

# Turn Your School Wellness Into Wealth

Healthy Schools, Healthy Children wants to reward your school for implementing wellness programs and encouraging healthy behaviors! Earn points each month throughout the school year by participating in the activities listed, then redeem points for a cash prize award.

Look for a 🏆 for Staff Recognition Days! A 🏅 signifies a contest due date.

Additional instructions for submitting your TYSWIW report at the bottom of page 2.

**Please note:** Schools will be required to provide descriptions for events marked with an (\*). Based on your description of the event, you can **earn up to the points indicated**.

**Activities not limited to this checklist. Contact Healthy Schools to discuss activity/point value for other events.**

**Please see page 3 for a printable tracker for extra activities.**

## SEPTEMBER

- 9/13 Positive Thinking Day **20**
- 9/17 National IT Professional Day **20** 🏆
- 9/23-27 Jersey Fresh Farm to School Week **75**
- 9/27 Bullying Prevention Poster Contest Entry **50** 🏅
- Plant a Fall/Winter School Garden **25**
- Suicide Prevention Month\* **100**
- Hispanic Heritage Month Celebration\* **100**

## OCTOBER

- 10/2 National Custodians Day **20** 🏆
- 10/2 Stop Bullying Day **20**
- 10/9 Walk and Bike to School Day **20**
- 10/7 Child Health Day **20**
- 10/7-11 NJ Week of Respect **75**
- 10/15 Global Handwashing Day **20**
- 10/28 National First Responders Day **20**
- 10/31 Healthy Halloween Celebration **25**
- 10/31 National Unity Day **20**
- National Principals Month **50** 🏆
- Substance Use Awareness Month\* **100**

## NOVEMBER

- 11/1 Healthy Recipe Contest Entry **50** 🏅
- 11/11-15 National School Psychology Week **25**
- 11/13 World Kindness Day **20**
- 11/20 Nat'l Educational Support Professionals Day **20** 🏆
- 11/21 National Parent Involvement Day **25**
- 11/22 National Substitute Educator Day **20** 🏆

## DECEMBER

- 12/2 National Special Education Professional Day **20** 🏆
- 12/1-7 Handwashing Awareness Week **50**
- Healthy Holiday Celebration **25**

## JANUARY

- 1/31 Winter PSA Video Contest Entry **50** 🏅
- Staff Wellness Month\* **100**
- School Board Appreciation Month **50** 🏆

## FEBRUARY

- 2/3-7 National School Counseling Week **20** 🏆
- 2/14-20 Random Acts of Kindness Week **50**
- 2/14 Healthy Valentine's Day Celebration **25**
- 2/15 National School Resource Officer Day **50** 🏆
- National Heart Health Month\* **100**
- Black History Month Celebration\* **100**

How many points can we earn?



Look for this badge to see how many points your school can earn for participating in various Healthy Schools events, programs, and contests!

# Turn Your School Wellness Into Wealth

## MARCH

- 3/2 School Social Workers Recognition Day **20** 🏆
- 3/7 Maintenance Workers Appreciation Day **20** 🏆
- 3/7 Staff Appreciation Day **20** 🏆
- 3/14 SEL Day **50**

- 3/17-23 National Drug and Alcohol Facts Week **50**
- 3/28 Green Mustache Photo Contest Entry **50** 🏆
- National Nutrition Month\* **100**
- Youth Art Month **50**
- Women's Heritage Month\* **100**

## APRIL

- 4/3 Paraprofessional Appreciation Day **20** 🏆
- 4/4 National School Librarians Day **20** 🏆
- 4/5-11 Week of the Young Child **75**

- 4/22 Earth Day **50**
- 4/22-26 Every Kid Healthy Week **75**
- 4/22 School Bus Drivers Day **20** 🏆
- 4/23 Administrative Professionals Day **20** 🏆

## MAY

- 5/1 School Principals' Day **50** 🏆
- 5/2 School Lunch Hero Day **25** 🏆
- 5/2 Keys to Mental Wellness Contest Entry **50** 🏆
- 5/5-9 Teacher Appreciation Week **25** 🏆
- 5/6-12 Nurses Appreciation Week **25** 🏆
- 5/5-11 Screen Free Week Pledge **25**

- 5/7 School Nurses Day **20** 🏆
- 5/7 Project ACES: All Children Exercise Simultaneously **75**
- 5/17 National Bike to School Day **20**
- 5/26 Messages of Hope Event **75**
- National Mental Health Awareness Month\* **100**
- National Physical Fitness & Sports Month **50**
- Asian American Pacific Islander Month Celebration\* **100**

## JUNE

- National Safety Month **20**

- PRIDE Month Celebration **50**

## ONGOING PROGRAMS THROUGHOUT THE YEAR

- Complete Annual AtlantiCare School Health Survey **50**
- Stipend Request **150**
- Student Presentation Request **50**
- Parent Presentation/Workshop Request **50**
- Staff Presentation/Workshop Request **50**
- Caught Eating Healthy\* **50**
- Family Fun Night\* **100**
- Newsletter or School Website Highlight **25**
- PBIS/Resiliency Curriculum\* **75**

- Start or Maintain School Garden **50**
- Active School Wellness Committee\* **100**
- Healthy Morning Messages\* **75**
- Fitness, Nutrition, and/or Garden Club\* **50**
- Host Healthy Food Demonstration/Taste Test\* **50**
- Incorporate Wellness into School Events\* **25 per event**
- Meal Prep Series (Jan/Apr)\* **15 per staff per course**
- Student Wellness Challenge\* **points vary**
- 4 Week Class Walking Challenge\* **points vary**
- Staff Training Attendance\* **points vary**

Schools must reach a minimum of **750** total points to receive an award. A [Turn Your School Wellness into Wealth report](#) is due no later than **May 9, 2025** and must be completed in entirety before prizes can be awarded. Prizes will be distributed through June 2025 and are to be used for school health initiatives. Delay in report submissions may result in postponement of award.

Points to Cash	
750 points	\$100
1000 points	\$200
1500 points	\$300



# TYSWIW Worksheet

Use this worksheet to track activities not listed in the calendar above!

Send a photo and media release form of your celebrations to Healthy Schools to earn 20 TYSWIW points for each event.

**SEPTEMBER**

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**OCTOBER**

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**NOVEMBER**

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**DECEMBER**

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**JANUARY**

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**FEBRUARY**

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**MARCH**

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**APRIL**

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**MAY**

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**JUNE**

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**EXTRA SPACE**

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**EXTRA SPACE**

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Stay up to date with the latest Healthy Schools news!

To subscribe for text message alerts, text HEALTHY to 79455

\*Msg & Data rates may apply

