

Improving Your "STAR" Status

Understanding Your STAR Score(s):

Based on the Centers for Disease Control and Prevention School Health Guidelines for goals and strategies to prevent obesity, Healthy Champion schools were awarded "stars" based on answers to questions in the following categories: nutrition and physical activity, psychological and social services, school health environment, and health and wellness policy. Based on the specific results of YOUR Healthy Champion online enrollment (sent via email at the beginning of the 2020/21 school year), we suggested you focus on instituting changes to make improvements in any category with a score of "3 stars" or below.

As a participant of the Kohl's Circle of Wellness Program, you have now received additional Healthy Champions assessment results so you can review the EXACT item(s) you can focus on "improving."

Instructions to Review Assessment Items:

1. **"Greens"** - these are the items you are currently meeting "best practices." Congratulations and keep up the good work!
 - Note, it may be important to consider how you can continue your best practices in a 'virtual environment.'
2. **"Yellows" and "Reds"** - these are items you are **NOT** currently meeting a status of "best practices." Please consider the following as you work to improve your STAR status:
 - Review items with other school staff and/or administrators to see if you are actually meeting best practice(s).
 - Review your school's wellness policies to make sure you are DOING what your policy says (and vice versa).
 - Create a list of stakeholders (i.e. PTA, community members, etc) who can help you meet these best practices.
 - Create a list of free activities/programs you can implement to meet best practices.

Know Your Resources:

- **Access online resources in our Healthy Champions portal.** ➡ Visit med.psu.edu/prowellness/champs and use the password: **HEALTHYCHAMPS2021** for FREE health education resources!
- **Use the Kohl's Circle of Wellness Program resources.**
 - ➡ Visit prowellness.childrens.pennstatehealth.org/school/programs/kohls-cares/ for workshop resources and templates.
- Please reach out to the PRO Wellness team available during the 2020-2021 school year to provide personalized technical assistance as you improve your star status!

