

Healthy Schools Successful Students: School Health Improvement Plan (SHIP)

To be implemented in school year: 2016-2017

Full School Name: Arapahoe Ridge
District Name: Adams 12 Five Star School
Co-leader Name(s): Heather Weber, Zachary Foubert

Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? **Staff Wellness**

SMART Objective #1 (desired change): Throughout the 2016 and 2017 school year, 50% of staff at Arapahoe Ridge Elementary School will participate in a fitness tracker program and nutritional learning lunch provided to staff from the school wellness team.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?

Data collected from matchup.io
 Attendance collected from learning lunch

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Gather data from staff regarding number of staff with fitness trackers and willingness to participate in the program.	August 2016	Heather Weber	\$0	
Promote activities through staff emails, whole school meeting times, and posters strategically placed in high traffic areas around the school.	Ongoing	Wellness Team	\$0	
Provide incentives for participation (with already purchased fitness merchandise). Speak to PTO about				

ongoing funding for staff wellness incentives. Incentives to be given out periodically for challenges.	Ongoing	Wellness Team	\$0	
Establish challenge through matchup.io and send to staff.	September 2016	Wellness Team	\$0	
Meet as a School Health Team four times during the school year	September 2016 January 2017 March 2017 May 2017		\$0	
Inservice/Teacher Duty Day Nutritional Learning Lunch- Provide a salad bar lunch for staff while Jill and/or TJ will provide staff with interactive information centered around wellness	Possible Dates: October 13, 2016 December 16, 2016 February 15, 2017	Wellness Team	\$250	
Send out a staff survey to determine what aspects of the program are working and what needs to be adjusted.	December 2016	Wellness Team	\$0	
Meet at Midyear (January) to discuss progress towards our goal achievement and adjust as necessary.	January		\$0	
Write a minimum of one success story related to staff participation utilizing data collected and analyzed (School Wellness Coordinator will provide template)	April 2017		\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$250.00	

Priority Area: What priority area have you selected to focus your efforts?
Staff and Student Wellness Week Increased physical activity

SMART Objective #2 (desired change): Throughout the 2016 and 2017 school year, 85% of students and staff at Arapahoe Ridge Elementary School will participate in at least 4 events during our April Wellness Week in order to increase the amount of non-P.E. or recess related physical activity during the school day.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?

Staff and Student attendance participation, Staff and Student feedback (verbal, written)

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Develop and disseminate a school tracking tool for the wellness team to measure participation.	October 2016	Zach Foubert	\$0	
Promote event through school newsletter and web page.	January 2017	Wellness Team	\$0	
Flier sent home in Friday folders leading up to the events in order to increase community/family involvement.	April 2017	Heather Weber	\$0	
Meet as a School Health Team four times during the school year	August, November, February, May	Wellness Team	\$0	
Develop a survey to gather feedback from teachers and students participating in wellness week events	May 2017	Wellness Team	\$0	
Evaluate tracking tool results to measure participation	May 2017	Wellness Team	\$0	
Analyze, document, and utilize results and continue to improve wellness week activities based on assessment and feedback/testimonials from students and staff	May 2017	Wellness Team	\$0	
Write a minimum of one success story related to wellness week activities utilizing data collected and analyzed (School Wellness Coordinator will provide template)	May 2017	Wellness team	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0.00	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$250.00	

***Copy and paste the above table if you have more than two SMART Objectives.

Optional: Describe other activities beyond your SHIP that support and further the health and wellness of students, staff, and family in your school:

Learning Lunch: Provide staff a learning lunch to increase knowledge around nutrition by providing a salad bar and inviting Jill Collins and TJ Ricciardi to speak on different facets of nutrition.

Wellness Week activities will include all-school physical activity, daily promotion of proper nutrition, and stress relief information

Activities may include:

Mascot Walk around the park (each grade level walks the mile around the park in front of the school at a designated time with out school's mascot)

All school dance party-meet in the gym as grade levels K-2, 3-5

Daily all-school GoNoodle breaks

Friday Fun Run

Healthy snacks (provided by PTO)