

5210 Healthy Washoe

Recognition Packet

for Schools

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



—HEALTHY WASHOE—

Adapted From Let's Go! www.letsgo.com

5210 Healthy Washoe Recognition Program

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Healthy Washoe Recognition Program for Schools, Child Care Programs, and Out-of-School Programs

The 5210 Healthy Washoe Recognition Program celebrates schools, child care programs, and out-of-school programs that have made improvements in their environments related to healthy eating and physical activity.

The Recognition Program is designed to:

- Celebrate successful changes that make the healthy choice the easy choice.
- Provide consistent standards for being a Healthy Washoe Recognized Site.
- Move sites towards lasting change.

Each recognition level has a theme:

BRONZE = Implementation

The Bronze Level is all about making changes in your daily practices and environment. This is done by implementing the 5 priority strategies.

- This is the first step to supporting healthy behaviors.
- This makes it easy and natural for kids to make healthy choices.

SILVER = Communication

The Silver Level is about communicating with families. As you change your daily practices and environment, it is important to make families aware of the changes. When you bring families into the conversation:

- It allows them to be advocates.
- It encourages them to role model the same practices at home.
- It increases accountability.

Gold = Collaboration

The Gold level is about collaborating with the community. Community partners can serve as essential allies and act as vital support systems for schools as they work to promote healthy behaviors.

Let's Go! Recognition Program Key Points

Regardless of recognition status, all 5210 Healthy Washoe registered sites are taking part in a community-wide movement to increase healthy eating and physical activity for children. Each site should be celebrating their successes!

Quick Notes:

- Recognition is determined on a yearly basis.
- Sites must complete the Survey each spring to be eligible for recognition.
- Prepare for the survey by reviewing the strategy questions in the Action Planning Packet with other staff at your site. The strategy questions are very similar to the questions in the survey.
- Completion of the Survey allows 5210 Healthy Washoe to monitor improvements in healthy eating and physical activity environments for children. Thank you in advance for taking the survey!

Recognized sites are publicly acknowledged on gethealthywashoe.com

Sites also receive a framed Certificate of Recognition.

5210 Healthy Washoe Recognition Program Levels

5210 Healthy Washoe recognizes four levels of change for schools, child care programs, and out-of-school programs. Each level must be completed entirely to reach the next level.

<p>Bronze</p> <p>Implementation</p>	<p>A site implements all five of the priority strategies:</p> <ol style="list-style-type: none"> 1. Limit unhealthy choices for snacks and celebrations; provide healthy choices. 2. Limit or eliminate sugary drinks; provide water. 3. Prohibit the use of food as a reward. 4. Provide opportunities to get physical activity every day. 5. Limit recreational screen time.
<p>Silver</p> <p>Communication</p>	<p>Achievement of Bronze, PLUS:</p> <p>A site communicates with families about 5-2-1-0 and the five strategies in each of the following three ways:</p> <ol style="list-style-type: none"> 1. Display 5-2-1-0 posters. 2. Send home the “Message to Families.” 3. Use the “Message to Families” in one additional way.
<p>Gold</p> <p>Collaboration</p>	<p>Achievement of Silver, PLUS:</p> <p>SCHOOLS:</p> <p>Collaboration involves establishing partnerships with community organizations that will have a significant and long term impact on the school environment. It includes at least:</p> <ul style="list-style-type: none"> • A one year commitment with one community partner. • At least 8 points of contact between students and the community partner.

Bronze Level - Implementation

To achieve BRONZE level recognition, a school must be implementing all five priority strategies with most staff or school-wide. Schools will be asked to verify this each year in the Survey.

Quick Notes:

- To prepare to take the survey the school champion should review the strategy questions in the Action Planning Packet with his or her school team to ensure accurate responses.
- 5210 Healthy Washoe priority strategies that are implemented by most staff or school-wide will count towards recognition.
- If a priority strategy is not being implemented by most staff or school-wide, the school is not yet ready for Bronze level recognition—but keep up the great work!

Healthy Washoe Priority Strategies

1. **Limit unhealthy choices for snacks and celebrations; provide healthy choices.**
2. **Limit or eliminate sugary drinks; provide water.**
3. **Prohibit the use of food as a reward.**
4. **Provide opportunities to get physical activity every day.**
5. **Limit recreational screen time.**

Silver Level - Communication

To achieve SILVER level recognition, a school must meet the requirements for Bronze AND either communicate with families or collaborate with a community partner in the ways outlined below.

Communication

To effectively meet the requirements a school must communicate with families about its commitment to 5-2-1-0 and the five priority strategies in each of the following three ways:

1. Display 5-2-1-0 posters.
2. Send home the “Message to Families” (provided on page 8) to the families of all children.
3. Use the “Message to Families” in one additional way. For example:
 - Upload the “Message to Families” to your website and post a link to it on your Facebook page.
 - Have copies of the “Message to Families” available in the school entrance/lobby.
 - Display the “Message to Families” on a bulletin board.

You will be asked to verify on the survey that you have completed the requirements silver.

Quick Notes:

- *Locations to display 5-2-1-0 posters may include the front entrance/lobby, classrooms, the cafeteria, and the library. You can get free posters from your Coordinator!*
- *You may customize portions of the “Message to Families” by using the modifiable version available online.*
- *Send the “Message to Families” home however you typically communicate with families, either by hard copy or email.*



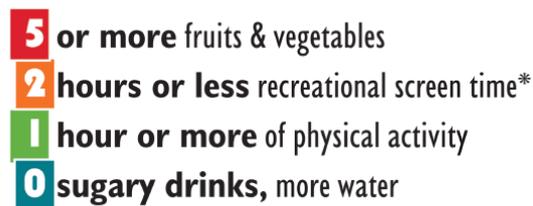
Healthy Eating and Physical Activity at Our School

A Message to Families

Date:

Dear:

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. We are pleased to share with you that our school supports the 5-2-1-0 Every Day message, which states the following:



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

To further support healthy students, staff, and families, we participate in *5210 Healthy Washoe*. As part of this program, we promote and follow the five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *5210 Healthy Washoe* schools, child care programs, out-of-school programs, and health care practices in our community and throughout Nevada. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about *5210 Healthy Washoe*, visit gethealthywashoe.com. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,



Gold - Collaboration

To achieve GOLD level recognition, a school must meet the requirements for BOTH Bronze and Silver AND collaborate with a community partner(s) in the ways outlined below.

Collaboration

To effectively meet the requirements a school must establish partnerships with community organization(s) that will have a significant and long term impact on the school environment. These partnerships must include at least:

- *Include at least a one year commitment with a community partner.*
- *Include at least 8 points of contact or "touch-points" between students and the community partner.*

You will be asked to verify on the survey that you have completed the requirements for gold.

Examples of community collaboration:

- Host a one night event for children and their families that focuses on health and wellness with the aid of a community partner.
- Participate in a week long challenge being hosted by a community partner.
- Partner with a community organization to provide opportunities for physical activity before or after school.
- Collaborate to build a school garden, expand physical activity equipment, or add to outdoor recreation space.

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- 2** hours or less recreational screen time*
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