

**DELAWARE ADVANCING
HEALTHY LIFESTYLES**

HEALTHY SCHOOLS RECOGNITION PROGRAM

School Year 2025 – 2026



HEALTHY SCHOOLS RECOGNITION PROGRAM

Goal: To promote wellness and healthy habits among students and educators

The recognition program is designed to:

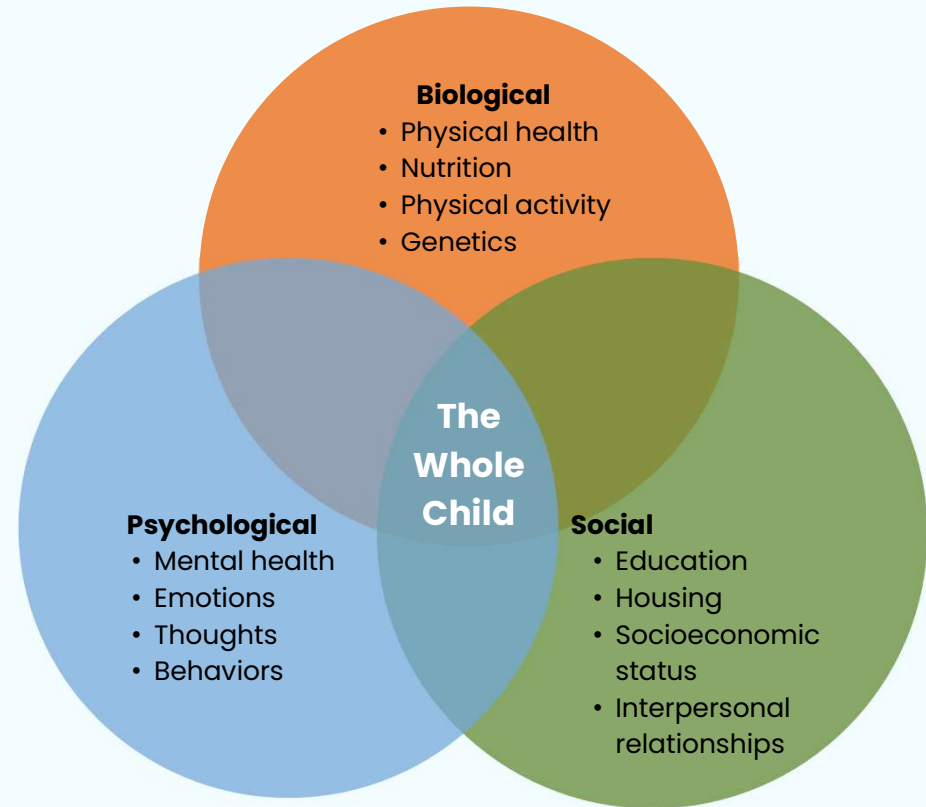
1. Support student well-being
2. Encourage lifelong healthy behaviors
3. Foster a culture of health in schools
4. Celebrate schools leading the way in wellness
5. Share innovative and sustainable practices
6. Encourage continuous improvement

GOAL



MEETING THE NEEDS OF THE WHOLE CHILD THROUGH THE BIOPSYCHOSOCIAL MODEL

- The biopsychosocial model:
 - Is a theoretical framework that integrates biological, psychological, and social factors to understand health and wellbeing
 - Helps to understand how factors, such as physical health, mental health, and education all interact to shape an individual
- Aligned with Multi-Tiered Support Services (MTSS), by addressing students' nutritional and physical activity needs, AHL Healthy Schools will holistically support the whole child



2025 HEALTHY SCHOOLS Pioneers

- Allen Frear Elementary School
- Booker T. Washington Elementary School
- Charter School of Wilmington
- Postlethwait Middle School
- Sanford School
- Serviam Girls Academy
- W.B. Simpson Elementary School
- Woodbridge Early Childhood Education Center
- Star Hill Elementary School



MINIMUM QUALIFICATIONS FOR SCHOOLS

To be recognized as a healthy school, at minimum, the school must:

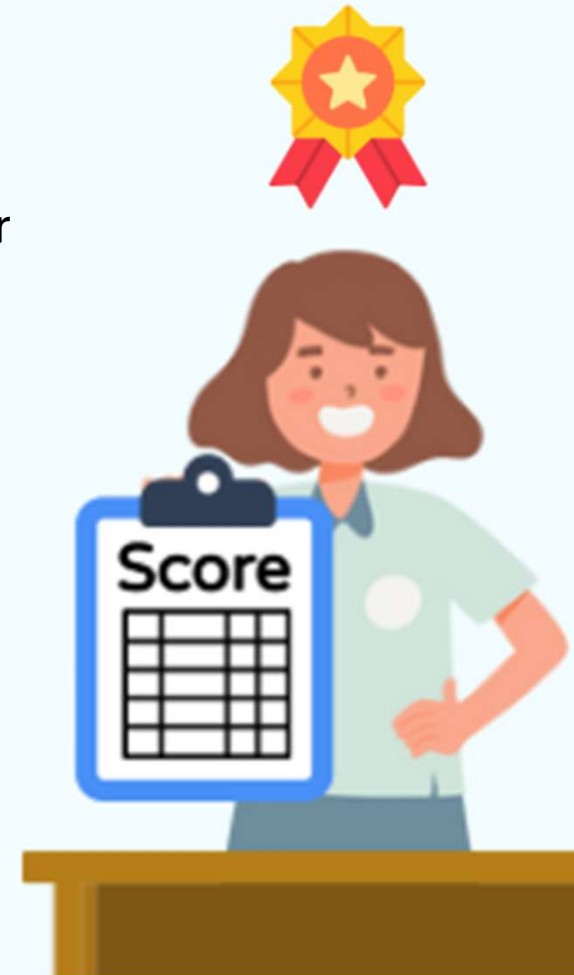
1. Have a designated leader or point person at school for physical fitness and/or nutrition and healthy eating programming.
2. Have a school wellness committee (or physical fitness and/or nutrition and healthy eating committee) and coordinate with the Multi-Tiered Support Services (MTSS) leadership team.
3. Have the principal's support to become a healthy school.
4. Meet with HMA's designated evaluation team as needed with a willingness to collect information needed to measure impact.
5. Must adhere to deadlines.



HEALTHY SCHOOLS RECOGNITION PROGRAM

Eligibility

- To be eligible to receive a healthy school recognition, a school must identify a specific program or policy, system, or environmental change (PSE) that serves as the basis for recognition.
- The program or PSE must be:
 1. A program or event that promotes an increase in physical activity, and/or healthier eating to decrease the number of children who are overweight and obese (you are encouraged to use an evidence-based program).
 2. A new PSE, implementation of an existing PSE, and/or sustainability of a PSE that improves the school environment or system to increase physical activity and healthy eating.





WHAT ARE WE LOOKING FOR?

If a program/policy, system, or environmental change:

- Impacts all students
- Is incorporated into the overall school culture
- Is multi-pronged or multiple interventions
- Is implemented continuously or over a long period of time
- Is sustainable
- Promotes health equity (e.g., providing free and reduced lunch)
- Is evidence-based or aligned
- Has involvement from students, staff and parents (depending on age appropriateness)



LEVELS OF THE RECOGNITION PROGRAM



Program Implementation (# of programs and/or PSEs)	
Time and Hours of Program/PSE (# of students impacted and length of time of intervention)	
Intervention is evidence-based or aligned	
Addresses equity as part of intervention	
Ability to sustain intervention	
Level of engagement from parents, teachers, students	
Overall program/ PSE	



Examples



Gold Example: A Comprehensive School Physical Activity Program (multi-pronged, universal program, integrated into daily school culture).

- A Comprehensive School Physical Activity Program (CSPAP) integrates movement into daily school culture by combining five interconnected components (PE, active classroom breaks, before/after school activities, staff involvement, and family and community engagement).



Silver Example: Workout Wednesday (multi-pronged, universal program)

- Workout Wednesday integrates physical activity into Responsive Classroom Morning Meetings. Each Wednesday, students use rotating packets of PE-based activities (e.g., jump ropes, agility ladders, and resistance bands) to build community, strengthen skills, and promote lifelong health and wellbeing.



Bronze Example: Field Day (one-time, universal event)

- Field day is 4-hour event for students and families that can include physical exercise classes (yoga, fitness boot camp, Zumba, interval training, Pilates, dance) and healthy eating cooking demonstrations.



Examples of Policies, Systems, and Environmental Changes at School Level



1. Prohibition on sugar-sweetened beverages

2. Requiring a certain number of minutes of physical education per week



3. Creating stronger meal nutrition requirements than required

4. Setting nutrition standards for before-school and after-school programs, food in classrooms, snacks, vending, and special events



5. Setting higher standards for nutrition education



EXAMPLE

CHATTERFALL

Give an example of a program or policy, system, or environmental change your school has implemented that could be recognized under this program?

WHY SHOULD YOU APPLY FOR RECOGNITION?



- **Get recognized for your commitment in creating an environment, system or program that encourages healthier eating and physical fitness.**
- **Be a pioneer in creating an improved culture and expectation at your specific school, one that builds healthier children for generations to come.**
- **Get a banner and decal each year you qualify as bragging rights for your school.**
- **Attend an awards ceremony with other committed individuals at various schools in Delaware.**

PROCESS IN SY 2025-26

1

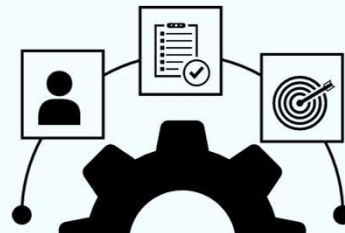
Must work with existing school's wellness committee or create a committee. Should include students, parents, staff. Ensure team is familiar with district wellness policy. Coordinate with the MTSS school leadership team to ensure alignment.

2

Identify a program and/or policy, system, or environmental change (likely will be an intervention you are already doing).

3

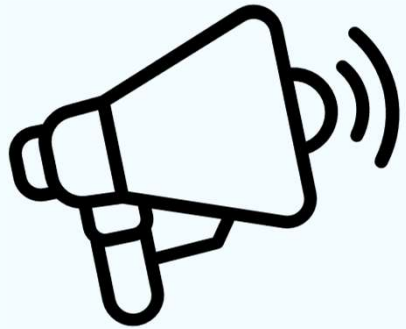
Complete electronic application which requires Principal's support.



AHL Healthy Schools Recognition Electronic Application

**APPLY
NOW**

- ✓ Designated school leader or point person
- ✓ Contact Information (Name, Position, Email)
- ✓ School Information (Name, District, Type, # of students)
- ✓ Support from Wellness Committee, MTSS leadership team and Principal
- ✓ Number of programs and/or policies, systems, or environmental (PSE) changes for recognition
- ✓ Program and PSE Information
 - Name, start and end date
 - Primary goals or objectives, and brief description of the program or PSE
 - Target population, # of students eligible to participate, # of students who participated
 - Implementation status and times and hour program held
 - If program/PSE will be sustained and is evidence-based or aligned
 - Engagement during the development or implementation



call to **ACTION**

Apply using this [link](#)

Deadline: March 31, 2026

Please start the process early!

If you need help applying or have questions, please contact Emma Clark at
eclark@healthmanagement.com

AWARDS CEREMONY



Please note that If you receive an award, you must attend our Award Ceremony at the SHAPE Delaware Annual Convention in October of 2026

**FOR ASSISTANCE AND FURTHER QUESTIONS,
CONTACT:**



Emma Clark, PhD
Lead Evaluator
eclark@healthmanagement.com

