



# Blue Zones Project Approved Schools Overview

## Promote physical, social and emotional health in your school:

- ❑ Evidence-based strategies to help children grow up to be healthier, more productive members of society.
- ❑ Healthier students earn higher test scores, have higher attendance rates, and tend to be better adjusted and socially connected.
- ❑ Blue Zones Project policies and programs increase student engagement and excellence in the classroom.
- ❑ Opportunities to educate the entire family on how to improve well-being.
- ❑ Access to Blue Zones Project® marketing collateral for classrooms, cafeterias, and hallways to support well-being efforts.
- ❑ Recognition for being part of an important community-wide project to improve well-being.

## FIVE STEPS TO BECOMING BLUE ZONES PROJECT APPROVED™

1. **Strategize:** Discuss the current state and importance of well-being for your school. Identify which best practices and metrics of success your school has in place and which ones you would like to pursue. Keep in mind how these practices align with your organizational goals.
2. **Implement:** Complete chosen best practices and track metrics of success.
3. **Validate:** When implementation efforts are completed, contact a Blue Zones Project team member to review the work you've done.
4. **Celebrate:** Acknowledge and celebrate your school's status as a Blue Zones Project Approved School!
5. **Sustain:** Maintain your Blue Zones Project Approved status by establishing a sustainability plan.

## REQUIREMENTS

- ❑ **Elementary Schools:** Earn at least 63 of 95 possible points by implementing and enforcing recommended policies and programs.
- ❑ **Middle Schools:** Earn at least 61 of 92 possible points by implementing and enforcing recommended policies and programs.
- ❑ **High Schools:** Earn at least 58 of 88 possible points by implementing and enforcing recommended policies and programs.
- ❑ **All Schools:** Complete at least one pledge action from each category: Policy and Programs.

## BEST-PRACTICE EXAMPLES

- ❑ **Policy:** Establish a health-and-wellness council that meets regularly at the school. Discontinue using unhealthy foods for fundraisers. Enhance your lunchroom environment—for example, with food placement, posters, and suggestions by cafeteria personnel—to encourage students to choose healthier foods.
- ❑ **Program:** Implement a Walking School Bus and/or bus-to-walk program. Plant and maintain a school garden. Create a Blue Zones Project youth leadership group for middle school and high school students to identify and implement creative ways to improve student well-being.

*The Blue Zones Project team is here to partner with your organization by offering resources and expertise to help you achieve Blue Zones Project Approved status.*