



2012 AHA Brains and Bodies Award

Why is this award needed?

Children spend most of their day at school, so that environment needs to be as healthy as it can! From the opportunities for physical activity in the regular classroom setting to the way teachers and parents approach healthy options for school celebrations, this award highlights efforts schools have put into place in order to make the school environment healthier for kids and staff alike.

You may be surprised to hear that 45% of children ages 5-18 are either overweight or at risk for becoming overweight. The lifelong health complications from this epidemic are staggering. Parents and school administrators can play a huge role in reversing this trend and improving the health of our children. In addition, studies show that children who are physically active and eat well learn better.

This award is designed to recognize healthy schools and help educate parents and school staff as to how they can re-think some of their practices to create a healthier environment.

What do schools win?

The Brains and Bodies Award will be given to schools in 4 categories: Gold, Silver and Bronze levels, along with Honorable Mentions. This year winning schools will receive:

- a financial prize for school wellness initiatives (\$500 for Gold, \$250 for Silver, \$100 for Bronze and \$50 for Honorable Mention)
- for Gold winners: an "AHA Brains and Bodies Award: Healthy Students Grow Here" banner to display at school
- a framed award certificate
- community recognition in the local media

Applying for the Award

The AHA Brains and Bodies Award application is online at <http://www.AdvocatesForHealthInAction.org/school-health>.

The application consists of an online survey for schools to complete; a PDF version is available for your school to print out as you investigate the answers.



Schools must convene a multi-disciplinary team of parents and school staff including at least one individual from three of the following categories:

- Parents
- Physical education and/or health education specialist
- School nurse
- Guidance counselor
- Administrator
- Child nutrition staff member
- Student(s)

Finalists must be available for a site visit during April to answer any questions the panel may have. Technical assistance will be provided free of charge to schools as they complete the survey. If your school has questions, AHA has a team of experts to provide assistance. All award applicants will receive feedback from the panel as to how they can further expand efforts to make their schools healthier and increase their ability to win the award in the coming school year.

Award Timeline

December 2011	Intention to apply period opens, http://www.surveymonkey.com/s/AHAIntentToApply
January 2012	Application online via AHA web site
January 12, 2012	Award information session during Brains and Bodies Workshop, Wake Forest
February 1, 2012	Letter of intent to apply deadline (5 pm)
March 1, 2012	Application Deadline (5 pm)
April 2012	Site Visits to Schools (finalists)
May 2012	Winners Announced

Questions

AHA applauds your school's healthy initiatives, and we are here to support you through this process! Please contact Laura Aiken, laiken@wakemed.org or Michele McKinley, mmckinley@wakemed.org, with any questions.

