

AHA Rewards Healthy Schools



Work with your school to win the 2012 AHA Brains & Bodies award!

Advocates for Health in Action (AHA) created the Brains and Bodies Award to recognize elementary and middle schools for the positive and innovative ways they are making the school environment healthier for students, staff and families. In 2011, 13 schools earned the Brains and Bodies Award!

What makes a winning school?

AHA launched the award in 2011 not only to recognize the ways schools are creating a healthier environment, but also to educate parents and schools about how they can rethink some of their practices to improve wellness at school.

Profiles of each of the 2011 award winners are posted on AHA's web site, www.AdvocatesForHealthInAction.org at the School Health tab, as well "Best Practices for Healthy Schools." Schools that are approaching wellness in a variety of ways are winners!

What do schools win?

Schools may earn the Brains and Bodies Award in four categories. This year AHA is providing financial awards as follows:

- Gold Winners: \$500
- Silver Winners: \$250
- Bronze Winners: \$100
- Honorable Mention: \$50

In addition, winning schools will receive:

- An "AHA Brains and Bodies Award: Healthy Students Grow Here" banner to display at school (Gold winners)
- An "AHA Brains and Bodies Award" framed certificate
- Community recognition in the local media

Thanks to Western Wake Tennis Association and Raleigh Tennis Association for their donations for the Brains and Bodies Award program.

Applying for the award

This year, **only** schools that submit intent to apply will be eligible for the award. Submit intent to apply now at <http://www.surveymonkey.com/s/AHAIntentToApply>, and AHA will email your school a link to the application in January. Schools that submit intent to apply between Jan. 12 and Feb. 1 will receive an email with access to the application within one business day. The award application will be online at AHA's website in January. Schools will convene a multi-disciplinary team of parents and school staff including at least one individual from three of the following categories to complete the application:

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

Award Timeline

December 2011	Intention to apply period opens
January 2012	Application online
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?

Contact Michele McKinley, mmckinley@wakemed.org or Laura Aiken, laiken@wakemed.org. You may review FAQs and other documents at the School Health tab on AHA's web site about the award process.

