



## **Chatham Health Achievers Moving People toward Success (CHAMPS)**

North Carolina students spend over two thirds of the year in school, amounting to over 1,900 hours. Given this significant amount of time, it's important that school environments support healthy habits. Creating a healthy school environment has many components, which are reflected in the Chatham County Wellness Policy (6140) and Wellness Regulations (6140R).

The Chatham County Schools School Health Advisory Council (SHAC), as the entity charged with planning, implementing and monitoring the School Wellness Policy and Regulation, developed Chatham Health Achievers Moving People toward Success (CHAMPS) in order to recognize schools following the Student Wellness Policy and Regulation.

Adapted from the Catawba County Healthy Schools Recognition Program developed by the Catawba Health Partners, the CHAMPS program encourages schools within Chatham County to meet eight criteria based on the Student Wellness Policy to become a CHAMPS school.

### **Why should your school work to be a CHAMPS School?**

- Childhood overweight has reached epidemic proportions
- Childhood overweight accelerates the development of chronic diseases such as hypertension, type 2 diabetes, cardiovascular disease, sleep apnea, gall bladder disease, asthma, cancer, and others
- Most children spend a large portion of their day at school, and schools are a key setting in which to implement strategies to address this issue
- Providing a healthy school environment will not only influence students' eating patterns, but will also influence families and communities
- Healthy students are better able to concentrate on their work, attend school on a regular basis and perform better in class

**Your school can make a difference by becoming a CHAMPS school!**

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## **A CHAMPS school will meet eight criteria:**

1. Have a school wellness team, or other group, in place that is committed to the health and well-being of the school population. This group should consist of school personnel and parents, and meet on a monthly basis.
2. Have a wellness focused objective in their continuous improvement plan.
3. Provide fresh fruits & vegetables at least 3 times per week at lunch.
4. Provide free, plain, unrestricted water daily at mealtime.
5. Have 100% of classrooms K-8 that comply with the “Healthy Active Children” statute for 30 minutes of physical activity per day.
6. Comply with the district regulations around school/classroom celebrations.
7. Comply with the district regulations around healthy fundraisers.
8. Comply with the district regulations around healthy concessions.

Schools will be evaluated yearly on the above criteria. Schools who attain all requirements will receive:

- Media recognition for their efforts
- A banner to hang in their school
- A wellness library
- And most importantly, healthy students that are ready to learn!!

## **How to become a CHAMPS school:**

1. Take this information, and share it with your school.
2. Decide if your school would like to work toward CHAMPS status this year.
3. Notify the CHAMPS Subcommittee (email Sarah Weller [sarah.weller@chathamnc.org](mailto:sarah.weller@chathamnc.org) or call 919-545-8443) that your school plans to work toward CHAMPS status during the 2013-2014 school year.

All schools notifying the CHAMPS subcommittee that they plan to work toward CHAMPS status will receive a copy of “Chatham Health Achievers Moving People toward Success: A guide for schools working towards CHAMPS status.” This guide provides supports for each of the eight CHAMPS criteria.

The CHAMPS subcommittee of the School Health Advisory Council will also be available to provide support to all schools working on recognition as a CHAMPS school.

## Example Timeline for CHAMPS Recognition

Action	Description	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Enrollment period	CHAMPS Subcommittee will send invite to all schools to participate in program. Schools have until the opt-in deadline to notify CHAMPS Subcommittee that they plan to participate in the CHAMPS program.	X	X									
Opt In Deadline	Final deadline notify the CHAMPS Subcommittee that your school plans to participate in the CHAMPS program this year. (Email <a href="mailto:sarah.weller@chathamnc.org">sarah.weller@chathamnc.org</a> or call 919-545-8443)			Oct 31 <sup>st</sup>								
Convene your school wellness team	Form your new school wellness team or meet with your existing school wellness team to complete the Activity Planning Checklist.				X							
Develop Action Plan	Using the activities identified in your Activity Planning Checklist, develop an Action Plan for achieving each activity.				X							
Implement Action Plan	Use your Action Plan to guide your activities through the school year. The CHAMPS subcommittee can provide support as you work to meet each criteria.					X	X	X	X	X		
Mid-Year Check In	Review your Action Plan. See what tasks you have accomplished, and what needs to get done to submit all documentation in May.						X					
Submit Documentation	Using the CHAMPS Documentation Coversheet compile all documentation needed and submit to the CHAMPS Subcommittee for review.										X	
Receive Recognition	The CHAMPS Subcommittee will review documentation and recognize schools meeting all criteria.											X

Contact Sarah Weller with the Chatham County Public Health Department at [sarah.weller@chathamnc.org](mailto:sarah.weller@chathamnc.org) or 919-545-8443 with questions and support.