

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:



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.

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Section B – Community Partnerships		Point Value	Points Achieved
Healthy Eating			
B1.	Milk program (white and chocolate) is available	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 gives healthy foods to students on a regular basis (follows OSNP guidelines) e.g. vegetable and fruit program Points will only be awarded if ALL menus meet the criteria. List examples of snacks provided:	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 choices according to Canada’s Food Guide are served for school events e.g. competitive sporting events and Terry Fox Run List foods:	500 points	
B6.	Unique fundraising opportunities that support the school and are non-food related or promote healthy eating and comply with PPM150 Complete table below	100 points per fundraiser (repeats allowed to a maximum of 3)	
	Activity	Points	Activity
	Sale of Poinsettias		Car Washes
	Sale of Fruit		Magazine Sales
	Scholastic Book Fair		Sale of Flower Bulbs
	School does NOT sell any chocolate bars		
			Total B6

Physical 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)

Section D – Supportive Social Environment		Point Value	Points Achieved
Healthy Eating			
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	

D12. Participation in physical activity events with a social and fun component, e.g. school dances, family activity days, play days, school wide or division wide yard cleanup List Events:	100 points per event to a maximum of 5 per event e.g. 5 dances	
Section D - Physical Activity		Subtotal of D7 to D12 (enter on Tally form)

Section E – Bonus Section		Point Value	Points Achieved
E1. Applied for Ontario Healthy Schools Recognition Award - publicly funded schools only	300 points		
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

Subtotal	Healthy Eating	Physical Activity
Section A		
Section B		
Section C		
Section D		
Sub Total*		
Section E (Bonus Section)		
Grand Total (Healthy Eating + Physical Activity + Bonus Section)		

Please add your additional comments and feedback:

**Thank you for being a
Healthy Living Champion School!**

