

SUPPORTING HEALTHY SCHOOLS

The logo for Scale Back Alabama is a blue rounded rectangle with a white dotted pattern. It features a white scale icon at the top, with the text "SCALE BACK ALABAMA" in yellow, white, and black below it.

The Scale Back Alabama (SBA) School program is one way for schools to promote a healthy school environment. The program meets federal recommendations to provide wellness opportunities for school staff and engage the community.

Any K-12 school, public or private, in Alabama is eligible.

The program is not for students. It is intended for adults affiliated with the school so that they have a healthy influence on the students.

Get parents involved! By being a school public weigh-in site, parents and community members can participate (especially in rural areas!).

BECOMING A SBA SCHOOL IS EASY! HERE ARE THE STEPS:

- Your school will need a coordinator to get started. Sign up at www.scalebackalabama.com under the Coordinators Wanted tab.
- Schools that decide to be a weigh-in site, whether it's a public or private site, must register at least 3 teams of 2.
- All school coordinators that register with SBA are automatically enrolled in the SBA School program. There are no extra forms to complete!
- SBA Schools receive special recognition on the website and are entered into a school drawing for prizes that promote good nutrition and physical activity habits for the students. These prize drawings are in addition to the team and individual drawings for cash prizes.
- If your school does not have a coordinator and doesn't wish to be a weigh-in site, check the SBA website for a public weigh-in site in your area so school teams don't miss out on the fun! Be sure to let us know your school teams are using a public site so it's still eligible for prizes.
- Reminder - Students are not allowed to participate and weight loss for students is not being encouraged.