Healthy Living Champions

Award For Schools

School Information Form

2012-2013

Please complete all information as listed. Remember to include all activities planned until the end of June 2013.

School Name:

Principal:

Phone Number:



Thanks For Applying.

| Documenter's Name | Role at School | Phone Number |
|-------------------|----------------|--------------|
| | | |
| | | |
| | | |

Please *MAIL* a hard copy of the application form to be received by **Friday**, **May 10**, **2013**.

Please note, applications will not be accepted after Friday, June 7, 2013. Include only documentation as specified.

Christine Callaghan, Public Health Dietitian Middlesex-London Health Unit 50 King Street London ON N6A 5L7

Phone: 519-663-5317 ext. 2201









| Section A | Section A – High-Quality Instruction and Programs | | | Point Value | Points Achieved |
|----------------------|---|------------------|---|---------------------------|-------------------|
| Healthy Ea | ating | | | , value | |
| envir | A1. School/division-wide initiatives that promote a healthy eating environment Complete table below | | 200 points if one day campaign 600 points if 1 week or 1 month long e.g. every Friday for a month 1200 points for year long | | |
| Initiative | | Points | Initiative | initiatives | Points |
| Compostin | a | Politis | Wheatie Wedn | esdav | Points |
| | alth Campaign | | Families are M | | |
| | acks for EQAO testing | | Thirsty Thursda | | |
| Healthy Liv | ring Rocks Event | | Outrageous Or | | |
| | ting Assemblies | | Litterless Lunch | nes | |
| Glitterbug I | Presentations | | Nutrition Trivia | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | Total A | 1 |
| A2. Reso | ources used to teach nutrition a | are current, bas | ed on | 500 points | |
| Plea | adian content and evidence inf se list three examples of resou | urces that you u | | | |
| on g bey c | regies or concepts used to tead rade appropriate concepts, cro and the curriculum. Inplete table below | | | 100 points per each grade | strategy used for |
| Grade | | Strategy | | | Points |
| | | | | | |
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| | | | | | |
| | | | | Total A | 3 |

| A4. | Healthy eating education provided in students to share information with famembers. Provide examples other than the sch | mily or involve | family | 100 points per example to a maximum of 600 | |
|--|---|-----------------|----------------|---|--------|
| A5. | Healthy eating, dental health and/or announcements that include a health | | to eating) | 100 points per announcement | |
| | *Submit only announcements that | | alth fact from | to a maximum of 2500 | |
| | a reliable source. | | | (no repeats) | |
| A6. Health messages, that include a health fact from a reliable source, related to healthy eating, dental health and/or safety (related to eating) in either the: • principal's newsletter • teacher's newsletter • school's website Complete table below listing the titles of the health messages *Newsletter inserts from the Health Unit Handbook | | | | nts per title epeats) osite | |
| | Message | Points | | sage | Points |
| | e-Threatening Allergies | | *Sea Salt or | Table Salt | |
| *Nu | trition: Fact or Fallacy | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | Total A6 | |
| | | | | i Olai Ab | |

Section A - Healthy Eating

Physical Activity

A7.

| active lifestyle Complete Table Below | | | 600 points if 1 w long e.g. every Friday for | |
|--|--------|-------------------|--|-----------|
| | | | 1200 points for initiatives | year long |
| Activity | Points | Activ | /ity | Points |
| Helmet Safety Campaign | | Gotcha Being A | ctive | |
| Bike Rodeo | | Walking School | Bus | |
| Educational Gymnastics | | Pause to Play V | Veek | |
| Physical Activity Assemblies | | Walking Campa | aign | |
| Healthy Living Rocks Event | | It's Cool to Be V | Varm | |
| | | | | |
| | | | Total A7 | |

Participation in school/division wide initiatives that promote a safe | 200 points if one day campaign

Subtotal of A1 to A6

(enter on Tally Form)

| A9. School has competitive teams A10. Physical activity and/or safety (related to physical activity) announcements that include a health fact *Submit only announcements that include physical activity/safety facts from a reliable source. A11. Health messages that include a health fact from a reliable source related to physical activity, in either the: • principal's newsletter • school's website Complete table below listing the titles of the health messages *Newsletter inserts from the Health Unit Handbook Message Points Message Points Sefe, Be Smart *Walk to School Day *Feeling Stretched? *Smart Kids Protect Their Lids *Be "Sun-sensible" *Did You Know?? *It's Canada, Eh! Dress for Winter Total A11 Section A - Physical Activity Subtotal of A7 to A11 | A8. Creative classroom teaching strategies for physical activity use multiple resources and reflect the Canadian Physical Activity Guidelines (2012). *** Please note DPA is mandatory and will not count. Complete Table Below | | | 100 points per s each grade | strategy used for | |
|--|---|-------------------------------------|----------------------|--------------------------------|-------------------|---------------|
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| A11. Health messages that include a health fact from a reliable source related to physical activity and/or safety (related to physical activity), in either the: • principal's newsletter • teacher's newsletter • school's website Complete table below listing the titles of the health messages *Newsletter inserts from the Health Unit Handbook Message Points Total A11 | | | | | per | |
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| physical activity), in either the: | A11. | | | | 100 poi | nts ner title |
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| teacher's newsletter school's website Complete table below listing the titles of the health messages *Newsletter inserts from the Health Unit Handbook Message Points Message Points *Be Safe, Be Smart *Wear It Right *Walk to School Day *Feeling Stretched? *Smart Kids Protect Their Lids *Be "Sun-sensible" *Did You Know?? *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | | • • | | | • | . , |
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| *Newsletter inserts from the Health Unit Handbook Message Points Message Points *Be Safe, Be Smart *Wear It Right *Walk to School Day *Feeling Stretched? *Smart Kids Protect Their Lids *Be "Sun-sensible" *Did You Know?? *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | | | | | Subii | 113310113. |
| Message Points Message Points *Be Safe, Be Smart *Wear It Right *Walk to School Day *Feeling Stretched? *Smart Kids Protect Their Lids *Be "Sun-sensible" *Did You Know?? *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | | | | h messages | | |
| *Be Safe, Be Smart *Walk to School Day *Feeling Stretched? *Be "Sun-sensible" *Did You Know?? *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | *News | letter inserts from the Health Unit | Handbook | | | |
| *Walk to School Day *Smart Kids Protect Their Lids *Be "Sun-sensible" *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | | Message | Points | Mess | age | Points |
| *Walk to School Day *Smart Kids Protect Their Lids *Be "Sun-sensible" *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | *Be \$ | | | | - | |
| *Smart Kids Protect Their Lids *Did You Know?? *Make the Most of Summer *It's Canada, Eh! Dress for Winter Total A11 | | | | ~ | ed? | |
| *It's Canada, Eh! Dress for Winter Total A11 | | · | | | | |
| Total A11 | *Did | You Know?? | | *Make the Most of | of Summer | |
| | *It's | Canada, Eh! Dress for Winter | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Section A - Physical Activity Subtotal of A7 to A11 | | | | | Total A11 | |
| | Section | on A - Physical Activity | | Subtotal of A | 7 to A11 | <u> </u> |
| (enter on Tally Form) | | , | | | | |

| Sect | tion B – Community Par | tnerships | | Point Value | Points Achieved |
|-------------|--|-----------------------------------|---------------------|--|-----------------|
| Healt | thy Eating | | | 74.40 | |
| B1. | Milk program (white and choco | olate) is availab | le | 1200 points | |
| B2. | Breakfast Program must follow the Nutrition Guidelines set by Ontario Student Nutrition Program (OSNP) Points will only be awarded if ALL menus meet the criteria. Menus of food and beverages served must be listed to obtain points. | | | 1200 points | |
| B3 . | School wide snack program gi regular basis (follows OSNP g program Points will only be awarded List examples of snacks pro | uidelines) e.g. v if ALL menus | vegetable and fruit | 1200 points | |
| B4. | Only healthy food and beverage choices according to Canada's Food Guide are available for emergencies e.g. 100% juice, fruit, yogurt etc. List foods: | | | 500 points | |
| B5. | Only healthy food and beverage Canada's Food Guide are service competitive sporting events are List foods: | ed for school e | events e.g. | 500 points | |
| B6. | Unique fundraising opportuniti non-food related or promote he PPM150 Complete table below | | | 100 points per fundraiser (repeats allowed to a maximu of 3) | |
| | Activity | Points | Activi | ty | Points |
| Sale | e of Poinsettias | | Car Washes | | |
| Sale | e of Fruit | | Magazine Sales | | |
| Sch | olastic Book Fair | | Sale of Flower Bu | lbs | |
| | ool does NOT sell any colate bars | | | | |
| | | | | Total B6 | |

| B7. | 7. All classroom celebrations reflect healthy food and beverage choices according to Canada's Food Guide. List foods and beverages served: | | 500 points | | |
|--|---|--------|-----------------------|---|---------------------------------------|
| Section | on B - Healthy Eating | | Subtotal of | B1 to B7 | |
| | | | (enter | on Tally Form) | |
| | cal Activity | | | - | |
| B8. A staff member attends physical activity and/or safety training workshop e.g. Concussion Training, Risk Watch, OPHEA conference (WHMIS and First Aid are not included) Give examples: | | | | 100 points per workshop to a maximum of 1500 | |
| B9. | Unique fundraising activities that encourage physical activComplete table below | | al activity | (repeats allowe | er fundraiser d to a maximum 3) |
| | Activity | Points | A | ctivity | Points |
| Hoops | s for Heart | | Walkathon | • | |
| Dance | e-a-thon | | Jesse's Jou | ırney | |
| Jump | Rope for Heart | | Terry Fox F | Run | |
| | | | | | |
| | | | | | |
| | | | | Total B9 | |
| Section | on B - Physical Activity | | Subtotal of (enter | B8 to B9 on Tally Form) | |

| Se | ction C – Healthy Physical Environment | Point Value | Points Achieved |
|---|---|----------------|-----------------|
| C1. | Handwashing before eating is recommended to all students on a regular basis. | 300 points | |
| C2. | Proper handwashing TAKES PLACE prior to and during food handling. Signs are posted and soap/towels/dryer available. | 300 points | |
| C3. | A member of the school staff/community who handles food at the school has their Food Handlers Certificate | 300 points | |
| C4. | Safe environment provided for students/staff with food allergies | 300 points | |
| C5. | Students are given the full mandated time to eat their lunch | 300 points | |
| Section C - Healthy Eating Subtotal of C1 to C5 (enter on Tally Form) | | | |

| Phys | sical Activity | | |
|--|--|------------|--|
| C6. | Equipment is made available for use at all recesses year round | 500 points | |
| C7. | Playground checked weekly for safety | 500 points | |
| C8. | Initiatives create physical activity opportunities on the playground and in the gym e.g. additional equipment, repair of existing equipment, new tarmac games Give one example: | 500 points | |
| Section C - Physical Activity Subtotal of C6 to C8 (enter on Tally Form) | | | |

| Sect | ion D – Supportive Social Environment | Point Value | Points Achieved |
|-------|--|--------------------------------------|--------------------|
| Healt | thy Eating | 1 0.100 0 | 1 101110 / 041 |
| D1. | Staff role-model healthy eating behaviours and deliver positive messages on a regular basis e.g. teacher talks about enjoying healthy eating List examples of how five <u>different</u> staff members role model healthy eating: | 500 points 5 examples required | |
| D2. | School committee(s) promote healthy eating, e.g. Healthy School or Hot Lunch Committee, School/Student Council, Student Nutrition Program/Volunteers etc. List Committees: | 100 points per committee | |
| D3. | Community partners, involved with the school on a regular basis, promote healthy eating e.g. Public Health Nurse, OSNP, YMCA etc. List Community Partners: | 100 points per community partner | |
| D4. | Extracurricular activities (lunch hour or after school) promote healthy eating. e.g. cooking class, plant a vegetable garden, Let's Get Cookin' List Activities: | 200 points per activity | |
| D5. | All staff consistently gives non-food rewards or healthy choices (as per PPM150) as incentives – e.g. no candy rewards given in the school. List Incentives: | 300 points | |

| D6. | School has fewer than 10 special event days a List number: | s per PPM150 2 | 200 points | |
|-------|--|----------------------------|----------------------|--|
| Secti | on D – Healthy Eating | Subtotal of D1 (enter on T | to D6 Γally Form) | |
| | | | | |

| (enter on rung renning) | | | | | | |
|-------------------------|---|---------------------|--------------------------|--------------------------------------|--------|--|
| Division | | | | | | |
| | ical Activity | | | 1400 14 | | |
| D7. | Staff demonstrates safety du basis List example: | ring physical activ | vity on a regular | 100 points | | |
| | List campic. | | | | | |
| D8. | Staff role-model physical activity and deliver positive messages on a regular basis e.g. custodian takes the stairs List examples of how five different staff members role model physical activity: | | | 500 points 5 examples required | | |
| D9. | School committee(s) promote physical activity and safety, e.g. Healthy School Committee, School/Student Council etc. List Committees: | | | 100 points per committee | | |
| D10. | Community partners, involved with the school on a regular basis, promote safe physical activity e.g. Public Health Nurse, YMCA etc. List Community Partners: | | | 100 points per community partner | | |
| D11. | Safe and supervised physica offered – Competitive teams Complete table below | | ramurals are | 300 points per sport | | |
| | Activity | Points | Activit | ty | Points | |
| Baseb | | | Soccer | | | |
| Baske | | | Swimming | | | |
| Curling | | | Skipping Club | | | |
| | Hockey | | Volleyball | | | |
| Skatin | | | Walking Club | | | |
| Dance | | | Flag Football | | | |
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| 0.1001 | | | | | | |
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| | | | | | | |
| | | I | | Total D11 | | |
| | | | | - | | |

| D12. | Participation in physical activity events with a social component, e.g. school dances, family activity days, school wide or division wide yard cleanup List Events: | | |
|---------|---|---|--|
| Section | on D - Physical Activity | Subtotal of D7 to D12 (enter on Tally form | |

| Sec | tion E – Bonus Section | Point Value | Points Achieved |
|--|---|----------------|--------------------|
| E1. | Applied for Ontario Healthy Schools Recognition Award - publicly funded schools only | 300 points | Acriieveu |
| E2. | Applied for any physical activity, nutrition or safety award Please state name of award. (This award does not count.) | 300 points | |
| E3. | First time application Healthy Living Champions Award | 300 points | |
| E4. | Documentation submitted by Friday May 10, 2013 | 300 points | |
| Section E – Bonus Section Subtotal of E1 to E4 (enter on Tally Form) | | | |

TALLY FORM

| Healthy Eating | Physical Activity |
|----------------|-------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | Healthy Eating |

| Please add your additional comments and feedback: | | | | | | | | |
|---|--|--|--|--|--|--|--|--|
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Thank you for being a Healthy Living Champion School!

