

School Champions Commitment

Hinsdale Middle/High School



believes providing a healthy learning environment is important for the health and wellness of our students and also for the health of our community.



The practices listed below demonstrate our commitment to being tobacco free.

Congratulations!

2016-2017

Tobacco Free Badge Earned

- 1 Have a written policy banning tobacco use on school grounds and in school buildings
- 2 The policy includes e-cigarettes, smokeless tobacco, and vaping
- 3 The policy is implemented to the highest extent
- 4 Have tobacco free signage on campus
- 5 Have a written policy banning tobacco use at all school sponsored events off school grounds
- 6 The policy is implemented to the highest extent
- 7 Have tobacco education for all students
- 8 Have a referral process for students or staff struggling with tobacco use



The practices listed below demonstrate our commitment to being physically active.

Congratulations!

2016-2017

Physically Active Badge Earned

- 1 Physical education is available to all grades
- 2 Have a written policy or school protocol allowing physical activity breaks in the classroom
- 3 Have a written policy or school protocol that prohibits the ability to withhold physical activity or use physical activity as a punishment
- 4 Encourages the use of physical activity as a reward
- 5 Have a policy or school protocol allowing access to school facilities outside of school hours
- 6 Students are encouraged to be moderately to vigorously active at least 50% of PE class
- 7 Physical activity opportunities/clubs/teams (not all competitive) are available to all students
- 8 Participate in Safe Routes to School
- 9 Provide environmental supports for physical activity opportunities: bike racks



The practices listed below demonstrate our commitment to being well nourished.

Congratulations!

2016-2017

Well Nourished Badge Earned

- 1 Have a written policy or school protocol on healthy celebrations in the classroom
- 2 Have a written policy or school protocol on non-food rewards in the classroom
- 3 Have a written policy or school protocol about healthy fundraisers
- 4 No marketing of unhealthy foods/behaviors
- 5 Provide free/clean water that is accessible to students all day
- 6 Implementing Farm to School activities
- 7 All competitive foods sold/offered throughout the school day meet the Smart Snacks (USDA) requirements



The practices listed below demonstrate our commitment to building resiliency.

Congratulations!

2016-2017

Building Resilience Badge Earned

- 1 Provide a safe, clean, well kept, and warm learning/school environment
- 2 Social/Emotional/Behavioral health education for all grades
- 3 Evidence-based program(s) are in place to prevent bullying, encourage positive behaviors and healthy decision making in all students
- 4 Health education around the dangers of drugs/alcohol
- 5 Have a referral system in place for students with mental health or substance misuse concerns
- 6 Hold school sponsored events that encourage family/parent and community involvement
- 7 Engage with families and the local community to form supportive partnerships and encourage students to give back to their community

Hinsdale Middle/High School is committed to communicating these practices to our employees to further enhance the culture of health in our school and community.

Name: _____

Date: _____