

Healthy Kids Healthy Schools Award

Resource Page



Healthy Kids
Collaborative

Welcome and thank you for your commitment to healthy and happy kids in Dane County! All of the resource links you see here are also listed in our [HKHS Google Drive](#), along with many printable PDFs organized by interest area. We encourage you to use the Google Drive as an easy access, one-stop shop for all things HKHS Award! Don't forget, the [Healthy Kids Healthy Schools Assessment](#) is due Monday, October 14th. We look forward to celebrating your school!

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Healthy Foods in School

Gardens

- [School Garden and Gardening Club](#)
- [Submit Your Schools Garden Story](#)
- Annual education around Farm to School in the classroom ([Farm to School Folder](#))
- Annual education around Farm to School in the cafeteria ([Farm to School Folder](#))
- Annual education around Farm to School schoolwide ([PDF](#))
 - <https://www.cias.wisc.edu/toolkits/>
- [Utilize Got Dirt? Toolkit in developing a vegetable garden](#)
 - ([PDF](#))
- [Use ingredients from school garden in breakfast, lunches, and snacks](#)
- Healthy Cooking Club
 - <https://www.chopchopfamily.org/chopchop-cooking-club>
 - <https://www.actionforhealthykids.org/activity/healthy-cooking-club/>
- [Teacher and Educator lead garden committee](#)
 - [PDF](#)
- Classroom Garden

Healthy Foods in Schools

Classroom

- Challenge different classes to eat the most fruits and vegetables in school
- Weekly or Monthly Breakfast in the Classroom ([PDF](#))
- Healthy Classroom Competition
- Environmentally Focused Science Fair
- Student Led Fruit Salad Snack Day
- Classroom-wide snacks meet or exceed the Smart Snack guidelines ([PDF](#))
- Foods for celebrations meet or exceed Smart Snack guidelines ([PDF](#))
- Education around reducing food waste ([PDF](#))
- Education around nutrition promotion and education ([PDF](#))([PDF](#))([PDF](#))

Healthy Foods in Schools

Cafeteria

- School Breakfast Challenge ([PDF](#))
- Second Chance Breakfast ([PDF](#))
- Lunchroom Implements three techniques to make it a Smarter Lunchroom ([PDF](#))
- Seated 20 minute lunch for all students
- Address students leaving school during lunch periods
- Backpack Program ([PDF](#))
- Take steps to protect the privacy of students who qualify for free or reduced meals
- School meals surpass standards that are required by the USDA ([PDF](#))
- Announce the days menu in daily announcements
- [March programming around national School Breakfast Week \(PDF\)](#)
- Free water is available throughout lunch
- Salad bar in cafeteria ([PDF](#))
- Increase participation in school meal programs by 5% ([PDF](#))
- [Utilize “smarter” lunchroom signs and labels](#)
- Provide nutritional facts for breakfast and lunch foods to students and parents

- Place pre-packaged salads or salad bar is available in high traffic area
- Fill out the Smarter Lunchroom Score card ([PDF](#))
- Display fruits and vegetables in nice, non-stainless steel bowls
- Taste test of a new entrée at least once a year
- Teachers and Staff smile and greet students upon entering lunch line
- Monthly lunch menus posted in the main office

Healthy Foods in Schools

Celebration Snacks

- [Create and Utilize a Birthday Cart](#)
- Healthy Vending Activity ([PDF](#))
- Discourage the use of unhealthy food as a fundraiser ([PDF](#))
- Rewards and incentives offered meet or exceed the Smart Snacks guidelines ([PDF](#))
- All beverages sold at school meet USDA's Smart Snacks in School standards ([PDF](#))
- Food is not used as reward or punishment ([PDF](#))
- Food available in staff lounge and meetings optimizes healthy food options ([PDF](#))

Being Active in School

Supporting Safe Routes to School

- [Walk to school day/week in October](#)
- Walking School bus ([PDF](#))
- [Safe Routes to School Plan](#) ([PDF](#))
- [Vision Zero Plan for your school](#)
- Teach students safe ways to cross the street ([PDF](#))
- Bike train ([PDF](#))
- [Work on local complete streets policy for your school](#) ([PDF](#))
- Tips for safer school routes are distributed to parents
- Pop up traffic calming ([PDF](#))
- Protected bike lane for parents or students biking to school
- Open streets Dates ([PDF](#))
- Teachers help in directing traffic on grounds
- Pop up visible crosswalk
- Better Bus Stop (bus stop design contests) ([PDF](#))
- Crossing the Street Program ([PDF](#))

Being Active in School

Active School Wide

- [Mileage Club/Contest](#)
- [AHA's National Walking Day on April 1st, 2020](#)
- Screen Free Week ([PDF](#))
- Healthy Carnival ([PDF](#))
- Recess Before Lunch ([PDF](#))
- [Every Kid Healthy Week](#)
- Fun Run ([PDF](#))
- Walk with the Principal Day ([PDF](#))
- Bike racks and/or fix it stations ([PDF](#))
- [Bike to work week in May](#)
- Physical activity during morning announcements
- Family Fitness Night ([PDF](#))
- [Monthly Walk and Roll to School Days](#)

Being Active in School

Classroom

- Physical Activity is never withheld as punishment ([PDF](#))
- Healthy and active classroom parties for special celebrations ([PDF](#))
- [Heart Health Month in February \(PDF\)](#)
- Opportunities to be active or to stretch throughout the day ([PDF](#))

Being Active in School

Physical Education

- [Implement Fuel Up to Play 60](#)
- Active Indoor Recess ([PDF](#))
- [Offer Tri 4 Schools](#)
- Available sports teams, interest groups or elective courses
- National Physical Fitness and Sports Month ([PDF](#))
- Bike Rodeo/Bicycle Skills Clinic ([PDF](#))
- School Walk a Thon, Jump Rope a Thon, or Dane a Thon
- Bike Safety Education Classes in the Gym ([PDF](#))

Healthy and Well Schools

- Brain breaks within the flow of a class day
- Have a school health program coordinator
- Customized Health and Wellness Action Plan ([PDF](#))
- [Foster a positive psychosocial school climate](#)
- All students take and pass at least 1 health course
- All health teachers have their credentials
- Students have access to a full-time counselor, social worker, and/or psychologist)
- Revision of your local school wellness policy
- Students are encouraged to have water with them throughout the day ([PDF](#)) ([PDF](#))
- Utilize social media to promote health ([PDF](#))
- Streetwyze App Usage on behalf of your school ([PDF](#))
- Streetwyze School representative
- Access to open gym before, after and during non-school days ([PDF](#))
- Access to the playground before and after school
- [Share and Be Aware Classes](#)
- Staff is provided with access to water fountains throughout the day
- Staff members have accessible and free or low-cost physical activity/fitness program
- Healthy Hall of Fame wall with photos of staff doing healthy activities
- Staff keep track of how many miles they walk using a pedometer

- Walking meetings with local leaders/legislators ([PDF](#))
- Model workplace physical activity transportation policies with larger employer
- Award teachers who walk or bike to school
- PE teacher leads staff in 5-10 minutes of pre-school day exercise
- [Attend a statewide conference/summit on active transportation](#) Example: Wisconsin Bike Summit October 4th and 5th, 2019
- Physical activity and mindfulness during the day for teachers ([PDF](#))
- Offer staff healthy eating/weight management programs that are accessible and free
- School nutrition program staff meet or exceed the annual continuing education/training
- All teachers of health education participate in professional development in health education ([PDF](#))
- School wide health messages are shared with parents and the community

