

# CHECK LIST

Use this checklist to gain a better understanding of what the Healthy Zone School Recognition Program is looking for in an applicant.



## Knowledge Areas

- Knowledge of campus policies related to physical activity, nutrition, and health
- Knowledge of all programming related to student health and activity promotion
- Knowledge of campus plans and goals to improve physical activity, nutrition, and health programs and policies

## Application Topics

- Amount of physical activity students engage in, including PE, recess, and brain/activity breaks
- Age appropriateness of PE
- Training of staff in PE
- Fitness assessments and their role in PE
- Role of physical activity in the Campus Improvement Plan
- Student to teacher ratio
- Food options inside and outside of the cafeteria
- Environment of the cafeteria, hallway, and classroom that is conducive to healthy food choices
- Training of staff in nutrition education
- Health education offered to students

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## Application Topics Continued...

- School Health Advisory Committee (SHAC) or school wellness team and its role to communicate health-related issues with staff members, students, and parents
- Coordinated School Health plan (CSH plan) and its role at the individual campus level
- Partnerships and school health programs that can assist in health education
- Types of health screening services offered to students
- Emergency preparedness (CPR and AED)
- Although there is an option to select "Don't Know", applicants are encouraged to find out as much information as possible to be selected.

## Essay Questions

- The emphasis should be on a strong team that is responsible for addressing and improving health-related issues. Explain how your team works together to improve health and wellness.
- This is an opportunity to highlight how your school is promoting physical activity, nutrition, and health programs that impact students and community members.
- Healthy Zone awards schools with \$7,000 worth of funding and incentives during the 3-years of the program. Use this opportunity to explain how you plan to use the funding and recognition to build a culture of health.
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