



Gold Medal Schools Power-Up Criteria

★ A policy must be written for these criteria

Bronze Criteria

To become a Bronze School, you must complete all six Bronze Criteria. Upon completion your school will receive \$200.

1. Establish a School Health Council or strengthen an existing one
2. Establish a student Power-Up Committee
- ★ 3. Write a policy mandating a tobacco-free school and post tobacco-free signs at entrances
4. Create a Gold Medal Mile™ course at your school
5. Submit healthy recipes written by students
6. Complete and submit baseline Power-Up Surveys

Silver Criteria

To become a Silver School, you must continue implementing the Bronze Criteria and complete all seven Silver Criteria. Upon completion your school will receive \$300.

- ★ 1. Write a policy that requires all teachers, faculty, and staff to stop using food as a reward or withholding it as a punishment
- ★ 2. Write a policy that requires a yearly teacher, faculty, and staff wellness program
3. Involve family in a school related tobacco prevention event
4. Promote Safe Routes to School by developing a Student Neighborhood Access Program (SNAP) plan, SNAP map, and drop-off/pick-up map
5. Provide intramural sports for students
6. Teach Health Education Core Curriculum provided by Utah State Office of Education (USOE)
7. Choose and complete three criteria from the Criteria Menu found on page 2

Gold Criteria

To become a Gold School, you must continue implementing the Bronze and Silver Criteria and complete all eight Gold Criteria. Upon completion your school will receive \$500.

- ★ 1. Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services
- 2. Involve community in a school related tobacco prevention event
- 3. A) Integrate Health and Physical Education (PE) into a year-long course
-OR-
B) Facilitate implementation of individualized fitness plans for students
- 4. Teach PE Core Curriculum provided by USOE
- 5. Submit Health and PE lesson plans
- 6. Participate in a health related walk event
- 7. Complete and submit follow-up Power-Up surveys
- 8. Choose and complete three criteria from the Criteria Menu found on page 2

Criteria Menu

- ★ 1. Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices
- 2. Allow students and community to use school's facilities outside school hours
- 3. Develop a physical activity resource book to encourage physical activity outside of school
- 4. Teach a variety of competitive and non-competitive sports in Physical Education (PE) classes
- 5. Enroll as a Team Nutrition School and use resources offered to improve nutrition at school
- ★ 6. Write a policy to require all organizations, including school store, to raise funds by selling only non-food items
- 7. Require PE teacher(s) to attend one Utah State Office of Education or district approved professional development course each year
- 8. Work with Art classes to make nutrition, physical activity, and/or tobacco-prevention point-of-decision signs to display throughout the school
- 9. Work with your Parent Teacher Association/Parent Teacher Organization to coordinate at least one health-focused event each year that involves students, teachers, faculty, staff, and parents/legal guardian
- 10. Participate in one national health campaign
- 11. Participate in Real Noise Competition
- 12. Participate in the Governor's Golden Sneaker Award Program
- 13. Participate in Physical Fitness Testing or the Health Fitness Testing of the President's Challenge