

Healthy Living Champions

Award For Schools

2012-2013



Together your
school can
become a
Healthy Living
Champion!
. . . It's easy.

This Award is sponsored by:



Healthy Living Champions

Purpose of the Award

The “Healthy Living Champions” Award is given to elementary schools in Middlesex-London for their outstanding commitment to physical activity and healthy eating using the “Foundations for a Healthy School” model.

Benefits of Participating

It is well known that to learn effectively and maintain good health children need to engage in regular physical activity within a safe environment and eat a balanced, nutritious diet at home and at school. By participating in the “Healthy Living Champions” Award, schools are promoting and fostering the health and well-being of their students.

Award Categories

Gold Category:	25,000 + points
Silver Category:	20,000 - 24,900 points
Bronze Category:	15,000 - 19,900 points

To be eligible for the award, a minimum of 5,000 points must be achieved in each of the healthy eating and physical activity strategies with a minimum total of 15,000 points.

Schools that qualify for this award will receive a plaque and a monetary reward based on the school's level of achievement. Awards will be given in the fall of 2013.

How to Participate

1. Review the package including the criteria, specified documentation and tip sheet (new this year).
2. Track your school's initiatives in a timely manner as they occur (e.g. initiatives and announcements implemented throughout the year).
3. Complete the attached documentation. Remember, **the only thing to attach is announcements.**
4. Completed applications received by **Friday, May 10, 2013** will receive a bonus of 300 points. Please note applications will **not** be accepted after **Friday, June 7, 2013.**