed to assess the health and fitness level of the student population.</p>			

Empowered Staff

Indicator	Exemplary	Fully Evident	Partially or Not Yet Evident
<p>School administrators and staff provide leadership to maintain and improve the environment for healthy eating and physical activity at the school.</p>			
<p>Professional development opportunities that support healthy eating and active living are provided to all staff at least once a year.</p>			
<p>School has staff wellness activities.</p>			