

## **HEALTHY LIFESTYLES AWARD**

### **Purpose of Award:**

This award recognizes leadership of Local PTAs that place an emphasis on health and wellness issues affecting schools, students and their families.

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

### **Begin with the following information:**

- Cover sheet with the name of your Local
- Local Unit Presidents Name
- School Principals Name
- Current school year
- Index of contents

### **Award Criteria:**

- Local PTA must be in good standing with Galena Park Community Council PTA
- Local PTA must be in good standing with Texas PTA
- Host one healthy lifestyle 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).
- Describe your program, project, or activity and show all materials used.

### **Bonus Criteria:**

- Implement a monthly health and wellness message. Describe the messages, their intended audience and any outcomes or impact on students or families. Attach any communications (newsletters, email, newspapers, etc.) where these messages appeared.

When you are submitting your scrapbook for an award, you can be as creative as you desire, and display any additional items you wish.