



# Gold Medal Schools™ 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. Write a policy that requires grades K-2 to receive 45-75 minutes and grades 3-6 to receive 90-150 minutes of structured physical activity each week using the Utah State Office of Education's Physical Education Core Curriculum
2. Teach Health Education Core Curriculum provided by Utah State Office of Education
3. Establish a Gold Medal Mile™ walking program on or around school grounds and a goal for student participation
4. Promote Safe Routes to School by requiring the development and distribution of a written Student Neighborhood Access Program (SNAP) plan, SNAP map, and safe drop-off/pick-up map
- ★ 5. Write a policy mandating a tobacco-free school
6. Complete and submit Heart Health Surveys

## Silver Criteria

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

1. Parent Teacher Association/Parent Teacher Organization must coordinate at least one health-related event per year that involves students, teachers, faculty, staff, and parents
- ★ 2. Write a policy that requires a yearly teacher, faculty, and staff wellness program
3. Offer a variety of competitive and non-competitive physical activity programs to students
4. Choose and complete three criteria from Criteria Menu

## Gold Criteria

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

- ★ 1. Write a policy that requires K-6 Physical Education (PE) and physical activity courses to be overseen by certified PE teacher(s) or PE specialist(s)
- ★ 2. Write a policy for all teachers, faculty, and staff that food is not to be used as a reward or as a punishment
3. Complete four of the following from the *Changing the Scene Program - Improving the School Nutrition Environment* (Gold #3A-#3I)
  - ★ a. Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services
  - b. Enroll school as a Team Nutrition School and conduct nutrition education activities and promotions that involve students, teachers, faculty, staff, parents/legal guardians, and community
  - c. Offer nutrition education in the school dining room and classroom, with coordination between school food service personnel and teachers, faculty, and staff
  - ★ d. Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11:00am and 1:00 pm
  - ★ e. Write a policy that bans advertising of less nutritious food choices and promotes healthy food choices
  - ★ f. Write a policy that requires food service personnel to have appropriate pre-service training and regular participation in professional development activities
  - g. Require all organizations to raise funds by selling only non-food items
  - h. Consider student needs in planning for a healthy school nutrition environment by asking students for input and incorporating their feedback into policy making
  - ★ i. Write a policy that requires recess to be scheduled immediately before lunch for most or all grades
4. Choose and complete two criteria, in addition to the three options chosen for the Silver level, from the Criteria Menu

## Platinum Criteria

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

1. Strengthen your School Community Council by holding regular meetings and including health on the agenda at each meeting
- ★ 2. Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services
3. Plan and carry out a year long teacher, faculty, and staff wellness program
4. Involve families and the community in completing the Gold Medal Schools™ criteria
- ★ 5. a. Write a policy that requires recess to be scheduled immediately before lunch for most or all grades  
-or-  
★ b. Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11:00am and 1:00pm

## Platinum Focus

**After completing the Platinum Criteria choose one focus area, listed below, each year until you have completed all of them. Upon completion of the Mental Health and Wellness focus criteria your school will receive \$200.**

- **Mental Health and Wellness (must be done first)**
  - ★ 1. Discuss your district or School Medical Recommendations Policy with teachers, faculty, and staff. If your school or district does not have a policy one must be written
  - 2. Identify ways your school can promote mental health and wellness by improving students self-worth and stress management skills
  - 3. Provide teachers, faculty, and staff resources about mental health and how they can recognize mental health concerns in students
- Asthma
- Diabetes Control
- Environmental Quality
- Fruits and Vegetables Galore
- Immunizations
- Oral Health
- Sun Safety
- Violence and Injury Prevention

## Criteria Menu

1. Participate in Walk to School Day
2. Participate in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart
3. Participate in the Utah Department of Health's Fruits & Veggies—More Matters® Grocery Store Tours or Albertsons *Healthy Eaters*™ Field Trip
4. Participate in a health related walk
5. Participate in Truth From Youth advertising Contest
6. Teach a proven effective tobacco prevention program in the classroom
7. Utilize the National Dairy Councils Classroom - Cafeteria Connections program to market and promote the link between the cafeteria and the classroom
8. Participate in United States Department of Agriculture's Food and Nutrition Service program, HealthierUS Challenge
9. Participate in one national health campaign
10. Hold an Olympic Field Day
11. Allow students and community members to use physical activity facilities outside school hours
12. Establish a School Health Council that discusses ways to meet Gold Medal Schools criteria
- ★ 13. Write a policy that discourages withholding Physical Education (PE) or recess as a punishment
- ★ 14. Write a policy that provides for continuing education for PE, tobacco prevention, and nutrition
- ★ 15. Write a policy that requires both lunch and breakfast programs
16. Participate in Physical Fitness Testing or Health Fitness Testing of the President's Challenge
17. Participate in Governor's Golden Sneaker Awards Program