



Local PTA Healthy Lifestyles Achievement Award

2009-2010

Purpose of Award

This award recognizes participation of Local PTAs/PTSAs in health and wellness related activities that place an emphasis on health and wellness issues affecting schools, students and their families. Common issues include nutrition, physical activity, smoking prevention and cessation, mental health and wellness, immunizations, etc.

Healthy Lifestyles activities should:

- Promote healthy lifestyles in the home, school, and community
- Emphasize the connection between healthy lifestyles, behavior, and learning
- Promote family and community involvement in helping develop healthier schools
- Involve PTA with policy development to support healthy school environments

For information to support campus health and wellness activities, consult the *Texas PTA Healthy Lifestyles Chairman's Guide* and the Healthy Lifestyles at Home and School Web page at www.txpta.org.

Award Criteria

- Local PTA must be in good standing with Texas PTA.

Bronze Level Recognition

- Create a Healthy Lifestyles Committee and designate a Healthy Lifestyles Chairman on your PTA board. Provide the chairman's name and contact information, the number of committee members and how many times the committee has met during the current school year.
- Implement a monthly health and wellness message. Describe the messages, their intended audience and any outcomes or impact on students or families (*250 words or less*). Attach any communications (newsletters, emails, newspapers, etc.) where these messages appeared.

Silver Level Recognition

- Complete all bronze level requirements as detailed above.
- Use healthy fundraising, celebration and classroom reward ideas. Describe this healthy lifestyles initiative. Include how this event or program is different from the past, how many students were impacted and the number of parents and teachers involved (*250 words or less*).

Gold Level Recognition

- Complete all bronze and silver level requirements as detailed above.
- Host one healthy lifestyles event. Describe the purpose of the event, who was involved in the presentation, the level of community involvement, the number of people attending and any outcomes (*250 words or less*). Attach any promotional materials used.

Award Submission

- This award will be submitted electronically via the Texas PTA Web site no later than **May 15, 2010**.
- Award submission forms will be available beginning April 1, 2010.