

# HEALTHY SCHOOLS PROGRAM

## RECOGNITION CRITERIA

The Healthy Schools Program recognizes schools at four levels of achievement: **Bronze, Silver, Gold and Platinum.**

To achieve recognition at any of these levels, schools must meet best practice criteria in all of the following categories:

- Policy
- School Meals
- Competitive Foods & Beverages
- Health Education
- Physical Education
- Physical Activity
- Afterschool Programs
- Staff Wellness

The following is a list of criteria for achieving recognition through the Healthy Schools Program.

*The Healthy Schools Program Recognition Criteria are based on national standards and best practices for promoting healthy eating and physical activity in schools. Criteria were developed in consultation with the Centers for Disease Control and Prevention and several leading national organizations. Criteria will be reviewed and revised on an annual basis by the Healthy Schools Program Expert Panel.*



# BRONZE LEVEL CRITERIA



- District has adopted a wellness policy consistent with Congressional requirements
- School has convened a wellness council/committee
- School Wellness Council meets at least every other month
- Drinking fountains/dispensers that are functioning well and dispense safe drinking water are available to students at all times during the school day



- Healthy foods are offered as part of National School Breakfast and Lunch reimbursable meals programs or as independent meal programs that meet or exceed USDA nutrition and access standards\*
  - Meets USDA School Meals Initiative Standards for reimbursable meals as demonstrated by an SMI compliance review within the past 5 years
- Meets at least FOUR of the following criteria:**
- Offers only 1%, ½%, or fat-free milk (flavored or unflavored)
  - Offers whole grains daily at breakfast and lunch
  - Offers at least 2 fruits with breakfast
  - Offers at least 4 non-fried, no-added-sugar fruits and/or vegetables daily (salad can serve as one of the four)
  - Offers at least one reimbursable meal at each meal with <35% calories from fat, <9% calories from saturated fat, <1% of calories from trans fat and <575 mg sodium for breakfast and <767mg sodium for lunch
  - Uses only unsaturated, zero trans fat oils in food preparation
  - Uses no deep fat frying in food preparation
  - Offers non-fried fish at least 1 time/week
  - Serves only lean protein products such as lean red meat, skinless poultry, lean deli meats, beans, low-fat or fat-free dairy, tofu, etc.
  - Offers daily salad with at least 5 different fresh vegetables and/or fruits
  - Annual training program is completed by 100% of food service staff covering techniques to reduce fat, sodium, etc in food preparation

*\*With a plan in place to avoid "overt identification" of students who qualify for free or reduced-price meals.*



- Meets Alliance Beverage Guidelines during the regular and extended school day
- School or district is actively seeking ways to improve nutrition standards for its competitive food offerings



- Skills-based instruction on healthy eating and physical activity as a part of a comprehensive health education program is provided to every student at every grade level at the elementary school level
  - Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required term-long health education course during at least one year at the middle school level
  - Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required term-long health education course at the high school level
- Meets at least THREE of the following criteria:**
- Planned healthy eating and physical activity instruction is aligned to the national/state health education standards
  - Planned healthy eating and physical activity instruction is aligned to the characteristics of effective health education curricula
  - Health education is taught by trained teachers at the elementary level or certified/licensed teachers at the secondary level
  - Teachers who teach health education receive annual

- professional development on effective practices for physical activity and healthy eating instruction
- There is a written plan to integrate healthy eating and physical activity messages into other subject areas
- Health education electives are offered at the middle and high school levels

# BRONZE LEVEL CRITERIA



- Requires all students to participate in 50-100 minutes of physical education/week at the elementary school level
- Requires all students to participate in 90-134 minutes of physical education/week at the middle school level
- Requires one credit (equivalent to one year) of physical education for high school graduation

**Meets at least THREE of the following criteria at the elementary school level and at least FOUR of the following criteria at the middle and high school levels**

- PE is based on a written, sequential curriculum that is

- aligned to the national standards for PE
- District or schools utilize the CDC's Physical Education Curriculum Analysis Tool (PECAT) to assess PE curriculum.
- Students are moderately to vigorously active for at least 50% of PE class time
- Students receive a PE grade on report card every year
- PE is taught by licensed/certified Physical Educators or appropriately trained classroom teachers at the elementary school level OR PE is taught by licensed or certified physical educators at the middle and high school levels

- Student/teacher ratio is comparable with other subject areas (e.g. language arts and math) at the middle and high school levels
- The PE program has a dedicated annual budget for equipment and professional development
- Teachers who teach physical education have annual professional development on effective practices
- Physical education credits toward high school graduation are not waived for other activities
- Elective PE offerings are offered at the middle or high school levels



**Meets at least ONE of the following criteria:**

- Incorporates physical activity or "fitness breaks" once daily into the school day
- Has an annual plan for integrating physical activity into most subject areas
- Offers at least 20 minutes of recess daily at the elementary school level
- Offers a range of physical activity opportunities (including Intramural, interscholastic, and non-competitive sports) after the school day







**Meets at least ONE of the following criteria:**

- School grounds are open to outside organizations that provide physical activity opportunities to students, their families, and the community
- Physical activity is an integral part of afterschool program offerings
- Food and beverages offered as a part of afterschool programs meet the Alliance Beverage and Competitive Foods Guidelines



- Has conducted a wellness needs assessment with staff

# SILVER LEVEL CRITERIA

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets bronze criteria</li> <li><input type="checkbox"/> District or school has adopted administrative regulations for the wellness policy</li> <li><input type="checkbox"/> School wellness is a standing agenda item on the site council and/or parent group meetings</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets bronze criteria</li> <li><input type="checkbox"/> Schools have an action plan in place to increase and promote participation in the National School Breakfast and Lunch programs or independent meal programs that meet or exceed USDA nutrition and access standards*</li> </ul> <p><b>Meets at least SIX of the following criteria:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Offers only 1%, ½%, or fat-free milk (flavored or unflavored)</li> <li><input type="checkbox"/> Offers whole grains daily at breakfast and lunch</li> <li><input type="checkbox"/> Offers at least 2 fruits with breakfast</li> <li><input type="checkbox"/> Offers at least 4 non-fried, no-added-sugar fruits and/or vegetables daily (salad can serve as one of the four)</li> <li><input type="checkbox"/> Offers at least one reimbursable meal at each meal with &lt;35% calories from fat, &lt;9% calories from saturated fat, &lt;1% of calories from trans fat and &lt;575 mg sodium for breakfast and &lt;767mg sodium for lunch</li> <li><input type="checkbox"/> Uses only unsaturated, zero trans fat oils in food preparation</li> <li><input type="checkbox"/> Uses no deep fat frying in food preparation</li> <li><input type="checkbox"/> Offers non-fried fish at least 1 time/week</li> <li><input type="checkbox"/> Serves only lean protein products such as lean red meat, skinless poultry, lean deli meats, beans, fat-free or low-fat dairy, tofu, etc.</li> <li><input type="checkbox"/> Offers daily salad with at least 5 different fresh vegetables and/or fruits</li> <li><input type="checkbox"/> Annual training program is completed by 100% of food service staff covering techniques to reduce fat, sodium, etc in food preparation</li> </ul> <p style="text-align: right;"><i>*With a plan in place to avoid "overt identification" of students who qualify for free or reduced-price meals.</i></p>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets bronze criteria</li> <li><input type="checkbox"/> Meets Alliance Beverage and Competitive Food Guidelines during the regular and extended school day</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity as a part of a comprehensive health education program is provided to every student at every grade level at the elementary school level</li> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required term-long health education course during at least two years at the middle school level</li> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required year-long health education course at the high school level</li> </ul> <p><b>Meets at least FOUR of the following criteria:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Planned healthy eating and physical activity instruction is aligned to the national/state health education standards</li> <li><input type="checkbox"/> Planned healthy eating and physical activity instruction is aligned to the characteristics of effective health education curricula</li> <li><input type="checkbox"/> Health education is taught by trained teachers at the elementary level or certified/licensed teachers at the secondary level</li> <li><input type="checkbox"/> Teachers who teach health education receive annual professional development on effective practices for physical activity and healthy eating instruction</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> There is a written plan to integrate healthy eating and physical activity messages into other subject areas</li> <li><input type="checkbox"/> Health education electives are offered at the middle and high school levels</li> </ul>

# SILVER LEVEL CRITERIA



- Requires all students to participate in 100-149 minutes of physical education/week at the elementary school level
- Requires all students to participate in 134-224 minutes of physical education/week at the middle school level
- Requires 1.5 credits (equivalent to 1.5 years) of physical education for high school graduation

**Meets at least FIVE of the following criteria at the elementary school level and at least SIX of the following criteria at the middle and high school levels:**

- PE is based on a written, sequential curriculum that is aligned to the national standards for PE
- District or schools utilize the CDC's Physical Education Curriculum Analysis Tool (PECAT) to assess PE curriculum
- Students are moderately to vigorously active for at least 50% of PE class time
- Students receive a PE grade on report card every year
- PE is taught by licensed Physical Educators or appropriately trained classroom teachers at the elementary school level OR PE is taught by licensed or certified physical educators at the middle and high school levels

- Student/teacher ratio is comparable with other subject areas (e.g. language arts and math) at the middle and high school levels
- The PE program has a dedicated annual budget for equipment and professional development
- Teachers who teach physical education have annual professional development on effective practices
- Physical education credits toward high school graduation are not waived for other activities
- Elective PE offerings are offered at the middle or high school levels



**Meets at least TWO of the following criteria:**

- Incorporates physical activity or "fitness breaks" once daily into the school day
- Has an annual plan for integrating physical activity into most subject areas
- Offers at least 20 minutes of recess daily at the elementary school level
- Offers a range of physical activity opportunities (including Intramural, interscholastic, and non-competitive sports) after the school day







**Meets at least TWO of the following criteria:**

- School grounds are open to outside organizations that provide physical activity opportunities to students, their families, and the community
- Physical activity is an integral part of afterschool program offerings
- Food and beverages offered as a part of afterschool programs meet the Alliance Beverage and Competitive Foods Guidelines



- Meets bronze criteria
- School has a comprehensive staff wellness action plan that addresses needs identified by the needs assessment

# GOLD LEVEL CRITERIA

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets silver criteria</li> <li><input type="checkbox"/> District or school has established a progress reporting mechanism for implementation and evaluation of the wellness policy</li> <li><input type="checkbox"/> District or school has dedicated funds to implement the wellness policy</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets silver criteria</li> </ul> <p><b>Meets 100% of the following criteria:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Offers only 1%, ½%, or fat-free milk (flavored or unflavored).</li> <li><input type="checkbox"/> Offers whole grains daily at breakfast and lunch</li> <li><input type="checkbox"/> Offers at least 2 fruits with breakfast</li> <li><input type="checkbox"/> Offers at least 4 non-fried, no-added-sugar fruits and/or vegetables daily (salad can serve as one of the four)</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Offers at least one reimbursable meal at each meal with &lt;35% calories from fat, &lt;9% calories from saturated fat, &lt;1% of calories from trans fat and &lt;575 mg sodium for breakfast and &lt;767mg sodium for lunch</li> <li><input type="checkbox"/> Uses only unsaturated, zero trans fat oils in food preparation</li> <li><input type="checkbox"/> Uses no deep fat frying in food preparation</li> <li><input type="checkbox"/> Offers non-fried fish at least 1 time/week</li> <li><input type="checkbox"/> Serves only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low-fat cheese, beans, tofu, etc.</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Offers daily salad with at least 5 different fresh vegetables and/or fruits</li> <li><input type="checkbox"/> Annual training program is completed by 100% of food service staff covering techniques to reduce fat, sodium, etc in food preparation</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meets silver criteria</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity as a part of a comprehensive health education program is provided to every student at every grade level at the elementary school level</li> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required term-long health education course every year at the middle school level</li> <li><input type="checkbox"/> Skills-based instruction on healthy eating and physical activity is provided to every student as a part of a required year-long health education course at the high school level</li> </ul> <p><b>Meets 100% of the following criteria:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Planned healthy eating and physical activity instruction is aligned to the national/state health education standards</li> <li><input type="checkbox"/> Planned healthy eating and physical activity instruction is aligned to the characteristics of effective health education curricula</li> <li><input type="checkbox"/> Health education is taught by trained teachers at the elementary level or certified/licensed teachers at the secondary level</li> <li><input type="checkbox"/> Teachers who teach health education receive annual professional development on effective practices for physical activity and healthy eating instruction</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> There is a plan to integrate healthy eating and physical activity instruction taught in health education into other subject areas</li> <li><input type="checkbox"/> Health education electives are offered at the middle and high school levels</li> </ul>

# GOLD LEVEL CRITERIA



- Requires all students to participate in at least 150 minutes of physical education/week at the elementary school level
- Requires all students to participate in at least 225 minutes of physical education/week at the middle school level
- Requires two credits (equivalent to two years) of physical education for high school graduation

**Meets 100% of the following criteria:**

- PE is based on a written sequential curriculum map that is aligned to the national standards for PE

- District or schools utilize the CDC's Physical Education Curriculum Analysis Tool (PECAT) to assess PE curriculum
- Students are moderately to vigorously active for at least 50% of PE class time
- Students receive a PE grade on report card every year
- PE is taught by licensed Physical Educators or appropriately trained classroom teachers at the elementary school level OR PE is taught by licensed or certified physical educators at the middle and high school levels

- Student/teacher ratio is comparable with other subject areas (e.g. language arts and math) at the middle and high school levels
- The PE program has a dedicated annual budget for equipment and professional development
- Teachers who teach physical education have annual professional development on effective practices
- Physical education credits toward high school graduation are not waived for other activities
- Elective PE offerings are offered at the middle or high school levels



**Meets THREE of the following criteria at the middle and high school levels and FOUR of the following at the elementary school level:**

- Incorporates physical activity or "fitness breaks" once daily into the school day
- Has an annual plan for integrating physical activity into most subject areas
- Offers at least 20 minutes of recess daily at the elementary school level
- Offers a range of physical activity opportunities (including Intramural, interscholastic, and non-competitive sports) after the school day



**Meets 100% of the following criteria:**









- School grounds are open to outside organizations that provide physical activity opportunities to students, their families, and the community
- Physical activity is an integral part of afterschool program offerings
- Food and beverages offered as a part of afterschool programs meet the Alliance Beverage and Competitive Foods Guidelines



- Meets silver criteria
- Staff wellness action plan is being implemented and includes pre- and post-program evaluation
- Staff wellness program includes physical activity and healthy eating components
- School requires that food and beverages served at school-sponsored staff functions meet the Alliance High School Beverage and Competitive Foods Guidelines

# PLATINUM LEVEL CRITERIA

**REQUIREMENTS:** Schools must meet all criteria for Gold Recognition and at least **FOUR** of the following from any category.

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Goals in school wellness plan are integrated into the overall school improvement plan</li> <li><input type="checkbox"/> Schools track their student BMI and fitness levels and report those numbers annually, like academic scores</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Requires three or four years of physical education for high school graduation</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Uses cafeteria as 'nutrition education' learning laboratory on a weekly basis via programs, promotions, nutrition labeling, special demos or guests, etc.</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Provides non-traditional physical activity-promoting programming aimed at engaging non-athletes in fun, recreational, and life-long learning opportunities. Examples include dance, karate, aerobics, hiking or walking clubs, games, etc.</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> District or school requires that student rewards meet the Alliance Beverage and Competitive Foods Guidelines</li> <li><input type="checkbox"/> District or school restricts food marketing to those foods and beverages that meet the Alliance Beverage and Competitive Food Guidelines</li> <li><input type="checkbox"/> District or school prohibits food branding in non-food environments such as recreational facilities, classrooms, and hallways</li> <li><input type="checkbox"/> District or school requires that food and beverages served at school parties meet the Alliance Beverage and Competitive Foods Guidelines</li> </ul>		
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Requires two full years of health education for high school graduation</li> <li><input type="checkbox"/> Healthy eating and physical activity knowledge and skills taught in health education are reinforced through instruction in Family and Consumer Sciences courses</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Staff wellness program is evaluated and revised annually by the School Wellness Council</li> <li><input type="checkbox"/> District Wellness Policy includes a staff wellness component and program(s) are offered to district staff</li> </ul>