Meeting the Go for the Gold challenge takes a committed team of supporters to champion wellness in your school. Although much can be accomplished in the individual classroom of a teacher or by a dedicated school nurse or by an enthusiastic principal or parent, real progress takes an entire team.

Your HealthierUS School Challenge application will require signatures from several different members of the team, including the principal and school dining manager. Be sure to talk with these individuals as you begin your efforts to meet the challenge.

**HERE’S WHO TO KNOW AND THE ROLE EVERYONE CAN PLAY:**

**Principal**
Sign the school up to take on the Go for the Gold challenge! Model a healthy lifestyle. Ensure consistent messages across all channels of school communication, from the cafeteria to the classroom. Create local school policies that promote health. Award positive recognition to healthy fundraising and classroom celebrations.

**School Nurse**
Spread the word about health every day. Remind students visually about the importance of healthy eating through posters and signage. Communicate with parents and students via a newsletter.

**PE Teacher**
Introduce the fun and satisfaction of physical activity to students, helping increase their chances of a healthy future and preparing them mentally for hard work back in the classroom. Champion and provide training for in-class activities that get students moving.

**Parents**
Encourage wellness at home and at school, and support teachers in making celebrations and fundraisers a healthy part of the school experience.

**Classroom Teachers**
By integrating wellness into everyday lessons and managing the classroom in healthier ways, classroom teachers can teach healthy habits that will last a lifetime.

**Dining Manager**
Help students understand the facts behind their nutritious school lunch. Encourage students to eat fruits and vegetables by serving those first or helping organize activities around this goal. Collect feedback on school meals to understand student preferences. Communicate with parents about positive changes to the school meals program and instill school pride around wellness.
Students
Encourage wellness in your school! Start a healthy fundraiser, talk to your principal about Go for the Gold, share enthusiasm for healthy lunches and snacks with your peers, and stay in touch with the Go for the Gold campaign about your school’s progress.

Non-Profit Organizations
Partner with schools. Introduce them to new after-school programs and curricula. Connect them to outside resources. Ask how you can help.

MAKE YOUR OWN CONTACT LIST:

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Share your tips! Visit GoForTheGoldCPS.org to share your ideas for building your team.